

Before Listening

No priming needed for this one — it works well cold, or even better, played during a calm moment before your child needs the tools it teaches.

After Listening

What happened to make Kiko feel frustrated?

What are the two things that helped Kiko calm down?

Why do you think it took Kiko a little while to feel better, even after she started breathing?

What did Kiko do after she calmed down, to make things right?

Family Activity: Ocean Breathing

Practice together: breathe in slowly for 4 counts (like a wave rising), hold for 2, breathe out for 4 (like a wave falling). Do this 3–4 times together during a calm moment, so it's already familiar the next time a big feeling shows up.

Nature Connection

Next time you're near water, notice together how it moves — sometimes calm, sometimes choppy. Talk about how our feelings can be like that too: sometimes calm, sometimes wiggly, and both are normal.

Screen-Free Idea

Make a simple "calm-down card" together — draw or write the two steps (breathe, notice what you see/hear) on an index card your child can keep in a pocket or by their bed.

A Note on This Episode

This episode includes a real depiction of a child losing her temper (raising her voice, an accidental bump) and the emotional process of calming back down — handled gently, with no punishment, only support and later repair. If your child is currently working through big-feelings moments themselves, this episode gives you shared language to reference in the moment: "Should we try Kiko's breathing?"