



# CALM THE STORM INSIDE

## MY FEELINGS WORKBOOK BOOK

Activities to help little minds stay calm, express big feelings,  
and grow stronger inside.



**A Healthy Little Minds® Book by Godswill Ambrose**

**[www.healthylittleminds.club](http://www.healthylittleminds.club)**





HEALTHY  
LITTLE MINDS



# A NOTE TO GROWN-UPS

**HI THERE, GROWN-UP  
HERO!** 🌈

This little workbook was made with big feelings in mind — the kind that swirl like a storm inside a child's heart.

**“Calm the Storm Inside”** is a gentle guide to help your child notice what they feel, name those emotions, and explore ways to calm their inner weather.

Through drawing, breathing, imagining, and sharing, your child is learning the most important skill of all: emotional awareness.

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# A NOTE TO GROWN-UPS




## HOW YOU CAN SUPPORT




 **Listen gently.** Let your child share without fixing. Sometimes, they just need to be heard.

 **Do the pages together.** Sit beside them, color with them, and talk about your own feelings too. Modeling helps!



 **Use everyday moments.** When emotions come up (like during tantrums, fears, or quiet times), gently refer back to the pages.

“Remember what we drew in your calm corner?”

 **Celebrate small wins.** When your child tries to name or calm a feeling, cheer them on. Emotional growth is superpower stuff!





HEALTHY  
LITTLE MINDS



# A NOTE TO GROWN-UPS



## WHY THIS MATTERS



Helping children recognize and manage emotions builds:

- Confidence 🌟
- Empathy ❤️
- Healthy coping skills 🌿
- Stronger parent-child bonds 🤝



You don't need to be perfect. Just be present.

Thanks for being their safe place — and for growing strong little minds. 🧡

With heart,

**The Healthy Little Minds Team**

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# MY STORMY FEELINGS

⚡ What does your storm feel like?

Feelings are like storms, but I can choose what they look and feel like.

## 1. CIRCLE THE FEELING



SAD



ANGRY



WORRIED



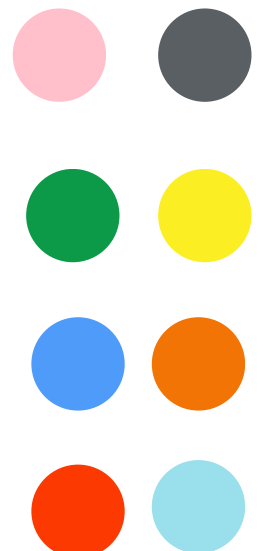
JEALOUS



IRRITATED

## 2. DRAW YOUR FEELING

Color your feelings







# BREATHE LIKE A CALM CLOUD



## HOW I BREATHE

I can follow these steps to calm down.

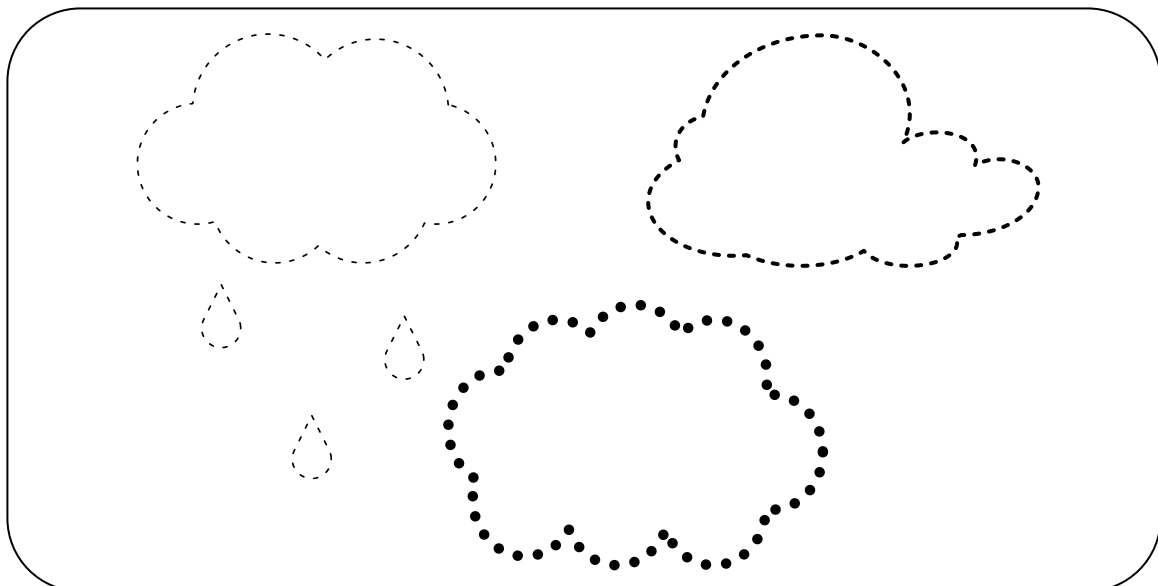
1. Put your hands on your belly.
2. Breathe in slowly through your nose for 3 seconds.
3. Breathe out slowly through your mouth for 4 seconds.

Do this 5 times.



When your storm feels big, stop and take a slow breath. In through your nose... out through your mouth.

**TRACE THE CLOUD PATH  
WHILE YOU BREATHE SLOWLY.**

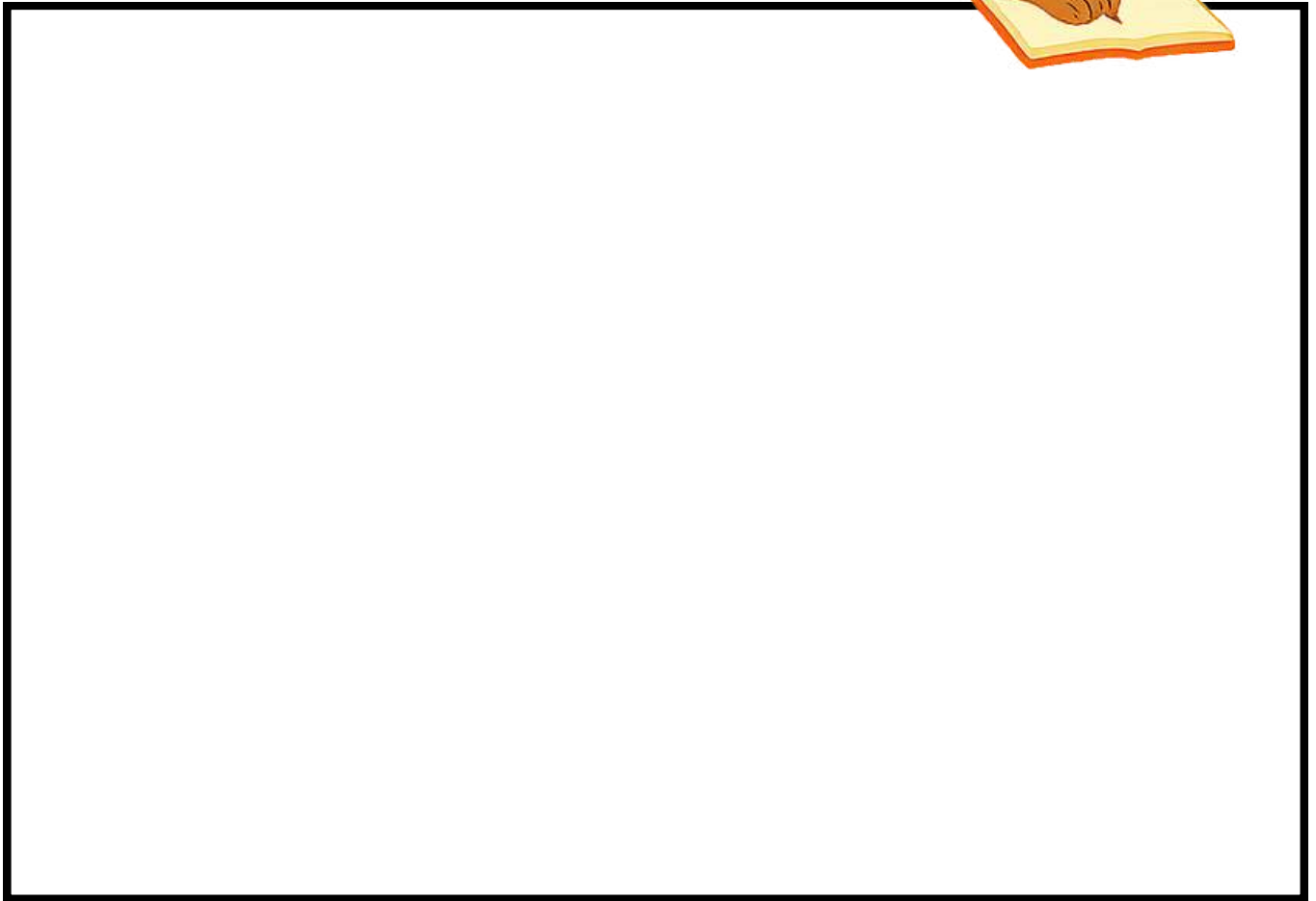





# DRAW THE STORM AWAY

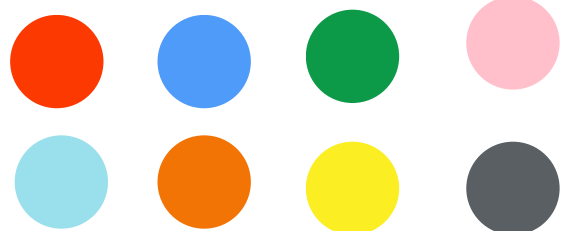
 Turn your storm into sunshine

Draw what your storm looks like (angry clouds, thunder, etc.)



## MOOD COLOR GUIDE:

 Now draw what calm looks like for you (sunshine, hugs, peace)





# MY CALM-DOWN HELPERS

HERE ARE SOME THINGS AND PEOPLE WHO CAN HELP ME FEEL CALM.

☐

HUGGING MY TEDDY

☐

DRAWING OR COLORING

☐

TALKING TO SOMEONE

☐

DEEP BREATHING

☐

DRINKING WATER

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I can also ask a grown-up to help...

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It helps to talk about my feelings





# MY CALM CORNER PLAN

Build your calm space



**DRAW YOUR CALM-DOWN CORNER  
(MAKE A COZY SPACE WITH A PILLOW, TOY,  
BLANKET, ETC.). THEN WRITE ABOUT THIS PLACE.**

A large, empty rectangular box with a black border, intended for drawing a calm-down corner.

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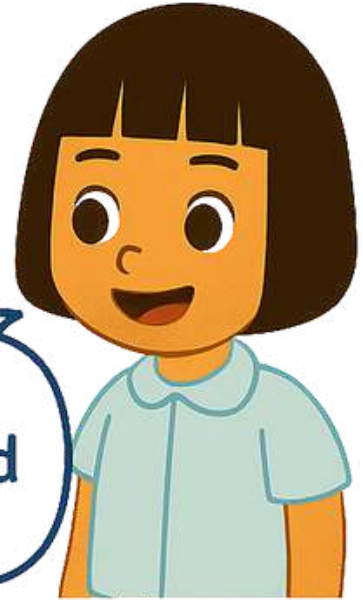


# PROUD OF ME!

☀️ I CALMED MY STORM!



I am proud  
of myself  
because...

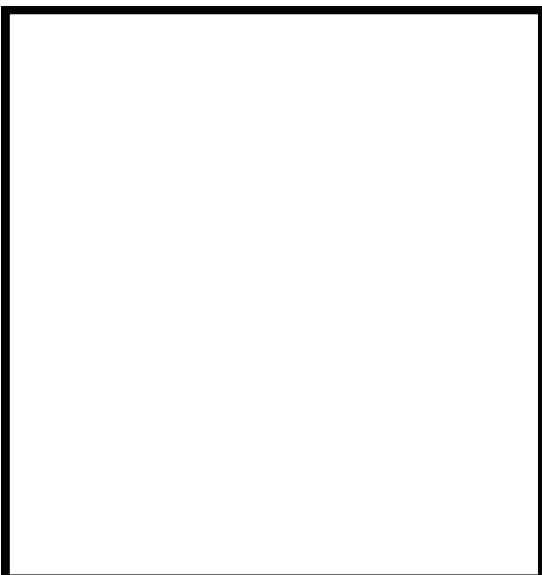


Great job!  
You worked  
hard!

-----  
I felt mad when...  
-----

-----  
I calmed down by...  
-----

-----  
Now I feel...  
-----



**DRAW A  
PICTURE OF  
YOUR  
ACHIEVEMENT**





# YOU DID IT!

## CERTIFICATE

# Congratulations!

Presented to

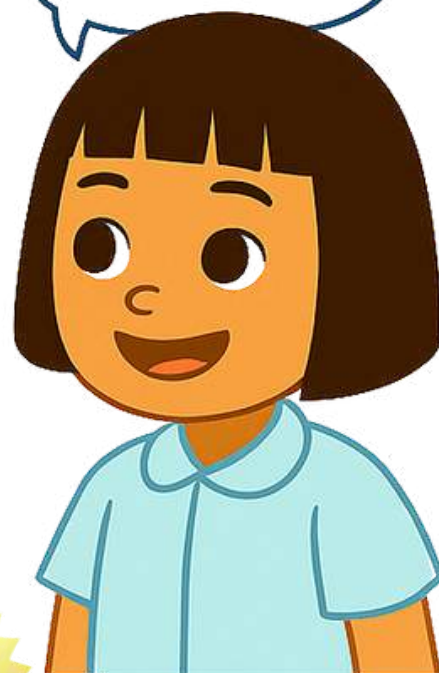
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Great job for working on your workbook  
about feelings, feelings, and more feelings!  
I'm so proud of you!

Hey, you  
did awesome!



Thanks!  
I feel great!








# THANK YOU FOR READING

HOORAY, BRAVE HEART! YOU MADE IT ALL THE  
WAY THROUGH

## “Calm the Storm Inside” – My Feelings Workbook

That means you've:

- Noticed your feelings 
- Practiced calming strategies  
- Used your voice, art, and imagination to feel better  
- Learned that all feelings are okay — even the big, stormy ones

### **Always Remember:**

Your feelings are important.

You are not alone.

You are growing stronger every day.

Whenever you feel a storm inside,  
come back to your calm tools.

You've got this. 



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