

# SPACEMAN SAM CLUB

## MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!

Learn how to use Joseph's gauntlet with the examples submitted by kids below.



In Mission:CONTROL! A Big Feelings Adventure!, Gretchen co-regulates with Joseph and as a result, he is able to choose a button on his gauntlet that helps him calm enough to think about what step he should take next to gain control of his Big Feelings. He chose Breathe, which made his head stop feeling funny.

I have invited my clients to create their own gauntlets that they can use if they need to do something that feels like too much. They decide which buttons will help them calm so they can solve the problem. They also draw a picture of their future selves doing what's expected and note how that would feel.



This 5 year old drew a picture of himself successfully walking upstairs to his bedroom without being distracted by things along the way. The strategies he used were sleep, learn, keep his hands in his pockets, read Epic books, play a game, focus, think, Go, and Calm It!



This 6 year old boy wants to be like Joseph – he doesn't want to be defeated by the HypnoZoids. So he's going to really have to use his will power like Joseph did in order to change Robojo's mouth from orange (warning) to blue (focused)! He will try strategies like pause, activate Robojo, try again, take a break, say "no", stop, get away, say "stop this", and launch.



This 7 year old drew a picture of his mom getting frustrated because he wasn't listening when she asked him to go upstairs to bed. He chose to use the same strategies as Joseph in the story: breathe, use words, pause, change something, move your body, say, "I got this.", try again, take a break, and ask for help.



This 9 year old doesn't want to have angry feelings so he put an X on his drawing. To help him, he drew pictures of the strategies he would use: aBreathe, talk, use words, walk away, tell someone "Stop.", go outside, go to bed, encourage myself, and build Legos.

Scroll down to print your own Gauntlet!

**Bonus! Lots of fine motor skills involved (writing, drawing, coloring, and cutting!)**

## More Resources

- Check out my [Blog](#).
- Watch the [launch party](#).
- Hear a [live Reading](#) of the Story.
- Join the [Spaceman Sam's Club for kids](#) for fun activities!
- Join the [Spaceman Sam's Club for Grown-Ups](#) for research based information about the book.
- View the [Galleries](#).

## SIGN UP

Sign Up for our newsletter to get updates and ongoing tips for grown-ups and fun activities for kids.

## CONTACT

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# SPACEMAN SAM CLUB

Activity instructions and strategies for Grown-Ups

## MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!



You might want to make one to help you with something that feels like "too much".

Or you may want to make one for every day of the week to help you do something hard.

Or you may want to make one to help you work collaboratively with each person in your family.

Or you may want to make one to help you with a certain activity or task.

Everyone in the family can make one!

You could make one for each member of the family that reflects a family value.

Create your own gauntlet just like Joseph's. Write your Calm It! Strategies on the buttons.

**How to Make the Gauntlet**  
(adult supervision needed)

1. Think of something that sometimes feels like "too much".
2. Draw a picture in the square of what you would like to make happen.
3. On the small buttons, write in the strategies you will use to Calm It!
4. On the 2 rectangles, write what feelings you will want to have.
5. Color the gauntlet.
6. Cut it out on the black line.
7. Laminate the gauntlet.
8. Cut around the gauntlet leaving a bit of a margin and round the corners.
9. Ask an adult to help you super glue 2 hair bands onto the laminated gauntlet so that you can now slip your arm into the loops for wearing on your forearm.
10. If you need a larger one, you can set your printer to about 120% instead of the default of 100%.

Now you are ready to handle a Big Feeling, just like Joseph!

## BLAST OFF!

### Here are some common challenges kids face:

- Doing what's expected
- Accepting "no"
- Avoiding work that requires effort
- Maintaining personal space
- Practicing hard things
- Stopping a fun activity
- Starting something that isn't fun
- Staying focused, trying new things
- Waiting
- Showing respect for people and property
- Sharing with siblings
- Cooperating for morning and evening routines
- Staying at the table for mealtime
- Cleaning up toys, turning off screens
- Arguing/negotiating

### Here are some popular strategies for handling those challenges:

- Move on
- Breathe
- Use words
- Ask for help
- Listen
- Think of others
- Ask for a break
- Do something you like
- Move your body
- Pause
- Do something different
- Try again, and change something
- Listen to music
- Dance
- Self-talk: I can do hard things, Just do it, I got this, Stop, Just do it, I'm safe

