

The Tiny Titans Calm-Down Kit

Big trucks helping little kids with big feelings

A print-at-home toolkit for the hard moments • Ages 2 to 6



From Titan Valley, where we're glad you're here.

Hi there, grown-up.

Big feelings are big work. The meltdown over the wrong color cup, the total collapse at bedtime, the tears when the tower falls again. It can feel like you are doing something wrong. You are not.

Little kids feel things at full volume because their brains are still learning how to turn the volume down. That is not bad behavior. That is a child under construction.

The Titans are here to help. Each one shows your child a small, doable way through a big feeling. Print the pages you need, keep them somewhere handy, and reach for them when the hard moment comes. You do not have to use all of it. Even one page can help.

You've got this. And we've got you.

**With you,
The Tiny Titans Crew**



Which Titan are you today?

Point to the truck that feels like you. All feelings are okay in Titan Valley.



I feel PROUD



I feel EXCITED



I feel CALM



I feel SILLY



I feel WORRIED



I feel FRUSTRATED

Rocky's Breathing Buddies



Tank's Calm-Down Choices

When a feeling gets too big, Tank has your back.

Pick one thing to try.

1 Take 3
big breaths



2 Ask for
a hug



3 Get a
drink of
water



4 Squeeze
something
soft



5 Count to
five, slow



6 Walk it
out
together



There is no wrong choice. Tank is proud of you for trying.

Carla's Feeling Finder

Carla the Crane always asks
a good question first. Here is hers:

Where do you feel your big feeling?

Point to where it lives right now.

Is it a tummy flutter? A hot face?
A lump in your throat? Busy hands?
Carla says: when we can find
a feeling, we can help it.

Now, what is your feeling's name?
Say it out loud.

"I feel _____."

*Naming it is the first step
to taming it.*



Benny's Try-Again Track

When something is hard and you want to give up, that is normal. Benny knows. Even the biggest jobs start with one small push.

When the tower falls, or the shoe won't go on, or it just won't work, try Benny's words:

**“That was hard.
I can try again.”**

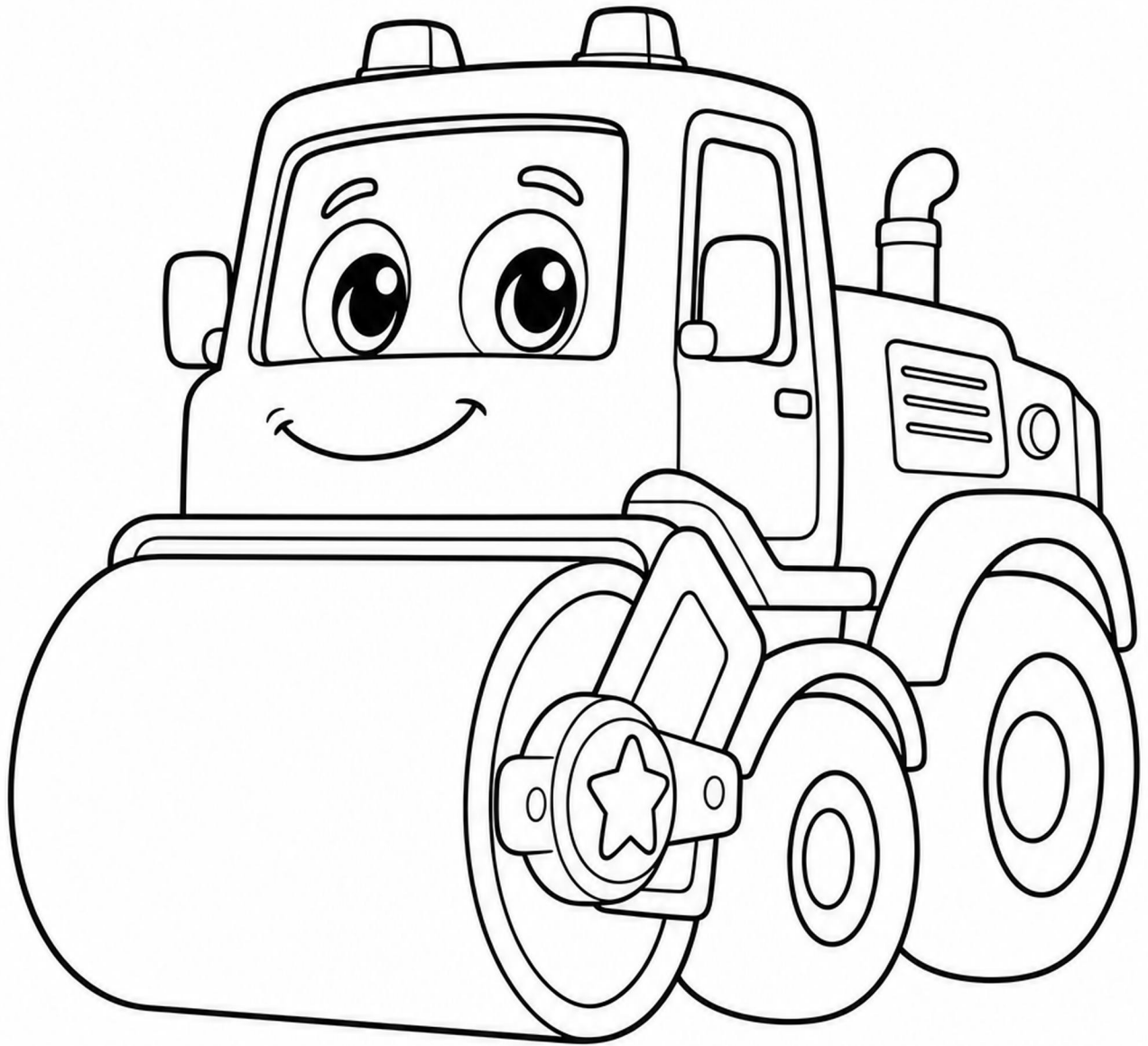
Say it together. Then take one small push forward. You do not have to finish. You just have to start again.

*Every big job starts
with one push.*



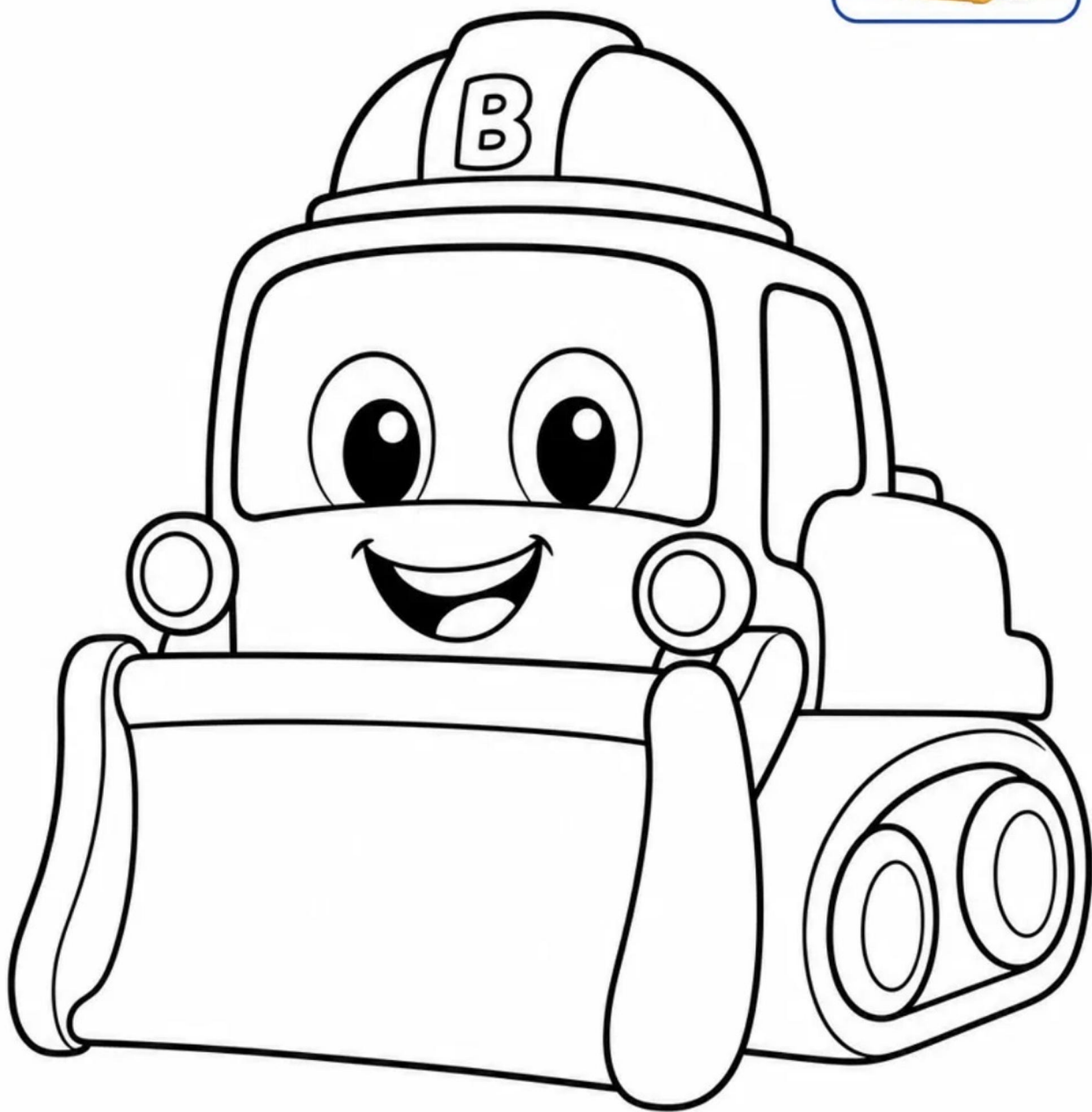
COLOR ROCKY

Color Rocky! Use the picture as a guide!



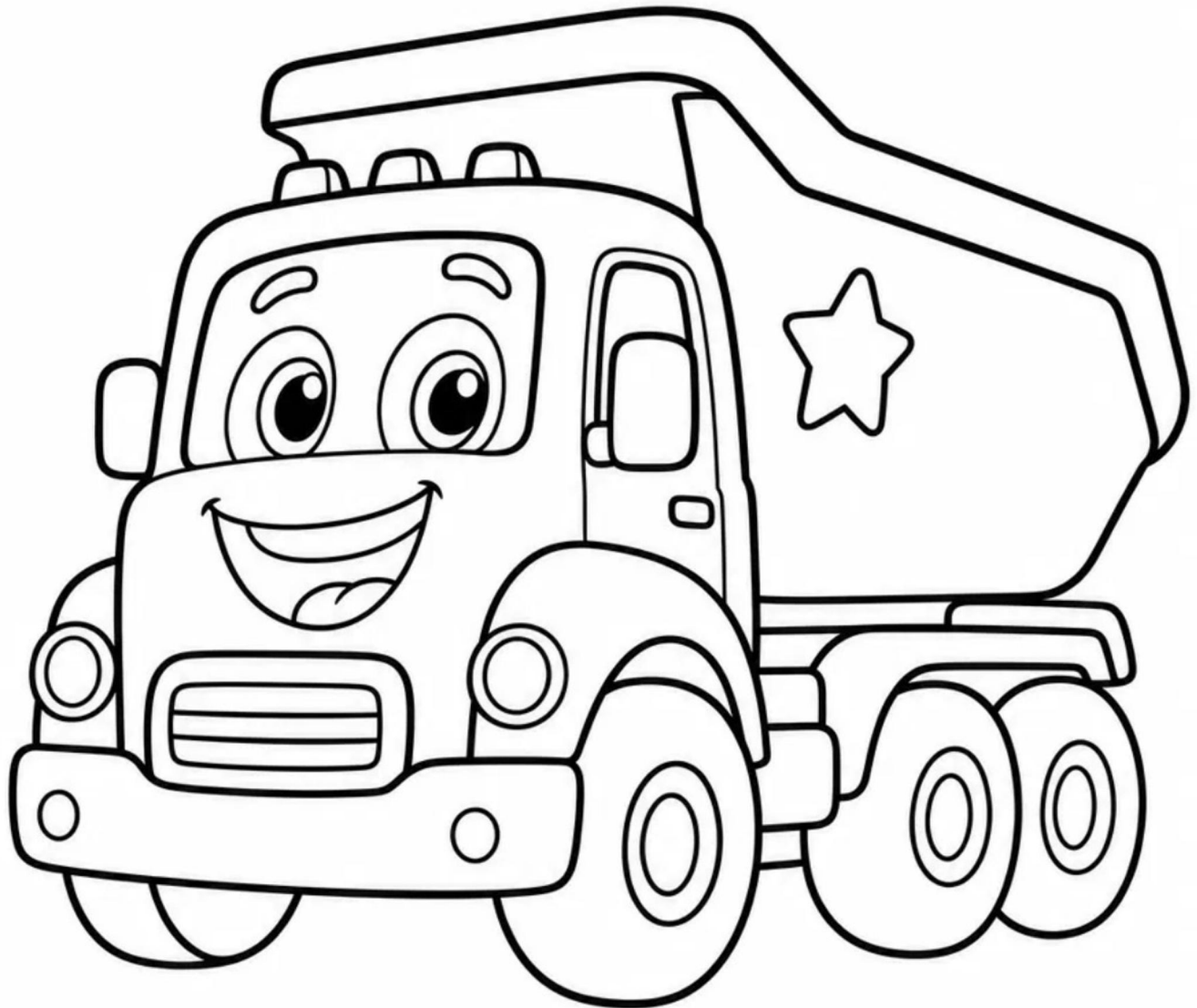
COLOR BENNY

Color Benny. Use the picture as a guide!



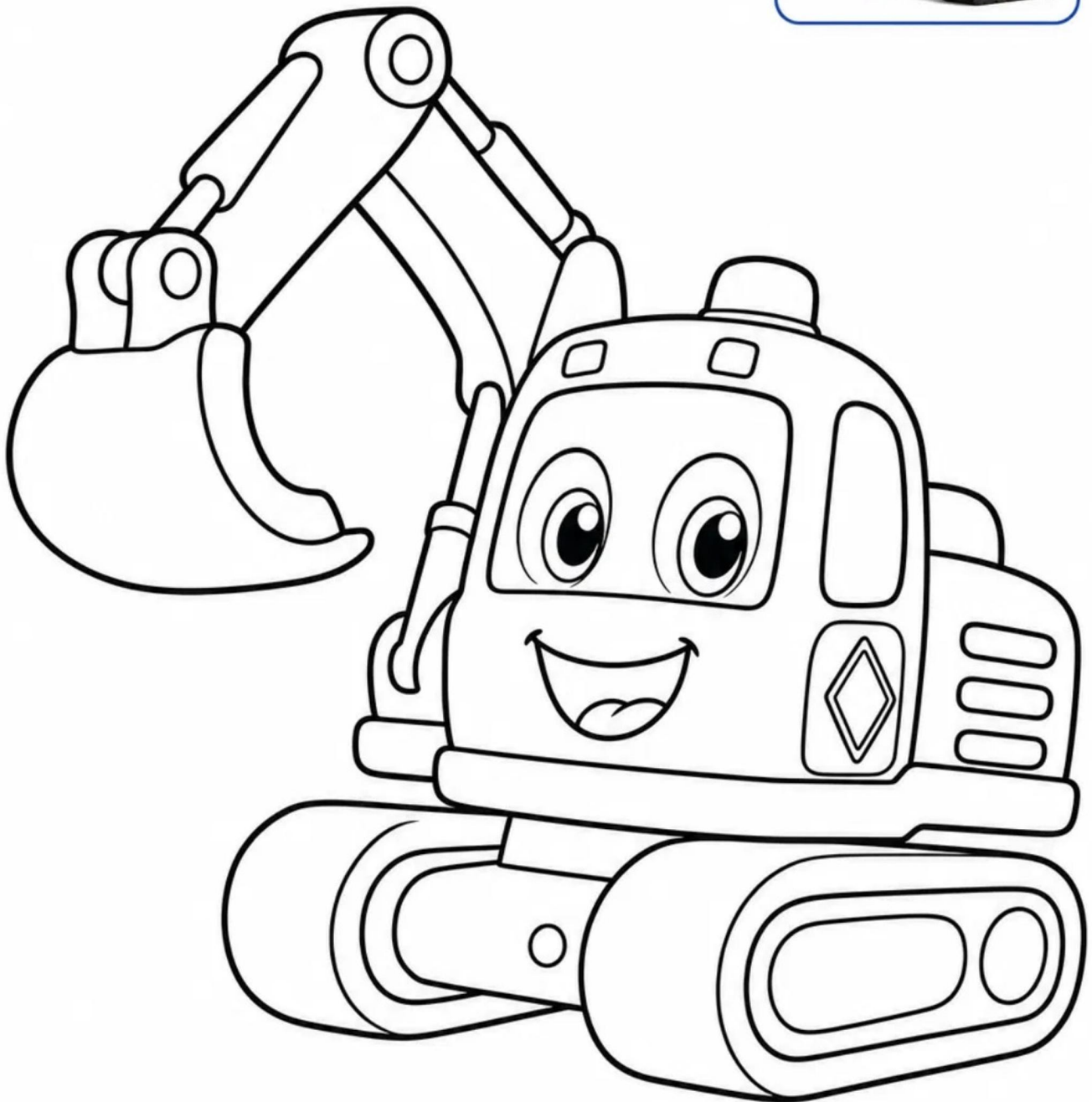
COLOR DANNY

Color Danny! Use the picture as a guide!



COLOR ELLIE

Color Ellie! Use the picture as a guide!



You did the hard, good work today.

Every time you help your child through a big feeling, you are building something that lasts. That is the whole heart of Titan Valley: big trucks, big feelings, and grown-ups who show up.

Want more of the crew?

The Tiny Titans have books full of stories about brave beginnings, big feelings, and helping each other. Come meet the whole Valley.

≡  **tinytitanscrew.com** ≡

And keep an eye on your inbox. We send gentle, helpful things for grown-ups raising little Builders. No noise. Just help when you need it.

*We're so glad you're here.
The Tiny Titans Crew ❤️*

