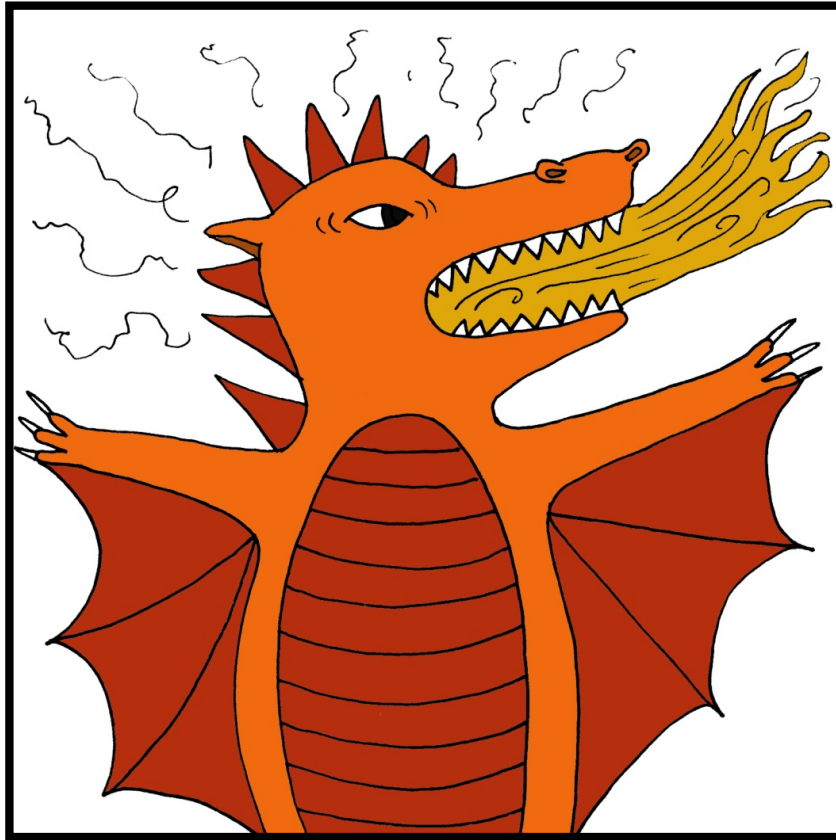




HSCI Dragon Brain Story



You can use HSCI's Dragon Brain story to help teach children how to regulate their emotions when they find themselves in upsetting situations. Read the story aloud during large or small group activities as well as with individual children. Talk about how sometimes when we get angry our brains can feel like they have "shrunk" to the size of a dragon's tiny brain. When this happens, we can only think about 1 thing...Being Angry! When children learn about ways to calm down, such as taking three slow deep breaths like the dragon in the story, they can help themselves get rid of "Dragon Brain" and get back to feeling like themselves again.

Dragon Brain - Boy

Situation Makes Boy Angry



Boy gets Angry



Boy gets Dragon Brain



**Boy Remembers "Flower & Candle"
breathing**



Boy Smells Flower

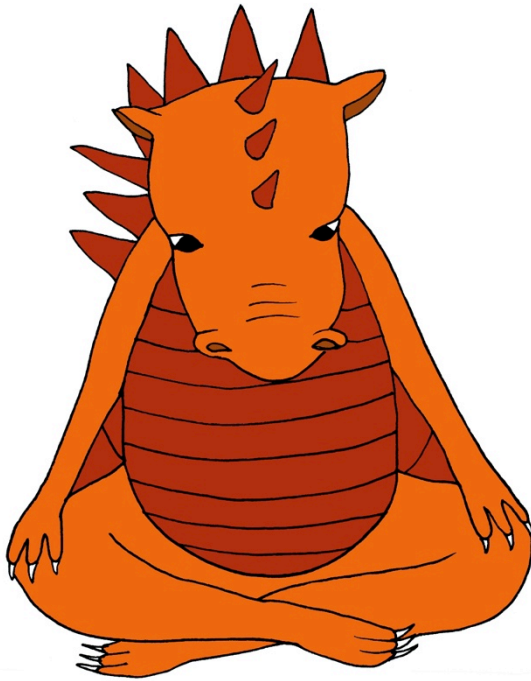


Boy Blows Out Candle



Dragon Brain - Boy

Dragon Calms Down



Boy is Calm and Ready to Play



Dragon Brain - Girl

Situation Makes Girl Angry



Girl gets Angry



Girl gets Dragon Brain



**Girl Remembers "Flower & Candle"
breathing**



Girl Smells Flower

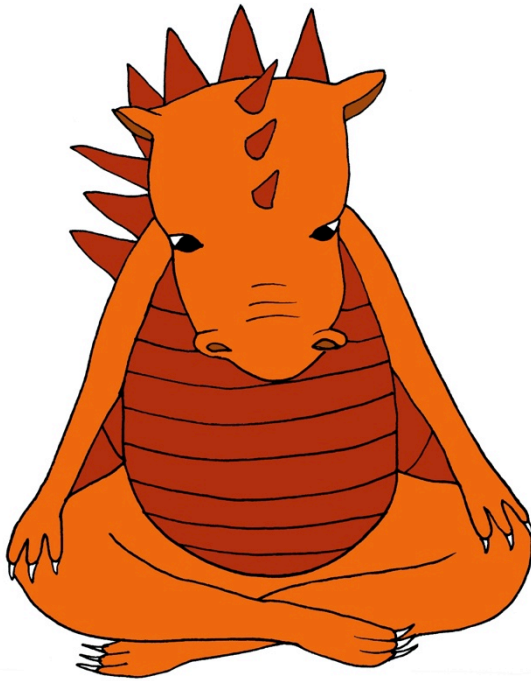


Girl Blows Out Candle



Dragon Brain - Girl

Girl Calms Down



Girl is Calm and Ready to Play

