

“What Should Finn Do?” - A Mini Story For Calming Big Feelings

Finn the Fox wanted to play tag with his friends in the forest. But, when it was his turn to chase, he tripped over a root. His fur got messy, a tear leaked from his eye, and a few other animals even laughed at him. Finn felt a hot, tight feeling in his chest. He wanted to run and hide. Even from his friends!



Help Finn! What Should He Do Next?

Draw a circle, underline, or point at the ending you think helps Finn calm down:

- Option A: Finn yells, “It’s not funny!” and runs away.
- Option B: Finn closes his eyes, takes a deep breath, and says, “That was embarrassing...it hurt for a second...but I’m okay now.”
- Option C: Finn hides behind a tree and thinks about the moment again and again and again.

Talk About It:

- Which choice would help you feel calm?
- What do you feel in your body when you’re upset or worried or sad?
- What helps you calm your body and brain?

Coming Next Week: One free story-related bundle and second expanded store bundle. Both with calming stories, image prompts, and more activities to help your child regulate big feelings.

Stay tuned at [MindfulLivingResources.com](https://www.MindfulLivingResources.com)