

# WALLY THE WAVE

**RESOURCES** – ACTIVITY ③ – *Take a Break, Make a Plan Poster*

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## 1 Notice your body changing

- How does their body feel when they have a big emotion?
- Does their tummy feel funny?
- Are their fists tight?
- Do their cheeks feel hot?



## 2 Name your emotion

It will be helpful to keep a list of different emotions as your child names and experiences them (this can be used long-term).



## 3 Take a break

Practice simple breathing together – three breaths in through the nose and out through the mouth.

