

Starfish and Tornadoes Game

PreK-3

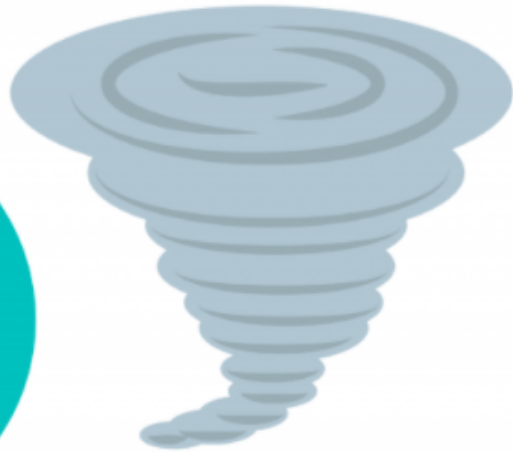
The goal: To help kids notice how much energy they're feeling inside. When they know they have too much energy, they can either use their own calming skills or ask for help from a trusted adult.

How to play: Make a picture of a thermometer (or use the attached thermometer). Draw a starfish at the bottom and a tornado at the top. Ask if your child feels calm and peaceful like a starfish or revved up like a tornado. When your child is feeling over-energized, brainstorm together about ways to feel more like a starfish. For example, bouncing a ball to help release some of that energy.

Try playing this game at different times of the day and help your child describe the energy levels. For example, if you play first thing in the morning, you can say, "You like to snuggle and watch cartoons." Or, "I bet you could run up and down the stairs five times before I finish making breakfast!"

Keep in mind: Self-awareness can help kids build a skill called self-regulation. Self-regulation is about managing your internal energy. It helps kids manage their emotions and their body movements during tough situations. It also helps them pay attention and learn. (Watch [this video](https://www.lynnkenney.com/starfish-and-tornadoes-a-self-regulation-conversation/) for more information about this game.

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