



Name It to Tame It

A calm-down kit for big, mad feelings.

What's inside

- A 'Name It to Tame It' poster
- A 'How big is your Grumble?' anger meter
- A Grumble Monster coloring page
- A 'Name Your Grumble' feelings page
- A note for grown-ups



I see you, Grumble. You can shrink now.

Name It to Tame It

Print me and hang me where big feelings happen.



1

See it.

Notice your Grumble puffing up — hot cheeks, tight fists, a fast heart.

2

Name it.

Say it out loud: “I’m SO mad.” Naming the feeling helps it settle.

3

Tame it.

Take a slow breath. “I see you, Grumble. You can shrink now.”

I see you, Grumble. You can shrink now.

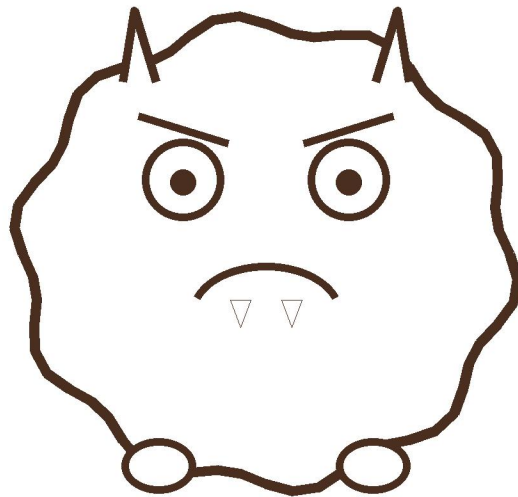
How Big Is Your Grumble?

Colour in how big your Grumble gets. When it's high — name it!



Colour the Grumble Monster

How big is YOUR Grumble today? Colour it in.



Name Your Grumble

Draw your Grumble in the box, then finish the sentences.

My Grumble looks like...

My Grumble puffed up when...

It made my body feel...

To help it shrink, I will:

☐ Take a slow breath

☐ Ask for a hug

☐ Name it out loud

☐ Stomp it out



For the grown-ups

the tool: Name it to tame it

When anger floods in, the thinking part of a child's brain goes offline — which is why “use your words” fails mid-meltdown. Naming the feeling (“I’m so mad”) helps bring the calm brain back online and settles the storm. Naming a feeling doesn't make it bad and doesn't make it vanish — it makes it manageable. Notice your own Grumbles out loud, too; children learn this best by watching us.

This kit comes from the picture book

Luella Bean and the Grumble Monster



Part of the Luella Bean's Imagination series

Find the whole series — [link in bio](#)