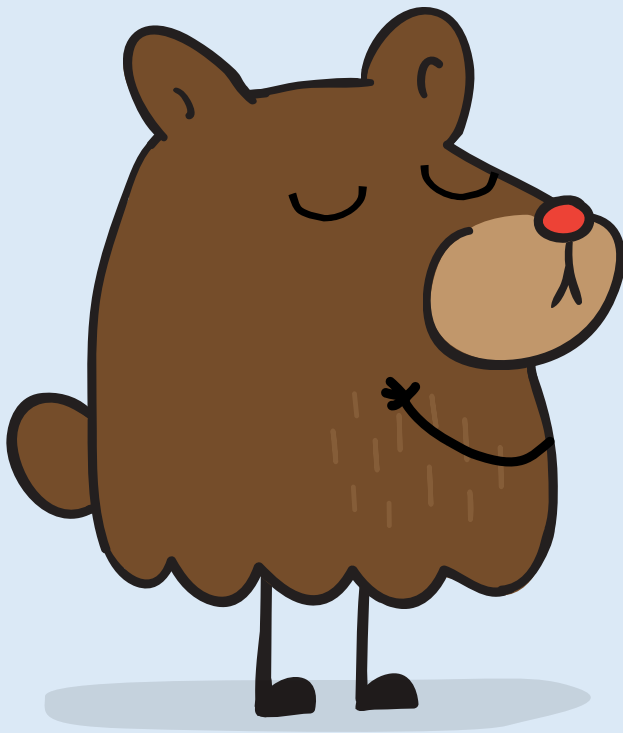
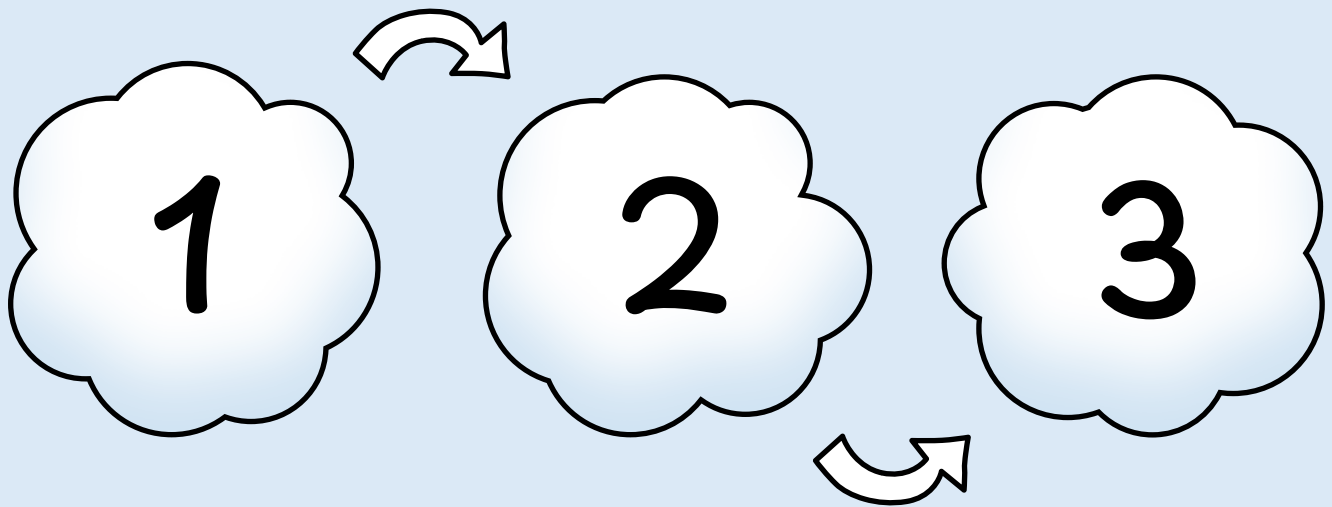


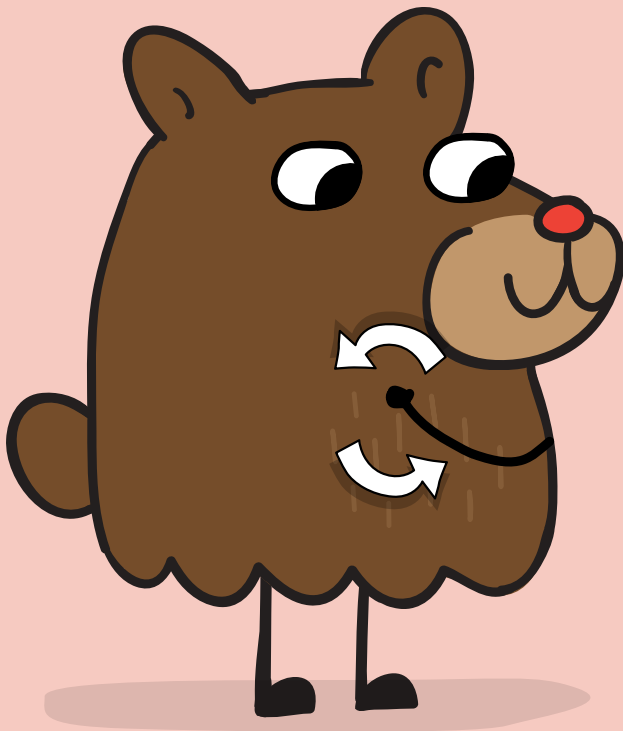
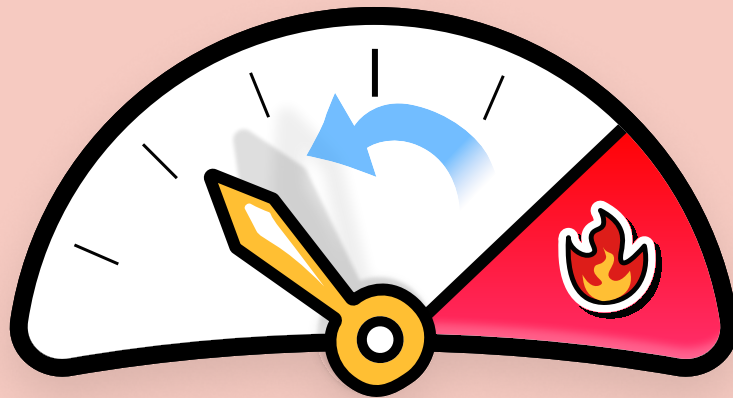
# Take 3 deep breaths

Place your hand on your heart, fill your lungs completely, and exhale slowly



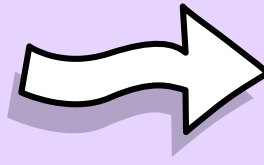
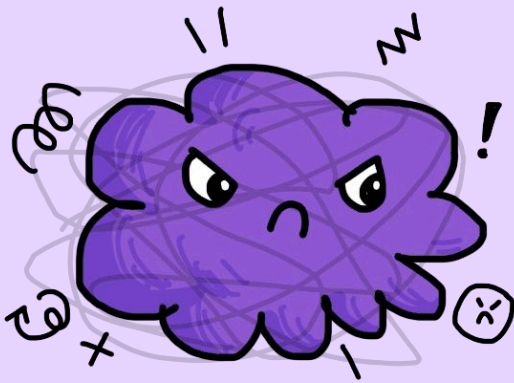
# Pause to Relax

Turning your hand in circles while breathing helps calm your body down



# Clear bad thoughts

Place your hand on your head, let go of thoughts that make you feel bad



Dear Grownups,

Children need simple, visible tools to handle big emotions. A Calm Corner becomes meaningful when it includes small supports they can actually use in the moment.

You can build it step by step. Start with visual cards like taking deep breaths, pausing to relax the body, and clearing bad thoughts. Then add tools that help children express and understand what they feel, like the feelings keyboard, the feeling wheel, and the anger iceberg.

Each addition gives the child another way to pause, signal, and make sense of what is happening inside. Over time, the Calm Corner becomes a space they trust and return to on their own.

We continue to create more resources you can add, helping you shape a Calm Corner that supports real moments, not just ideas. All of these resources are available at [catbears.com](http://catbears.com).

Love,  
The Catbears



### Anger Iceberg

Shows that anger is only what we see on the surface.

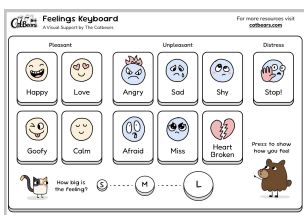
[Get resource →](#)



### The Feelings Wheel

Help children identify and name their emotions.

[Get resource →](#)

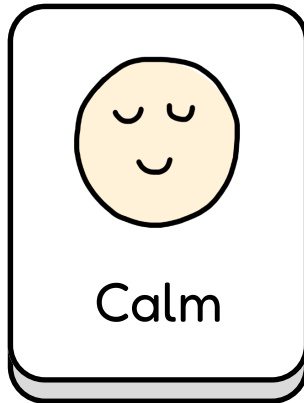
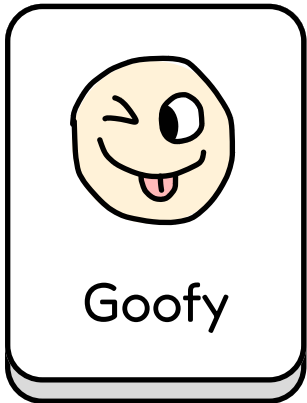
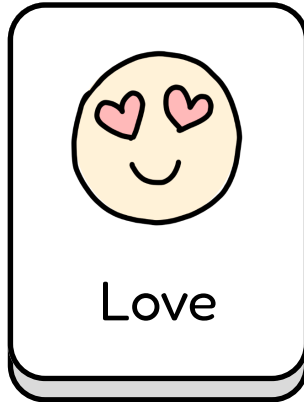
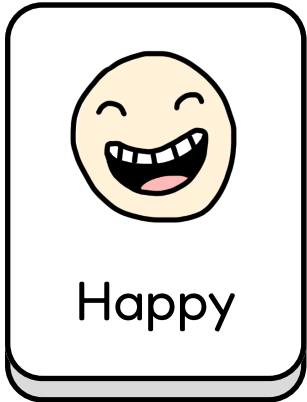


### The feelings keyboard

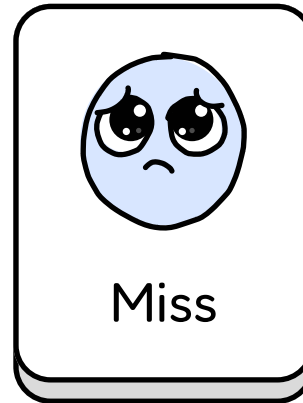
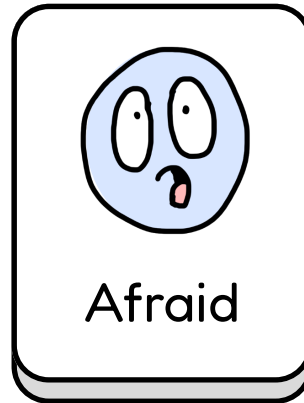
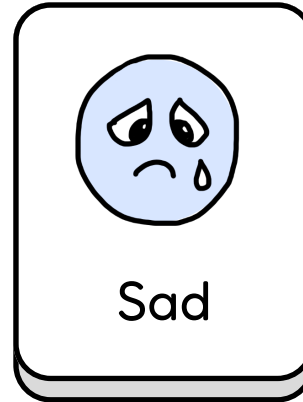
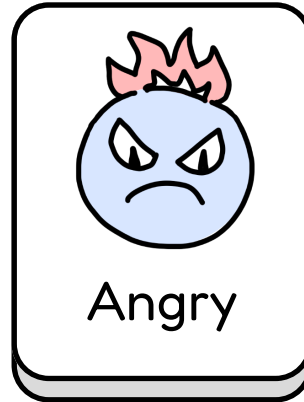
Helps children show how they feel when words are hard to find.

[Get resource →](#)

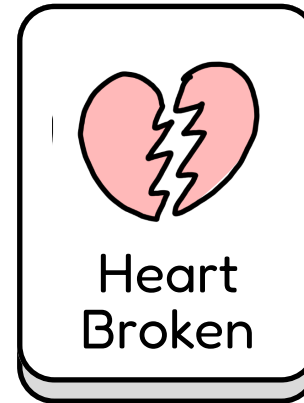
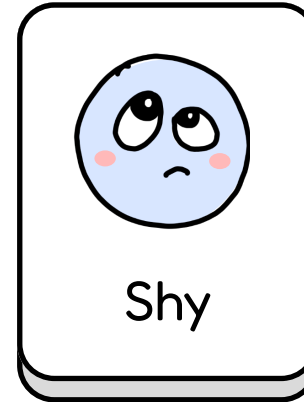
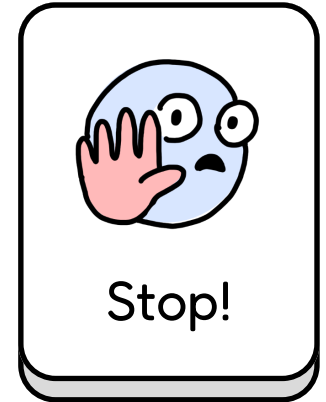
## Pleasant



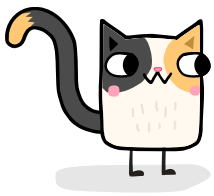
## Unpleasant



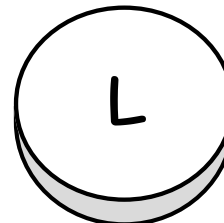
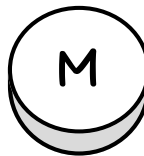
## Distress



Press to show  
how you feel



How big is  
the feeling?



## How to explain the Feelings Keyboard to your kids

- 1 **Find a quiet moment to introduce it:** This is something new and special, and they'll need your full attention.
- 2 **Explain the idea:** "Just like a keyboard helps us type words, this keyboard helps us show how we feel."
- 3 **Press on a feeling** with one hand, then press on a size with the other, then explain your choice. For example: "I'm really happy to be here today" – press "Happy" and the "L" size button.
- 4 **Invite your kids** to try and practice together. Then, when something happens and they're going through a hard moment, suggest they use the keyboard to show you how they feel.

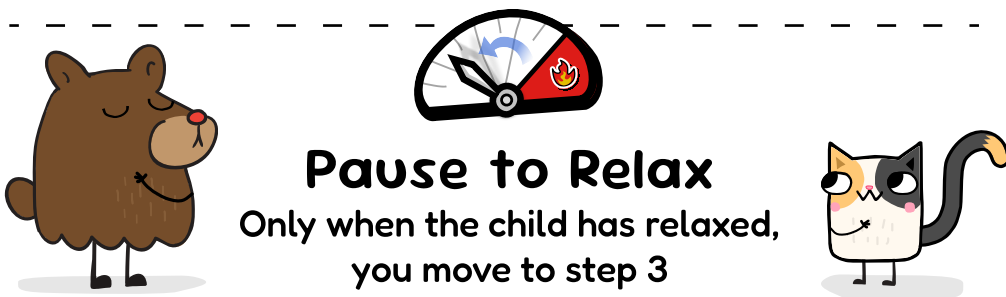


# What to do when your child uses the Feelings Keyboard

After your child used the keyboard to show you how they feel. Here's what we suggest to do next:

① **Mirror** what they're pointing to. Say it back simply: "I see. You're really angry. And it's big." This tells them: I see you. I understand.

② **Help their body calm down:** If you can, take them somewhere quiet. If this isn't possible, create quiet where you are – kneel down, lower your voice, make a small bubble of calm. Give them water. Breathe with them slowly.



③ **Ask what happened:** Now you can understand the problem together and help make sure it doesn't happen again.

# Introduction to **Pause to Relax**

The Feelings Keyboard helps children name emotions. But it does something bigger – it helps them slow down, stop using words, and practice the **Pause to Relax** skill.

Most of us (adults included) react instantly when things don't go their way – the body jumps in, emotions take over, words fly out, and damage happens.

**Pause to Relax** creates a gap between the trigger and the reaction. A moment where the child notices "I'm in overload" and waits for safety before doing anything else.

Using the Feelings Keyboard, and practicing the Pause to Relax skill from a young age, will help your child build this habit: When things don't go as planned, instead of exploding or shutting down, they'll find a calmer way forward, and that's the biggest life skill you'll ever give them.

Love,  
The Catbears



Learn more at about the **Pause to Relax** skill at [catbears.com](http://catbears.com)



# ANGER

Thirsty Tired Hungry  
Embarrassed Humiliated  
Ashamed Disappointed

Dismissed Guilty **Sad** Neglected Invisible  
Anxious

Belittled Lectured Mocked Worried  
Bullied Jealous Judged Heartbroken  
Lonely Criticized Unheard

Grieving Rejected Misunderstood Scared  
Insecure Not enough Interrupted

Unsafe Unappreciated Bored  
Stressed Used

The Catbears © 2026 All rights reserved



Anger Iceberg

A Visual Support by The Catbears

For more resources visit

[catbears.com](https://catbears.com)



# ANGER

Thirsty Tired Hungry

Embarrassed Humiliated

Ashamed

Dismissed Disappointed

Guilty

Sad

Neglected Invisible

Belittled

Lectured

Mocked

Worried

Anxious

Bullied

Jealous

Judged

Heartbroken

Lonely

Criticized

Unheard

Grieving

Rejected

Misunderstood

Scared

Not enough

Insecure

Interrupted

Unsafe

Unappreciated

Stressed

Used

Bored



## Anger Iceberg

A Visual Support by The Catbears

For more resources visit

[catbears.com](http://catbears.com)

Dear Grownups,

Anger is usually the part we see - Yelling. Stomping. The slammed door. The "NO!" that comes out of nowhere.

Under that anger, there is often something harder to say: "I'm tired. I feel small. I'm embarrassed. I didn't understand. I feel left out. I'm scared. I feel like I'm not enough."

The tricky part is that anger is contagious. When our kids show anger, our bodies react too. We feel pulled to stop it, control it, or explain it away. Sometimes we get pulled into the same reaction ourselves.

The Escalation Loop looks like this: Child feels overwhelmed → child shows anger → grownup reacts strongly → child feels more unsafe → anger grows.

---

## How the Anger Iceberg works:

An iceberg is mostly underwater. The visible tip is about 10 percent. This page helps kids and grownups look under the surface, so we can respond to the real need, not just the loud moment.

- 1 Find a quiet time and introduce the Anger Iceberg to your child.
- 2 When someone is upset but not in a full meltdown, pick a feeling from the iceberg. Yes, this includes you.
- 3 When someone picked a feeling, Instead of "Why," try: "What happened?" "What do you need right now?" "What would help?"
- 4 After a meltdown, when everyone is calm, use the iceberg to name what was under the anger.

Look below the surface. Most of the time, anger is a signal that someone is having a hard time.

Love,  
The Catbears



# The Feelings Wheel

A Visual Support by The Catbears



For more resources visit  
[catbears.com](http://catbears.com)