

MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!



These activities can be done for a variety of situations, age groups, and settings. Some lend themselves to fun, some to writing stories, some to discussion, some to drawing. All are intended to help children explore who they are, to find their inner strength to do hard things, and to grow smarter and stronger brains.

Ways to Use Mission:CONTROL! A Big Feelings Adventure!

1. Have children decorate the outline of Gretchen and tell what their favorite thing is about Gretchen. (See downloadable PDF on the website.)
2. Referring to the poster in Joseph's room at the end of the book, have children draw a picture of a time when they did something hard and tell how that felt when they did it.

Then, have them draw what they think will happen if they practice doing hard things and how that will feel TOMORROW.

3. Ask children which button on Joseph's glove they would push if they were having difficulty following a rule. Would there be another button you would like to see on Joseph's gauntlet? Show a before and after picture.
You can also download the PDF for your child to complete. (See downloadable PDF on the website.)
4. Have children tell a story about a time when they had big feelings when told something they want to do is not allowed.
 - a. Where did they notice those big feelings inside their bodies?
 - b. What calm adult did they share their big feelings with?
 - c. What strategy did they use to calm their big feelings?
 - d. How did they solve the problem?
 - e. How did they feel after they solved the problem?

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5. Ask children to write words they can say to themselves when they have to stop doing something they are enjoying?
 - a. I will have a chance to do this again.
 - b. I'm a kid who can do what is expected.
 - c. I can have small reactions to small problems.
 - d. I can handle it.
 - e. "OK."
 - f. Just do it.
 - g. "I can do hard things."
 - h. _____
Their own idea here

6. Ask children to think about something they are expected to do but don't like to do. Ask them to **imagine** themselves doing it and how that would feel when the task is done. Then, have them draw a picture or write a story showing that outcome.

7. Have children **imagine** how other people will react when they follow Spaceman Sam's 4 steps for handling situations that feel "too much" (Feel It!, Say It!, Calm It!, Solve It!)

8. Have children think of something that sometimes feels "too much". Ask them to draw a picture of themselves doing that. Tell the strategies they would use to make that happen.

9. Have children share a story about a time when they did something that felt "too much" but just did it. Include the answers to the questions: Who? What? When? Where? Why? and How.

10. Have children imagine themselves stepping into the rocket ship and taking over the controls.
 - What would be their destination (skill to master)?
 - What controls (strategies) would they use to get there?
 - What messages would they tell themselves along the journey (skill building/practice time)?
 - What would they expect it to feel like when they arrive (grow their character)?
 - How will they use their new skill to help others? (This is a Bonus and Preview for the next books, *Badges of Power!*)