

# Hammerhead

## Resource Guide

Hammerhead's stories focus on building social skills to support conflict resolution and self-regulation. Through Hammerhead's experiences, children learn how to calm down when their emotions get too big, avoid shame when experiencing big emotions, and understand that they are still loved even when they are upset.

### Key Themes

#### Conflict Resolution

Helping our mind and body feel calmer when we are worried or anxious

#### Attachment

Connecting with people around you who love you and are trustworthy

#### Social Skills

Using our words and body language to communicate with one another

#### Responsibility

Doing the things we are expected to do and learning to take credit for our actions and how they impact others

#### Emotional Regulation

Noticing when we have big feelings and then calming our bodies down

### Discussion Questions

What are some signs in your body that you are starting to have big feelings?

*My heart starts to pound, my tummy feels tight, my body gets hot, etc.*

What are some ways you already know to calm yourself down?

*Taking deep breaths, taking a break, asking a grown-up for help, etc.*

### Activity

Most of us have had times, like Hammerhead, where our anger gets so big that our bodies or our words hurt others. Let's practice making it right if your body or words hurt others.

*Examples to calm your body: take deep breaths, take a break, say sorry, clean up the mess we made, fix something that was broken, offer a hug or handshake, draw a picture, write a note to the person, say you still want to be friends, etc.*

### Affirmation

**I am loved even when I feel mad.**