SENSORY™ solutions

RILEY THE BRAVE

coloring pages

for Emotion Regulation



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tips for use

ASCA standards:
- M 1
- B-SMS 7

Coloring can help brains and bodies relax.
Riley the Brave and his friends are here to help!

Keep a few pages in your calming corner.

Use pages with or without talking about the words.

Coloring outside the lines is A-OK. Get those big feelings out!!

Have students check in with their feelings before and after coloring a page. Discuss what you notice.

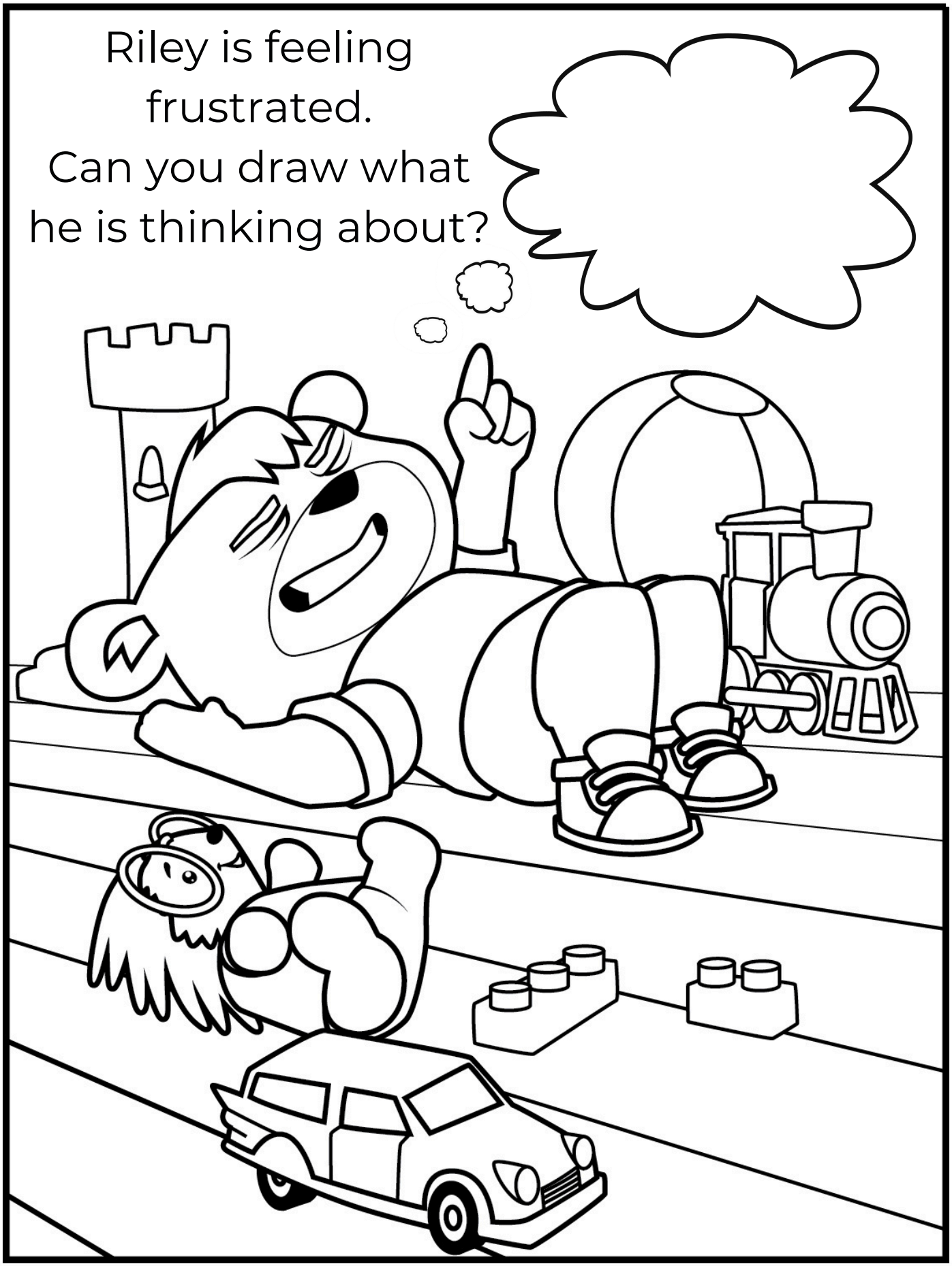
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Riley is feeling frustrated.
Can you draw what he is thinking about?



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Riley feels so much better after a big squeeze from his safe big critter.



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Make a silly face with Riley and Jorge!

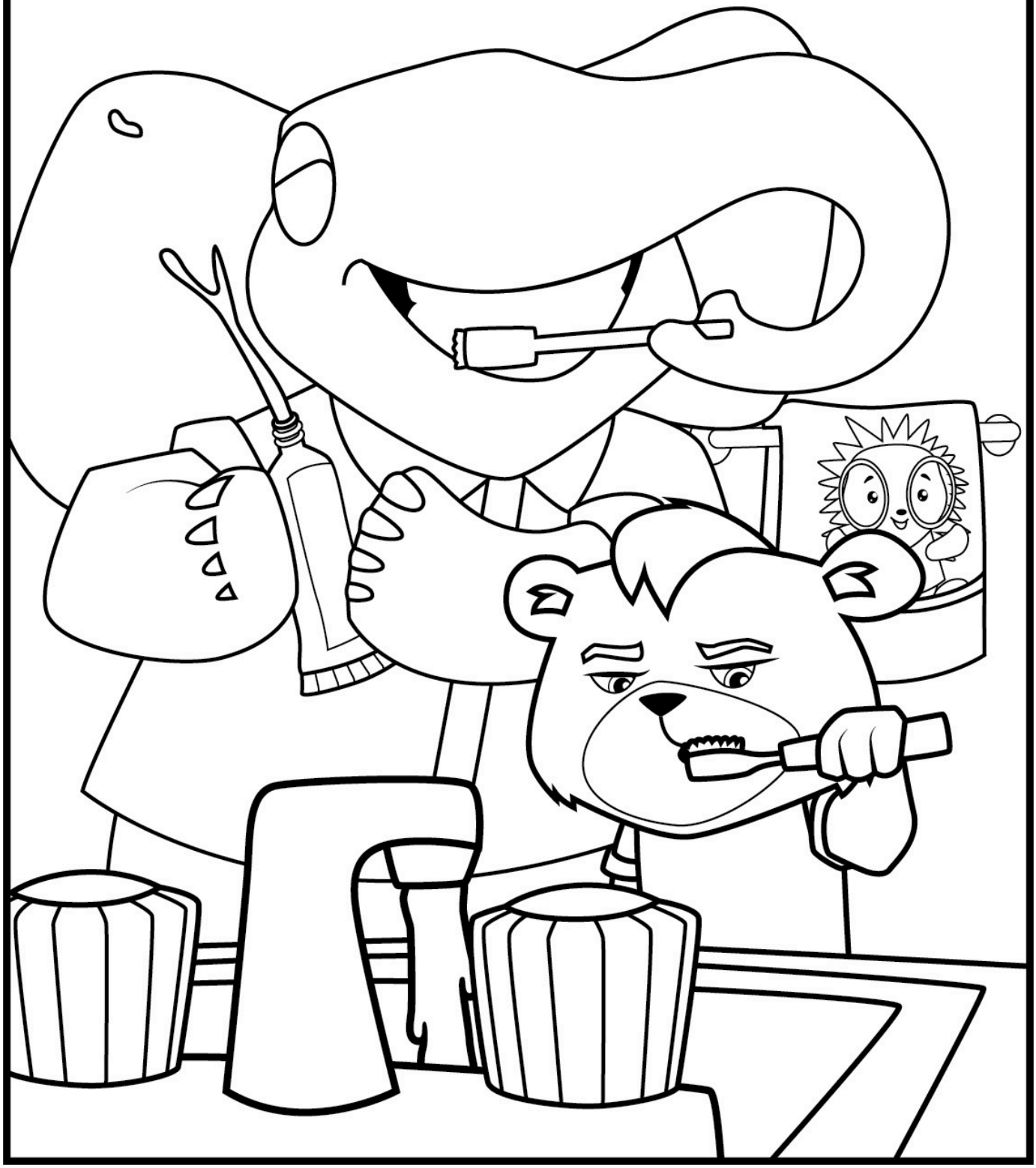


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Sometimes we have to do boring things. Singing a song helps! What should we sing for Riley?



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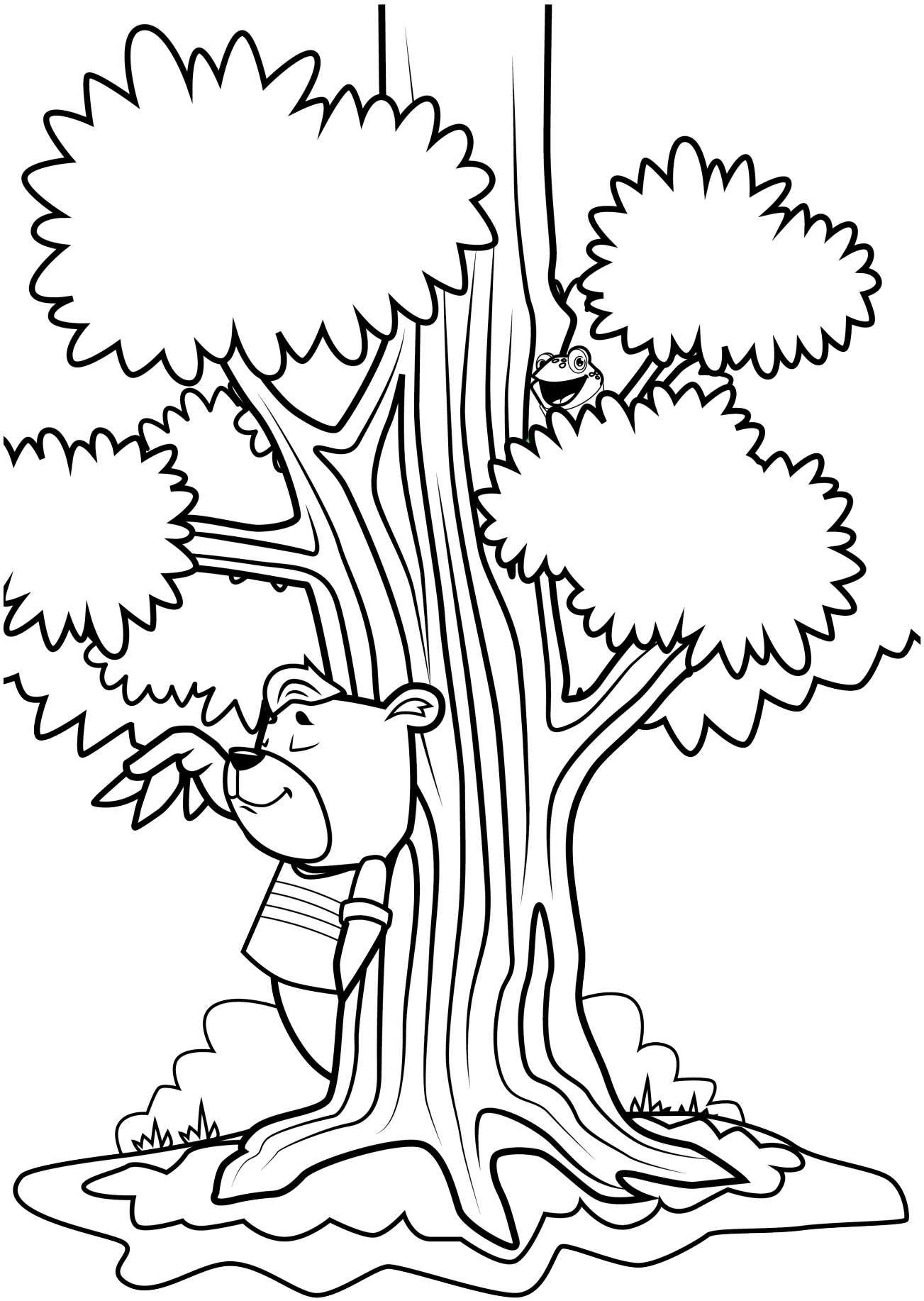
Riley is having a big squirrel moment!
What do you think he is feeling?



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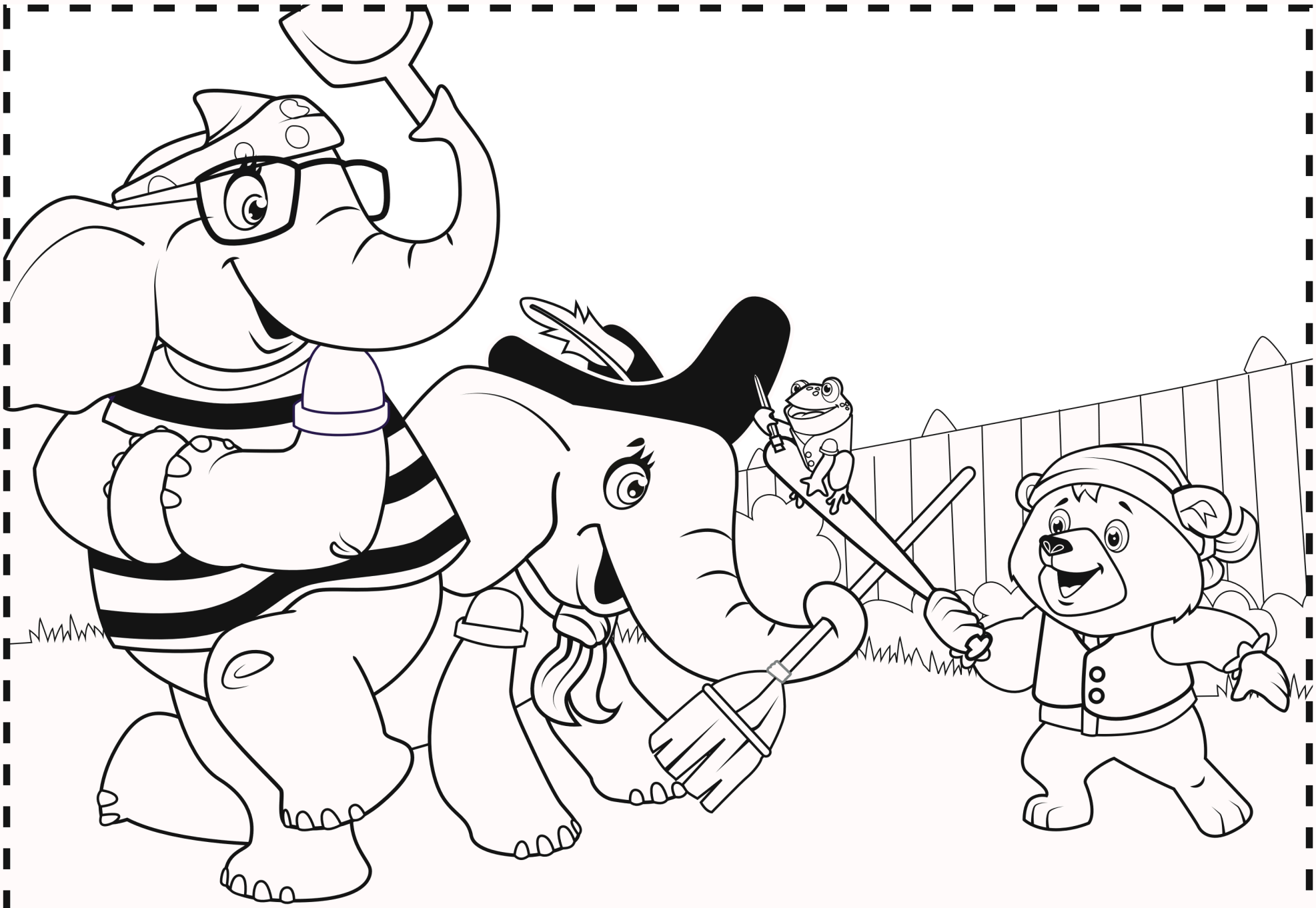
Riley feels overwhelmed!
Can you show him how to take
3 big deep breaths to help his
tiger brain feel better?



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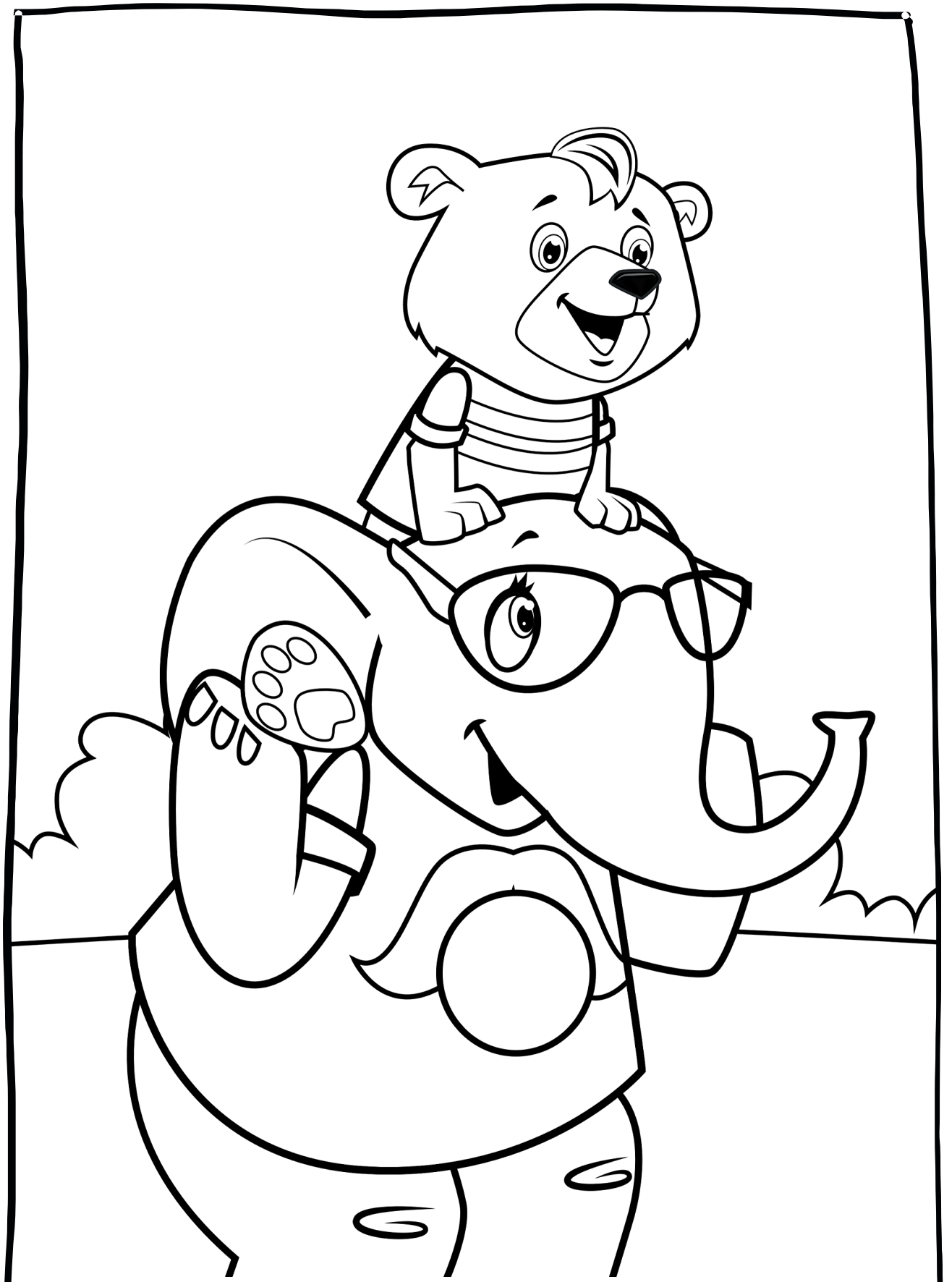


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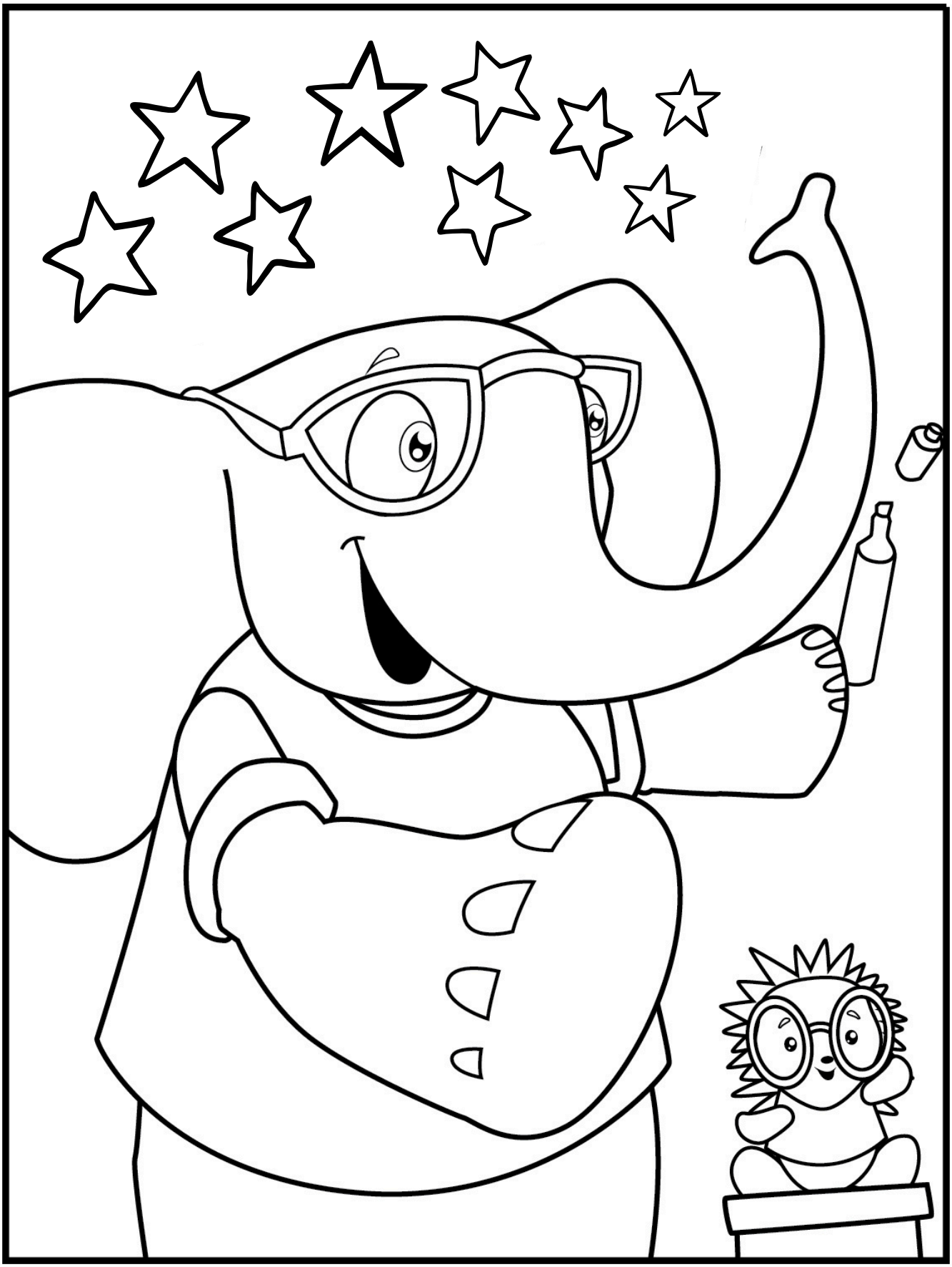
Say it with me: I AM VERY BRAVE!



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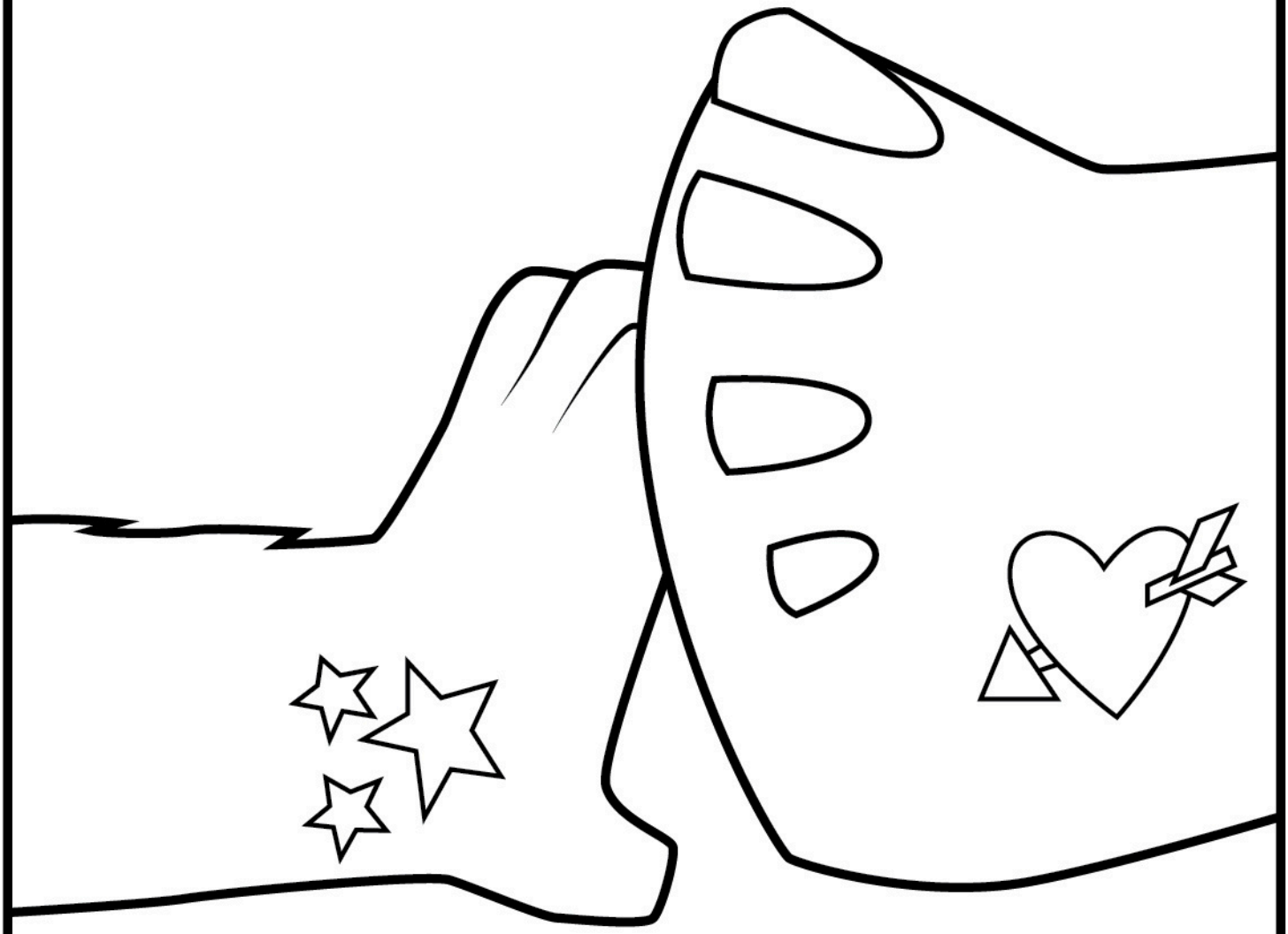
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Fun with your safe big critter

Use a marker or two to draw a little “love mark” on each other before you leave for school. Hold it close whenever you need a reminder that you’re loved!



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