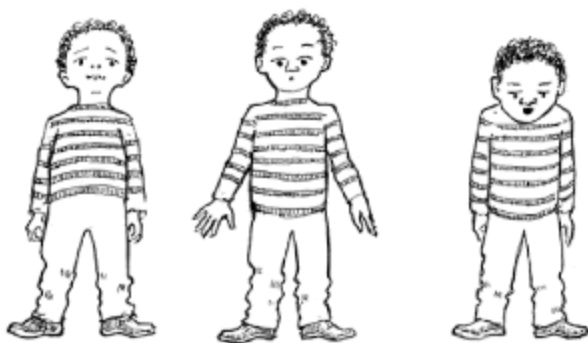


**STAY COOL AND
IN CONTROL WITH THE
KEEP-CALM GURU**

Wise Ways for Children to Regulate
their Emotions and Senses



LAUREN BRUKNER

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Contents

PART 1: FOR KIDS	9
1. Meet the Keep-Calm Guru	11
2. What Is Your Light?	13
3. The Mind-Body Connection	16
4. The Big Four: Just Right, Slow and Tired, Fast and Emotional, and Fast and Wiggly	18
5. Making Abstract Feelings Tangible	24
6. Specific Steps to Get to that “Just Right” Feeling	29
7. How this Book Works	31
8. Anywhere Body Breaks: The Science Behind the What and the Why	33
9. Anywhere Body Breaks: The Science Behind the How	37
10. Tools: Using the Stuff Most of You (Probably) Already Have	64
11. Big Body Breaks: Or Shall We Say, Yoga	87
12. The End of Our Journey—For Now	100
13. Sum it Up	101

PART 2: FOR ADULTS	105
<i>Acknowledgements</i>	106
<i>For Parents and Caregivers—How to Get the Most Out of This Book</i>	108
<i>For Teachers and Therapists—How to Get the Most Out of This Book</i>	110
<i>Maslow’s Hierarchy of Human Needs, and its Connection to Child Development</i>	112
<i>Simple Supports to Promote Overall Self-Regulation</i>	116
<i>Appendix 1: “Just Right” Checklist</i>	120
<i>Appendix 2: “My List of Ten” Card</i>	122
<i>Appendix 3: Positive Affirmations</i>	124
<i>Appendix 4: “Just Right” Self-Monitoring Checklist</i>	126
<i>Appendix 5: At a Glance Desk Strip Reminders—Anywhere Body Breaks, Tools, and Big Breaks/Yoga</i>	128
<i>Appendix 6: At a Glance Bracelet Reminders (for Anywhere Body Breaks Only)</i>	132
<i>Appendix 7: “Draw and Jot” Journaling Card</i>	135

CHAPTER 1

Meet the Keep-Calm Guru



Namaste. My name is Aurora. My parents have frequently told the story—on warm summer nights, roasting marshmallows over an open fire, on cold winter mornings, with visiting friends as we hike through

the woods around our cottage, the crunch of snow under our boots—that on the day that I was born, the moment that I opened my eyes, it was as if the sun shone through them into their hearts.

That is why they named me Aurora—for light. I believe that there is a light, an ability to achieve peace and serenity that shines through every heart that I connect with. I have spent so much of my life helping others find that light for themselves, most especially when they feel that there is only darkness.

Won't you come on this journey with me? Let's expand on your light, let it shine through your eyes, through your heart, so that even when you have a moment, a day, a week, or more that feels difficult, you can call on that light to warm you, and guide you through that hard time.

For the purpose of this book, and during my work as your mentor during our journey, you may call me by my teacher name, as you are to be my student, yes? I am known as **Keep-Calm Guru**, or, if you would prefer, **Guru Aurora**.

I am so pleased to begin our journey together...

CHAPTER 2

What Is Your Light?

Before we go any further on this wonderful journey of discovering the secrets to serenity, self-control, and peace, it is important for us to truly understand the meaning of what we call **light**.

The idea of light is not a scientific term, like so much that we describe in this book. It does not involve the physical senses, and cannot be measured or quantified. That does not make it any less real, at least to me.

I believe that every person on this earth is born with a spark, a beautiful light that shines within their heart, that allows them to feel in control of the overwhelmingly difficult feelings they may experience throughout their lives, both in their minds and in their hearts.

Someone's light is not always easy to find—especially when they are going through extremely tough times that occur so often in life. Sadly, a person's light can therefore remain buried and hidden.



Close your eyes for a moment. Place your hand over your heart. Feel it pulsating under your hand. Do you feel its familiar beat?

Picture a warm light emanating from your heart and through your fingertips. What color is it? What color best represents who you are? Take a moment here. It will come to you.



Your light represents all of your hopes, positive feelings, and beautiful thoughts.

Your light shines brightly when you feel happy, peaceful, content, attentive, and **Just Right**.

Sometimes, it takes some *dark times* (or difficult thoughts or feelings) to bring that light to the surface, and make it shine brightest.

Use those moments as opportunities to be a positive influence on the world.