

The MELT-down MONSTER



*A Social Teach Speech
Story and Activity
Freebie*

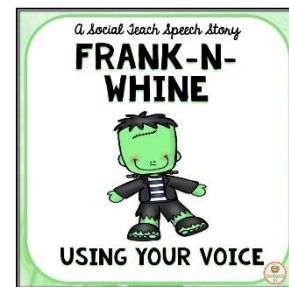
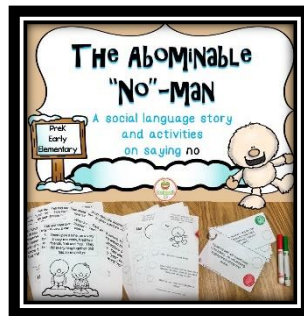
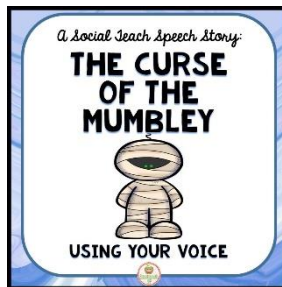


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The MELtdown Monster



A Social Speech Teach Story:
SOCIAL EMOTIONAL REGULATION



It had been a rough day. I woke up late and missed the bus, then I stepped in a giant puddle. When I finally got to class, I realized that I had forgotten my lunch.





I didn't think my day could get worse, but then my teacher asked me for my homework. Ugh, it was at home too, right next to my lunch.

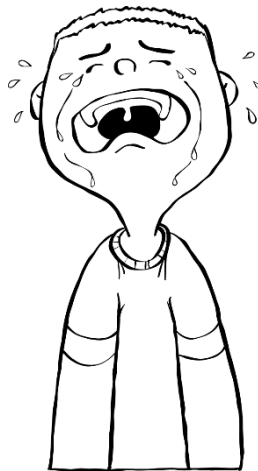


I started to feel sick, like a million spiders were crawling around in my stomach!





I felt everyone's eyes looking at me! I started to feel my body get tense and my face turn red and hot.



I was so upset that I yelled at my teacher and started to cry. The meltdown monster took over!





My friends were surprised at my unexpected behavior!! It made them feel uncomfortable and upset.

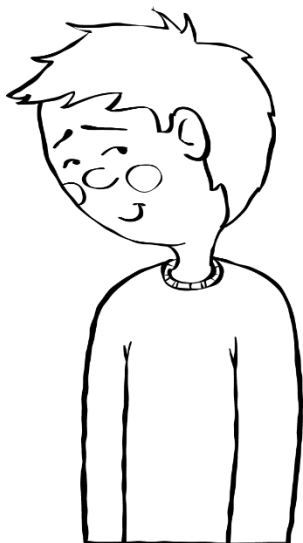


My best friend reminded me of all the strategies I could use to calm myself down. "Let's take a few deep breaths together. It will be okay!"





The deep breaths helped me feel better. I thought about all the things I CAN do to calm myself down. I got a drink of water, went to wash my face and sat in a quiet place for a few minutes.



I felt a little nervous and embarrassed going back to class, but I knew I had to apologize to my teacher and friends.



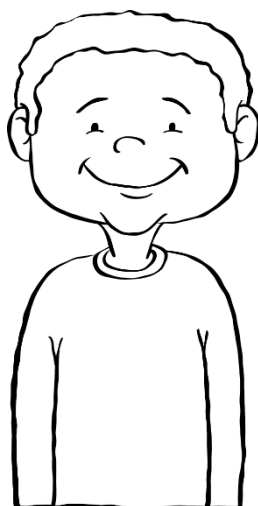


My teacher thanked me for apologizing and calming down. She told our class that everyone has bad days, and we can practice using the tools we have to keep the meltdown monster away.



We talked about how our bodies start to feel when we are getting upset. We took slow, deep breaths. We practiced how to let our teachers and family know when we need some help calming ourselves down *before* the meltdown monster shows up. That's a smart thing to do!



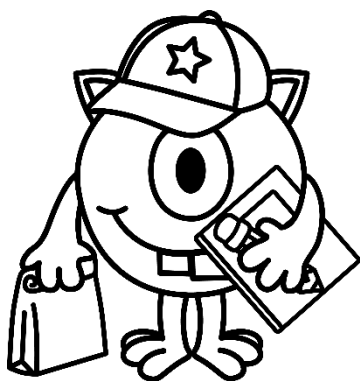


I felt better and knew that I have the tools to keep that meltdown monster away! I can try again and have a better day.



I can keep the meltdown monster away by:

- Asking a trusted adult for help
 - Taking deep breaths
 - Taking a walk to calm down
 - Getting a drink of water
- Remembering that I have gotten through hard days before and I will be okay!



Meltdown Monster Recipe

Ingredients:

$\frac{1}{2}$ CUP Water
 $\frac{1}{2}$ CUP Karo SYRUP (light)
2 PACKETS KNOX GELATIN (not Jello)
FOOD COLORING

- Heat water in microwave until very hot. Pour into a large bowl to mix with the other ingredients.
- Sprinkle gelatin packets into the hot water and let sit for 30 seconds.
- Whisk in Karo syrup (corn syrup) and a few drops of food coloring into the hot water. Green makes a great monster!
- The mixture will start to thicken, but it will not firm up into a "slime" texture for a few more minutes.
- Pour $\frac{1}{4}$ cup into a zip lock bag and add plastic spiders, googly eyes or any other small objects that you would like to include in your meltdown monster. Red glitter would be a fun addition for angry feelings!
- Seal the bag and put inside another plastic bag, then seal the top with packing tape to make it spill proof.
- Let your students squish and play with their meltdown monsters!
- You can send this page home for your families to make their own version too.

