



Franny the Fox Takes Time to Curl and Think



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Franny the fox is a fantastic fox. They like to play with friends at Garden of the Gulf School.



That makes me so mad!

You can not play with us. Only two are allowed

Sometimes, things happen that make Franny really mad.



Before, when Franny got mad, they would hit, kick and yell at their friends. Their friends would get sad and scared.



STEP 1

Franny is learning a new way to stay calm when they get mad.



STEP 2

They can stop and think. Instead of yelling or hitting, they can use their gentle voices and keep their hands to themselves.



STEP 3

They can curl up into a ball and take three deep breaths to calm down.



STEP 4

Franny can then think of a solution to their problem.



Ready, set,
go!

When Franny stops and thinks, their body is calm and feels better. When they use gentle touches and kind words with their friends, they feel happy and safe.

Teachers Tips for the Fox Technique

- Model by remaining calm.
- Teach the children the steps of how to control feelings and calm down (“think like a fox”)
 - Step 1: Recognize your feelings.
 - Step 2: Stop your body.
 - Step 3: Curl up like a fox and take 3 deep breaths.
 - Step 4: Uncurl when you are calm and think of a solution.
- Practice these steps frequently (see cue cards on next page).
- Prepare for and help children handle possible disappointment or change by reminding them to curl up and think like a fox when they feel angry or mad.
- Recognize and comment positively when the child stays calm. Involve families by giving them ideas for teaching the “Fox Technique” at home.

Help Children Think of Possible Solutions:



- Ask a teacher
- Ask nicely
- Ignore
- Play together
- Say, “Please stop.”
- Trade a toy or other item.
- Wait and take turns.
- Get a timer.

Scripted Story Tips:

Please note that you can use real photographs with the line drawings for children that need this level of support. For instance, next to the line drawings, you can glue or Velcro a photograph of the class using the ‘fox technique’. Snap a photo of the children showing how they stop, think, and take three deep breaths.

Franny the Fox Calming Steps



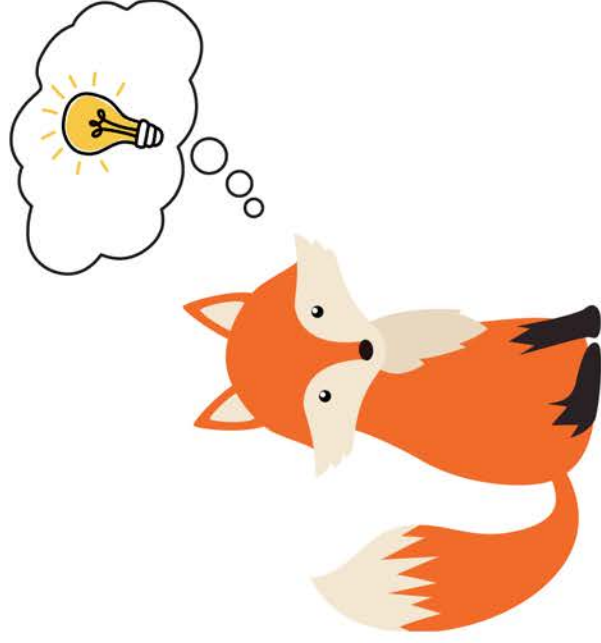
**STEP 1: Recognize
your feelings.**



**STEP 2: Stop your
body.**



**STEP 3: Curl up like
a fox and take three
deep breaths.**



**STEP 4: Come out
when you are calm
and think of a solution.**