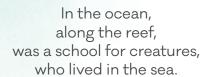


## Hammerhead's

## Recess Challenge



The school would gather from far and from wide to learn about the waves, the currents, and tides.

Everyone listened and followed directions.

It was easy when everyone knew the expectations.

But when the class got wiggly and needed a break, they went to the seagrass and they chose what to play.

The jellies liked to jump rope, the crabs played tic-tac-toe, but there was always one place every sea creature wanted to go. The kelp swings were crowded, there was always a line, and when you finally got on, there was so little time!

Little Hammerhead finally got to the front of the line. It was his turn to swing and his time to shine.

He said very kindly, to Narwhal swinging high, "Your time is up, it's my turn to fly!"

But Narwhal just ignored him and covered his ears. He just kept swinging and Hammerhead's eyes filled with tears.

Hammerhead's fins felt tingly.
His head got real hot.
He was getting on that swing,
if Narwhal liked it or not.

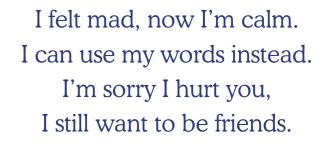
Before he knew it, Narwhal was on the floor. Now they were both mad, looking to settle the score.

We know that it's not a good choice to fight. Let's help Hammerhead calm down and then make it right.

> Take a DEEP breath and help him feel calm. Breathe in one more time, and out real LONG...

Let's do this together until the mad feeling's gone. To help Hammerhead and Narwhal be friends and move on.

Repeat after me, let's show Hammerhead what to say to make things all better in the best way.







Slumberkins supports caregivers, educators, and children in building a foundation of social-emotional wellness. Check out more resources at slumberkins.com