

Coregrealm — Flashcards

A Spark & Anvil printable flashcard deck. Quiz yourself on the Coregrealm cast's curriculum — one card at a time.

How to use these cards

Fold each sheet down the middle line so the answers are hidden. Read the **question** on the left, say your answer out loud, then **unfold** to check the right side. Testing yourself — then checking — is one of the most powerful ways to remember. Get one wrong? That's the best kind of practice: try it again tomorrow.

Want real flashcards? Cut along the fold line and the rows into cards — question on one side, answer on the other.

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How to use these cards

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Keep going

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1. What Feelings Are

⌕ Question (fold →)	Answer
Everybody feels big feelings sometimes. This means —	having strong feelings is normal and human — Everyone feels big feelings sometimes — it's a normal, human part of life, not a sign anything is wrong.
Which is NOT true about feelings?	You should feel ashamed of uncomfortable feelings — You should never feel ashamed of a feeling. Feelings are signals, all are okay, and they change — shame isn't part of it.
Which of these is a feeling word?	frustrated — 'Frustrated' names an emotion. The others are an action, an object, and a day.
When you feel a big feeling, the first helpful step is to —	notice and name it — Noticing and naming a big feeling ('I feel angry') is the first step to handling it calmly — 'name it to tame it.'
A helpful thing to remember about a hard feeling is that it —	will not last forever — Hard feelings don't last forever — they usually ease with time and care. Remembering this can make them easier to sit with.
A 'mixed feeling' is when you —	feel two feelings at once (like happy and nervous) — A mixed feeling is when two feelings happen at once — like being happy and nervous about the first day of something new.
Understanding your own feelings is the first step toward —	helping someone else feel calm (co-regulation) — Understanding your own feelings first is what lets you help someone else feel calm — the heart of co-regulation.
Which shows self-awareness?	'I notice I'm feeling nervous before the game.' — Saying 'I notice I'm feeling nervous' shows self-awareness — recognizing and naming your own feeling.
Feelings are best thought of as —	signals that give us information — Feelings are signals — like a messenger telling you something matters. Noticing them is the first step to handling them.
Feeling worried before something new is —	a common, normal experience — Feeling worried before something new is very common and normal — most people feel it, and it usually eases once you begin.
Two people can feel differently about the same thing because —	everyone's feelings are their own — People can feel differently about the same event — everyone's feelings are their own, and each is valid.
If a friend says they feel sad, a kind response is to —	listen and let them know it's okay to feel that way — Listening and letting a friend know their feeling is okay helps them feel understood — a caring response.
Which sentence best 'shows' a feeling without naming it?	My hands were shaking and my mouth went dry. — 'My hands were shaking and my mouth went dry' shows a feeling (nervousness) through body signals.
Noticing what you feel is called —	self-awareness — Noticing your own feelings is self-awareness — the starting point for taking care of yourself and others.
The main idea of learning about feelings is that —	feelings are normal signals we can learn to understand — The big idea: feelings are normal signals everyone has, and we can learn to understand and work with them.
Which statement about feelings is true?	All feelings are okay to have — All feelings are okay to have — they're signals that tell us something. What matters is what we DO with them.

Emotions live in both your mind and your —	body — Emotions show up in the body too — like butterflies in your stomach or tight shoulders — not just in your thoughts.
Which is an example of a comfortable feeling?	excited — 'Excited' is usually a comfortable feeling. Worried, angry, and scared are often uncomfortable — and all are okay.
A feeling you don't like is best handled by —	noticing it and using a calm-down tool — Handle an uncomfortable feeling by noticing it kindly and using a calm-down tool — not by shaming yourself or pretending.
If you're not sure what you feel, a good move is to —	pause and check in with your body and thoughts — When unsure what you feel, pausing to check in with your body and thoughts helps you notice and name it.
Being able to name many feeling words (not just 'good' or 'bad') helps you —	understand yourself more clearly — A bigger feelings vocabulary (frustrated, disappointed, hopeful) helps you understand yourself more precisely than just 'good' or 'bad.'
A person who understands their feelings can —	make calmer choices about what to do — Understanding your feelings helps you make calmer choices, because you can respond thoughtfully instead of just reacting.
Which is an example of an uncomfortable feeling?	nervous — 'Nervous' is an uncomfortable feeling. Uncomfortable feelings are still okay — they just don't feel as pleasant.
Which is a respectful way to talk about someone's feelings?	'It makes sense you'd feel that way.' — 'It makes sense you'd feel that way' respects the feeling. The others judge or dismiss it, which doesn't help.
Feelings can change —	over time, even within the same day — Feelings change over time — you might feel several different ways in a single day, and that's normal.

2. Reading Body Signals

⌕ Question (fold →)	Answer
A helpful reason to know your body signals is so you can —	use a calm-down tool before a feeling gets huge — Knowing your body signals lets you reach for a calm-down tool early, before a feeling becomes overwhelming.
A gentle way to help your body feel calmer is to —	slow your breathing and drop your shoulders — Slowing your breath and dropping your shoulders gently tells your body it's okay to calm down.
A racing heartbeat can be a body signal of —	feeling scared or excited — A racing heart is a body signal that often comes with feeling scared or excited.
The kindest attitude toward your body's signals is —	curiosity and care, not judgment — Meeting your body's signals with curiosity and care — not judgment — is the kindest and most helpful attitude.
A friend who is clenching their fists and breathing fast might be feeling —	angry or upset — Clenched fists and fast breathing are body signals that a friend might be feeling angry or upset.
The point of reading body signals is to —	understand and care for feelings earlier — Reading body signals lets you understand and care for feelings earlier — with kindness, not judgment.
Learning your body signals over time makes you —	better at understanding your feelings — The more you notice your body signals, the better you get at understanding your feelings early and clearly.
If you notice a stress signal in your body, a kind next step is to —	gently take a slow breath — Noticing a stress signal, a kind next step is a slow breath — it helps your body begin to settle.
A relaxed, slow breath is usually a sign of —	feeling calm — Slow, relaxed breathing is a body signal of feeling calm — the body has settled.
If your body feels shaky and your breath is fast, you might be feeling —	anxious or scared — A shaky body and fast breathing are signals of feeling anxious or scared — the body is on alert.
A calm body often feels —	loose, steady, and easy to breathe — A calm body usually feels loose, steady, and easy to breathe — the opposite of tense and shaky.
Checking in with your body is sometimes called a —	body scan — Noticing sensations from head to toe is called a body scan — a gentle way to check in with yourself.
Noticing your body's signals is helpful because it —	helps you catch a feeling early — Noticing body signals helps you catch a feeling early, so you can care for yourself before it grows bigger.
Noticing your body's signals is a form of self-awareness because it helps you	understand what you feel — Noticing body signals is self-awareness — the body often shows a feeling before you have words for it.
A warm, relaxed feeling in your chest might go with —	feeling safe or content — A warm, relaxed chest often comes with feeling safe or content — a settled, comfortable signal.
Knowing body signals prepares you to —	notice when a friend needs a calm, steady presence — Reading body signals — yours and others' — prepares you to notice when a friend needs a calm, steady presence beside them.

When you're angry, your body might feel —	hot, tense, or clenched — Anger often shows up as heat, tension, or clenched fists and jaw — body signals worth noticing.
Which is a body signal, not a thought?	a tight stomach — A tight stomach is a body signal (a physical sensation). The others are thoughts happening in the mind.
Body awareness and feelings awareness work together to help you —	know what you feel and take care of it — Reading your body and naming your feelings together give a full picture — helping you know what you feel and care for it.
Everyone's body signals can be a little —	different from person to person — Body signals vary from person to person — you might feel nerves in your stomach while a friend feels it in their hands.
Body signals are useful clues because they —	often show up before we've named the feeling — Body signals often appear before we've put the feeling into words — they're an early clue about what we feel.
Feeling 'butterflies' in your stomach often means you feel —	nervous or excited — Butterflies in the stomach are a common body signal of feeling nervous or excited.
Tight, clenched shoulders can be a sign of —	stress or tension — Tight or clenched shoulders are a common body signal of stress or tension.
Noticing a friend's body signals helps you —	understand how they might be feeling — A friend's body signals are clues to how they might feel — a chance to gently check in and offer support.
If your body feels frozen or stuck when scared, that is —	a normal way bodies can respond to fear — Feeling frozen or stuck when scared is a normal way the body sometimes responds to fear — it's not a flaw or your fault.

3. What Co-Regulation Means

⌕ Question (fold →)	Answer
If your own feelings get too big while helping, it's okay to —	take a breath and steady yourself first — If your feelings get big while helping, it's okay to pause, breathe, and steady yourself before continuing.
A good co-regulator mostly —	stays calm and present while the other person settles — A good co-regulator stays calm and present, giving the other person time and safety to settle — not taking over or rushing.
Co-regulation helps a younger child learn to —	eventually calm themselves (self-regulate) — By experiencing calm with a steady person, a younger child gradually learns to calm themselves — co-regulation builds toward self-regulation.
Being a calm anchor for someone is a kind of —	caring, supportive strength — Staying a calm anchor for someone is a real, caring strength — supportive, not controlling or weak.
A calm anchor stays steady even when —	the other person's feelings are big — A calm anchor stays steady precisely when the other person's feelings are big — that steadiness is what helps.
Which is an example of co-regulation?	Sitting quietly with a nervous friend and breathing slowly together — Sitting quietly and breathing slowly with a nervous friend is co-regulation — a calm, kind, steady presence.
The big idea of co-regulation is that —	we can help each other feel safe and calm — The big idea: we can help one another feel safe and calm — nobody has to face big feelings entirely alone.
Co-regulation is built on —	safety, patience, and a caring presence — Co-regulation rests on safety, patience, and a caring presence — not control, speed, or pressure.
Co-regulation works best when the other person feels —	safe and not judged — People settle best when they feel safe and not judged — shame and pressure make calming down harder.
The word 'co' in co-regulation reminds us that calming happens	together, between people — 'Co' means together — co-regulation is calm shared between people, side by side.
The goal of co-regulation is NOT to —	force someone to feel a certain way — Co-regulation offers calm and safety — it never forces someone to feel a certain way. Calm is offered, not commanded.
Co-regulation respects that the upset person —	needs time and safety to settle — Co-regulation respects that settling takes time and safety — you can't rush someone into calm.
The 'co' in co-regulation points to the idea that —	calming happens together, between people — 'Co' means together — co-regulation is calming that happens between people, side by side.
Which does NOT help someone co-regulate?	Raising your voice and rushing them — Raising your voice and rushing someone adds stress. Staying calm, patient, and breathing slowly all help.
Co-regulation means —	helping another person feel calmer by being a steady presence — Co-regulation is helping another person feel calmer by being a steady, caring presence beside them — calming together.
A younger companion who	stay close and calm — A scared younger companion most needs calm closeness — a

is scared most needs you to —	steady presence helps far more than a lecture.
A calm person can help an upset person because —	calm can be shared, like a steady presence — A calm, steady presence can help an upset person settle — calm can be shared, gently, between people.
A calm anchor's body language might include —	relaxed shoulders and slow, steady breathing — Relaxed shoulders and slow breathing show calm in your body — others' bodies can pick up on that steadiness.
When you help someone co-regulate, YOU should also —	keep taking care of your own calm — While helping someone else, keep tending to your own calm — you stay a better anchor when you're steady too.
Learning co-regulation prepares you to —	support a friend AND handle your own big feelings — Co-regulation prepares you both to support others and to handle your own big feelings — a skill for the rest of your life.
A steady, gentle voice can help an upset person because it —	signals safety and calm — A steady, gentle voice signals safety, helping an upset person's body begin to settle.
If your companion is dysregulated (very upset), your job is to —	be a calm anchor, not to fix everything instantly — When someone is very upset, your job is to be a calm anchor — steady presence first, not an instant fix.
The first step in co-regulating is often to —	get calm and steady yourself — You co-regulate best when you're steady yourself first — it's hard to share calm you don't have.
Co-regulation is a skill that —	anyone can learn and get better at with practice — Co-regulation is a learnable skill — anyone can get better at being a calm, steady presence with practice.
Co-regulation and self-regulation are related because —	practicing co-regulation helps both people build self-regulation — Co-regulation and self-regulation connect: experiencing shared calm helps a person learn to steady themselves over time.

4. Calm-Down Tools

⌕ Question (fold →)	Answer
Which is a calm-down tool?	Taking three slow breaths — Taking three slow breaths is a calm-down tool. Yelling, throwing, and bottling up don't help you settle.
A calm 'safe place' you can picture in your mind is —	a calming tool you can use anywhere — Picturing a calm, safe place in your mind is a portable calming tool you can use anywhere.
The out-breath is emphasized in calming breathing because —	a longer out-breath helps the body relax — A longer out-breath sends the body a stronger 'relax' signal, which is why calming breathing emphasizes the exhale.
Naming what you feel ('I feel frustrated') is a tool because it —	helps a big feeling feel more manageable — Naming a feeling out loud makes it more manageable — 'name it to tame it.'
A good calm-down tool is one that —	helps your body feel a little steadier — A good calm-down tool safely helps your body feel a bit steadier — it never hurts you or anyone else.
Building your own calm-down toolbox means —	collecting the tools that work for you — Building a toolbox means collecting the calm-down tools that work for you, so you're ready when big feelings come.
Moving your body (like a slow stretch or a walk) can help because it —	releases some of the built-up energy of a feeling — Gentle movement — a stretch or a walk — can release some of the built-up energy of a big feeling, helping you settle.
A grounding tool helps most when you feel —	overwhelmed or 'not here' — Grounding tools (like 5-4-3-2-1) help most when you feel overwhelmed or disconnected — they bring you back to the present.
If a friend's calm-down tool is different from yours, you should —	respect that different tools help different people — Respect that different tools help different people — a friend's calm-down tool might differ from yours, and that's fine.
A calm-down tool works best when you —	practice it before you're really upset — Practicing a calm-down tool when you're already calm makes it easier to use when a big feeling hits.
Different people find different tools helpful, so it's good to —	have a few tools to choose from — Since people differ, it helps to have a few calm-down tools to choose from — a personal 'toolbox.'
Which breathing pattern is calming?	Breathe in slowly, out slowly, a little longer on the out-breath — Breathing in slowly and out even more slowly (a longer out-breath) is a calming pattern for the body.
Slow, deep breathing helps you feel calmer because it —	gently signals your body to settle — Slow, deep breaths gently tell your body it's safe to settle — one of the simplest calm-down tools.
'Belly breathing' means breathing so that your —	belly gently rises and falls — Belly breathing means letting your belly gently rise and fall with slow breaths — it helps the body relax.
The '5-4-3-2-1' grounding tool uses your —	five senses to notice what's around you — The 5-4-3-2-1 tool grounds you by noticing things you can see, hear, touch, smell, and taste — using your senses to feel present.
Helping a friend use a calm-	breathing slowly together with them — You can help a friend by breathing slowly

down tool might look like —	together — modeling the tool alongside them, gently and patiently.
A longer, slower out-breath helps because it	tells the body to relax — A longer out-breath sends a stronger 'relax' signal to the body — why calming breaths emphasize the exhale.
Counting slowly to ten can help because it —	gives a big feeling a moment to ease — Counting slowly to ten creates a pause, giving a big feeling a moment to ease before you act.
The main idea of calm-down tools is that —	there are simple, safe ways to help a body feel steadier — The big idea: there are simple, safe tools anyone can use to help a body feel steadier — for yourself and to share with others.
Drinking some water or feeling something cool can help because it —	gives your senses a gentle, grounding focus — A sip of water or a cool object gives your senses a gentle focus, which can help ground and calm you.
Calm-down tools help with co-regulation because you can —	use them WITH someone to help both of you settle — Calm-down tools support co-regulation — you can use them together, helping both you and the other person settle.
Calm-down tools give you —	healthy ways to handle big feelings — Calm-down tools give you healthy ways to handle big feelings — not ways to avoid feelings or control others.
If one calm-down tool doesn't help, you can —	try a different one — If one tool doesn't help, simply try another — different tools work at different times, and that's okay.
A calm-down tool is NOT meant to —	erase the feeling instantly and forever — Calm-down tools help the body settle and give feelings time to ease — they don't erase feelings instantly or forever.
The best time to choose a calm-down tool is —	as soon as you notice an early feeling signal — Reaching for a tool as soon as you notice an early feeling signal helps you settle before the feeling grows big.

5. Big Feelings & the Body

⌕ Question (fold →)	Answer
Understanding your body's big-feeling reactions prepares you to —	stay a calm anchor for someone whose alarm is loud — Understanding the body's alarm prepares you to stay a calm anchor for a friend whose alarm is loud — lending them your steadiness.
The 'flight' response might look like —	wanting to leave or get away — The flight response can feel like a strong urge to leave or get away — the body trying to escape the stress.
When a friend's body is very activated, rushing them tends to —	make the alarm louder — Rushing an activated friend usually makes the alarm louder — slow, steady patience helps far more.
Big feelings are easier to handle when we remember they are —	normal and temporary — Remembering that big feelings are normal and temporary makes them easier to sit with until they pass.
These big-feeling body reactions are —	automatic — they happen without you choosing them — Fight/flight/freeze are automatic — the body does them on its own to try to keep you safe. They're not a weakness or a choice.
The reason the body reacts so strongly is that it is —	trying to keep you safe — The body reacts strongly because it's trying to keep you safe — its intent is protection, even when there's no real danger.
A helpful phrase for a big feeling is —	'This is hard right now, and it will pass.' — 'This is hard right now, and it will pass' is kind and true — it acknowledges the feeling without shame or hopelessness.
Which is a body sign that the alarm is easing?	Breathing slows and shoulders drop — Slowing breath and dropping shoulders are signs the body's alarm is easing and calm is returning.
The 'fight' response might look like —	feeling suddenly angry or wanting to push back — The fight response can feel like a surge of anger or the urge to push back — the body gearing up to defend itself.
Fight, flight, and freeze are	automatic ways the body responds to fear — Fight, flight, and freeze are automatic responses the body uses to try to stay safe — not choices or flaws.
Big feelings in the body are best met with —	patience and gentle tools — Big body feelings ease best when met with patience and gentle tools — not force, shame, or ignoring.
A body that has felt safe many times learns to —	calm down more easily over time — A body that experiences safety again and again gradually learns to calm down more easily — which is how co-regulation helps.
Learning how big feelings work in the body helps with co-regulation because —	you can respond calmly instead of reacting — Understanding the body's big-feeling reactions helps you respond calmly rather than react — the foundation of being a calm anchor.
The big idea of this kit is that —	strong feelings cause real body reactions we can understand and soothe — The big idea: strong feelings cause real, automatic body reactions — and we can learn to understand and gently soothe them.
When we feel very scared, the body sometimes goes into —	fight, flight, or freeze — When very scared, the body can react with fight, flight, or freeze — normal survival responses, not choices you plan.

The part of us that reacts fast to danger is sometimes called our —	'alarm system' — The body's fast danger-reaction is like an 'alarm system' — it means to protect us, even if it fires when we're safe.
Knowing about fight/flight/freeze helps you —	understand your reactions with kindness instead of shame — Understanding these responses lets you meet your reactions with kindness — your body is trying to protect you, not fail you.
A helpful thing to know about a big feeling in the body is that —	it will calm down again with time and care — A big feeling in the body settles again with time and care — the alarm turns off once the body feels safe.
When your body is very activated, a good first tool is to —	slow your breathing — When the body is very activated, slowing your breathing (especially the out-breath) gently turns down the alarm.
A calm presence helps an activated body because it —	signals that it's safe to settle — A calm presence signals safety, which helps an activated body turn off its alarm and settle.
If you notice your own alarm rising while helping someone, you can —	take a slow breath and steady yourself first — If your own alarm rises while helping, pause for a slow breath to steady yourself — you'll be a calmer anchor.
After a big feeling passes, it can help to —	be gentle with yourself and rest a bit — After a big feeling passes, being gentle with yourself and resting helps your body fully recover.
A body's alarm going off when there's no real danger is —	common, and something we can gently soothe — The body's alarm sometimes fires when there's no real danger — that's common, and we can gently soothe it with calm and tools.
The 'freeze' response means the body —	goes still or feels stuck — In the freeze response, the body goes still or feels stuck — a normal, automatic reaction to feeling very scared.
If a friend suddenly goes quiet and still when upset, they might be —	in a freeze response — A friend going quiet and still when upset may be in a freeze response — not being rude or fine. Calm patience helps.

6. Listening & Being Present

⌕ Question (fold →)	Answer
Really listening to someone means —	giving them your full attention — Really listening means giving someone your full attention — not planning your reply or getting distracted.
A good listener's body language is —	open and calm (facing them, relaxed) — Open, calm body language — facing the person, relaxed posture — helps them feel safe to share.
Comfortable silence with an upset friend can	still be supportive — Comfortable silence can be supportive — a calm presence helps even without words.
Which shows presence with a nervous younger companion?	Kneeling to their level and listening calmly — Kneeling to a younger companion's level and listening calmly shows real presence — meeting them where they are.
Presence means your attention is —	with the person, not on distractions — Presence means your attention is fully with the person, set apart from distractions.
When someone is upset, they often need to be —	heard before they're given advice — Upset people usually need to feel heard first — jumping straight to advice can feel dismissive.
Attunement helps co-regulation because when someone feels understood, they —	often begin to settle — Feeling understood helps a person begin to settle — attunement is a powerful part of co-regulation.
A person who feels truly listened to often feels —	safer and more understood — Feeling truly listened to helps a person feel safer and more understood — and builds trust between you.
The big idea of this kit is that —	being truly present and listening is a powerful way to help — The big idea: being truly present and listening well is a powerful way to help — you don't have to fix anything.
Being present means being —	focused on the person right now, not distracted — Being present means being here and now with the person, focused and undistracted.
If you're too upset to listen well, it's okay to —	take a breath to steady yourself first — If you're too upset to listen well, a breath to steady yourself first helps you be genuinely present.
'Attunement' means —	tuning in to how another person is feeling — Attunement is tuning in to how another person feels — sensing their mood and meeting them there.
Silence, when you're with an upset friend, can be —	okay — a calm presence still helps — Comfortable silence is okay — simply being a calm presence can help, even without words.
Being present with someone is a gift because it —	helps them feel less alone — Being present helps someone feel less alone — one of the most comforting things you can offer.
If you don't understand what a friend means, a kind move is to —	gently ask them to tell you more — Gently asking a friend to tell you more shows care and helps you truly understand — better than pretending.
Good listening and attunement together create —	a sense of safety that helps someone settle — Listening and attunement together create safety, which helps a person settle — core to co-regulation.
Which shows good attunement to a sad friend?	'You seem really down. I'm here.' — 'You seem really down. I'm here' attunes to the feeling and offers presence — warm, not dismissive.

A good listener often shows they're listening by —	nodding and making gentle eye contact — Nodding and gentle eye contact show a person you're truly listening and present with them.
Matching a calm tone (not the upset one) helps because it —	gently invites the other person toward calm — Staying calm (rather than matching the upset) gently invites the other person toward calm — a co-regulation skill.
Reflecting means gently	saying back what you heard — Reflecting is gently saying back what you heard, which shows the person you truly understood.
Listening and presence prepare you to —	be the steady, understanding anchor someone needs — Listening and presence prepare you to be the steady, understanding anchor a person needs when feelings run high.
Attunement is a skill that improves with —	practice and genuine care — Attunement grows with practice and genuine care — the more you tune in, the better you get.
'Reflecting' what someone said means —	gently saying back what you heard — Reflecting means gently saying back what you heard ('It sounds like you felt left out') — it shows you understood.
Interrupting a lot when someone shares tends to —	make them feel unheard — Frequent interrupting makes a person feel unheard — letting them finish shows you truly care.
Which is NOT part of good listening?	Thinking about your own reply the whole time — Rehearsing your own reply the whole time isn't good listening — it pulls your attention away from the person.

7. Naming Feelings Out Loud

⌕ Question (fold →)	Answer
If you're not sure which word fits, you can —	describe how it feels and pick the closest word — If unsure, describe how it feels in your body and pick the closest word — you don't need it perfect.
Naming feelings helps the brain because it —	gives big feelings words, which helps calm the alarm — Turning a feeling into words engages thinking parts of the brain, which helps calm the body's alarm.
Putting a feeling into words ('I feel worried') tends to —	make the feeling a bit more manageable — Naming a feeling out loud makes it more manageable — sometimes called 'name it to tame it.'
If a friend can't find words for their feeling, you can —	offer a gentle guess and let them correct you — You can gently guess ('Maybe you're feeling left out?') and let a friend correct you — helping them find the word.
A bigger feelings vocabulary lets you —	describe feelings more precisely than just 'good' or 'bad' — More feeling words let you describe emotions precisely — 'disappointed' or 'frustrated' says more than 'bad.'
Helping a younger companion name their feeling might sound like —	'It looks like you might be feeling scared.' — 'It looks like you might be feeling scared' gently offers a feeling word — helping a younger companion name it.
There is no such thing as a —	'wrong' feeling to name — There's no 'wrong' feeling to name — all feelings are okay, and naming any of them is healthy.
A younger companion who can name 'I'm mad' instead of hitting has learned —	a healthier way to handle the feeling — Naming 'I'm mad' instead of hitting is a healthier way to handle a feeling — words instead of harmful actions.
Which is a clear feeling statement?	'I felt embarrassed when everyone laughed.' — 'I felt embarrassed when everyone laughed' clearly names the feeling and the moment, without blaming anyone.
Being able to name feelings prepares you to —	help a companion name and settle theirs — Naming your own feelings prepares you to gently help a companion name and settle theirs — a shared co-regulation skill.
Naming a feeling is a tool that —	you can use for yourself AND to help others — Naming feelings is a tool you can use yourself and model for others — helpful both ways.
Naming feelings is part of self-awareness because it —	means you're noticing what's happening inside — Naming feelings is part of self-awareness — it means you're noticing and understanding what's happening inside you.
Practicing naming feelings when calm makes it —	easier to name them during big moments — Practicing naming feelings during calm times makes it easier to do when a big feeling hits.
A helpful sentence starter for naming a feeling is —	'I feel _ because _.' — 'I feel _ because _' names the feeling and its reason without blaming — a clear, kind way to share.
A feeling that is named and accepted tends to —	lose some of its overwhelming power — A feeling that's named and accepted tends to lose some of its overwhelming power — acceptance helps it soften.
When you name a feeling, it	feels a little less overwhelming — Naming a feeling often makes it feel a little

often —	less overwhelming — more like something you can handle.
Naming your feeling for a friend can help them —	understand and support you better — Naming your feeling helps a friend understand and support you — they can't read your mind.
If a friend can't find a word for their feeling, you can	offer a gentle guess and let them correct you — You can gently guess a feeling word and let the friend correct you — helping them find the right one.
Naming a feeling accurately can help you choose —	a helpful next step — Naming a feeling accurately helps you choose a helpful next step, rather than reacting on autopilot.
Naming a feeling is different from acting on it because —	you can name a feeling without doing anything unkind — Naming a feeling ('I feel angry') doesn't force any action — it creates a pause so you can choose a kind next step.
Naming feelings out loud in co-regulation helps because —	it gives the upset person words and shows you understand — Gently naming feelings during co-regulation gives the upset person words and shows understanding — which soothes.
Naming feelings out loud in a safe space helps build —	trust and understanding between people — Naming feelings out loud in a safe space builds trust and understanding between people.
A clear feeling statement is	'I felt nervous before the test.' — 'I felt nervous before the test' clearly names the feeling and the moment, without blaming anyone.
The kindest way to respond when someone names a hard feeling is to —	accept it without judgment — Accepting a named feeling without judgment ('thanks for telling me') helps the person feel safe sharing.
The big idea of this kit is that —	putting feelings into words helps us understand and calm them — The big idea: putting feelings into words helps us understand and calm them — for ourselves and to help others.

8. Helping a Friend Calm Down

⌕ Question (fold →)	Answer
If helping a friend makes YOU feel overwhelmed, it's okay to —	steady yourself and get support if needed — If helping overwhelms you, it's okay to steady yourself and seek support — you matter too, and this keeps you a good anchor.
Co-regulation moves work because they —	help the upset person's body feel safe — Co-regulation moves work by helping the upset person's body feel safe, which lets the alarm ease.
Offering a calm-down tool to a friend works best when you —	gently suggest and maybe do it together — Gently suggesting a tool — and maybe doing it together — works far better than forcing it on someone.
Which does NOT help a friend calm down?	Telling them their feelings are dumb — Telling someone their feelings are dumb shames them and blocks calm. Calm, listening, and breathing together all help.
If a friend says they need a minute alone, the caring response is to —	respect that and stay available — Respecting a friend's need for a minute — while staying available — is caring and supportive.
A calm, slow breathing rhythm you model can help a friend because —	their body may gently follow yours — When you breathe slowly and calmly, a friend's body may gently follow yours — modeling calm helps them settle.
The big idea of this kit is that —	calm, patient presence is the heart of helping someone settle — The big idea: calm, patient presence — not fixing or commanding — is the heart of helping someone settle.
The best co-regulator is —	patient, calm, and genuinely caring — The best co-regulator is patient, calm, and genuinely caring — steadiness and warmth, not force.
Giving an upset friend a little space AND staying nearby can —	let them settle while feeling supported — Offering a little space while staying nearby lets a friend settle at their own pace while still feeling supported.
Telling someone to 'just calm down' usually —	doesn't help and can feel dismissive — 'Just calm down' usually doesn't help and can feel dismissive — offering calm presence works better.
Helping a friend calm down is NOT about —	forcing them to feel better instantly — Helping a friend calm down means offering calm and safety — never forcing them to feel better on your timeline.
A good check-in question for an upset friend is —	'What would help right now?' — 'What would help right now?' is a kind, open question that lets the friend tell you what they need.
The first thing to do when a friend is upset is often to —	stay calm yourself — Staying calm yourself is often the first and most important step — your steadiness helps your friend settle.
Offering a calm-down tool to a friend works best when you	gently suggest and maybe do it together — Gently suggesting a tool — and maybe doing it together — works far better than forcing it.
A younger companion who is melting down mostly needs —	a calm, patient presence — During a meltdown, a younger companion most needs a calm, patient presence — not lectures or shame.
Staying patient while a friend settles shows that —	you accept them and their feelings — Patience while a friend settles communicates acceptance — which helps them feel safe enough to calm.

Helping a friend calm down builds —	trust and a stronger friendship — Being there when a friend is upset builds trust and strengthens the friendship over time.
A helpful thing to say to an upset friend is —	'I'm here with you.' — 'I'm here with you' offers presence and safety. Commands like 'calm down' usually don't help.
A steady, warm tone of voice helps because it —	sends a signal of safety — A steady, warm tone sends a safety signal that helps an upset person's body begin to relax.
These co-regulation moves prepare you to —	be a dependable calm anchor for the people you care about — These moves prepare you to be a dependable calm anchor for the people you care about when their feelings run high.
Telling someone to 'just calm down' usually	doesn't help and can feel dismissive — 'Just calm down' usually doesn't help and can feel dismissive — calm presence works better.
Before offering advice to an upset friend, it usually helps to —	listen and let them feel heard first — Listening first — so the friend feels heard — usually helps more than jumping straight to advice.
If you don't know how to help, a caring thing to say is —	'I'm not sure what to do, but I'm here.' — 'I'm not sure what to do, but I'm here' is honest and caring — presence itself helps, even without answers.
Which is a good co-regulation move?	Lowering your voice and slowing down — Lowering your voice and slowing down invites calm. Speed, volume, and criticism do the opposite.
After a friend calms down, it can help to —	let them know you're glad you could be there — After a friend calms, a warm follow-up ('I'm glad I could be here') reassures them — never shame or teasing.

9. The Repair Cycle

⌕ Question (fold →)	Answer
After repair, it can help to —	gently reconnect, like doing something kind together — After repair, gently reconnecting — a kind word or shared activity — helps rebuild the warmth between people.
Repair helps a relationship because it —	can make trust and connection even stronger than before — Successfully repairing a rupture can make trust and connection even stronger — people learn they can work through hard moments.
Learning the repair cycle prepares you to —	mend connections and help a companion do the same — Learning repair prepares you to mend your own connections and to model and support repair for a younger companion.
A genuine apology names what happened and	how it affected the other person — A genuine apology names what happened and acknowledges its effect — not excuses or blame.
A repaired rupture can leave people feeling —	closer and more understood — A repaired rupture often leaves people feeling closer and more understood than before — the gift of working through it.
Both people in a rupture —	may have a part to reflect on — In many ruptures, both people have something to reflect on — repair often involves each owning their part.
A relationship where ruptures are always repaired tends to be —	stronger and more trusting — Relationships where ruptures get repaired tend to grow stronger and more trusting over time.
'Repair' means —	mending the connection after a rupture — Repair is mending the connection after a rupture — coming back together to make things right.
A 'rupture' in a relationship means —	a moment when connection is hurt or broken — A rupture is a moment when connection between people is hurt or broken — like an argument or misunderstanding.
Ruptures happen —	in every relationship sometimes; they're normal — Ruptures happen in every relationship — they're normal. What matters most is repairing them.
If someone isn't ready to repair yet, the caring move is to —	give them time and stay open — If someone isn't ready to repair yet, giving them time while staying open respects their pace and keeps the door open.
Listening to how you affected someone, even when it's hard, is —	an important part of repair — Hearing how you affected someone — even when uncomfortable — is an important part of genuine repair.
Which shows taking responsibility?	'I interrupted you, and that wasn't fair. I'm sorry.' — 'I interrupted you, and that wasn't fair. I'm sorry' owns the action without blame or excuse — real responsibility.
If you hurt a younger companion's feelings, a caring repair is to —	gently acknowledge it and make things right — If you hurt a younger companion, gently acknowledging it and making things right models healthy repair for them.
After a rupture, a calm space to talk helps because —	both people can be heard when they're settled — Repair goes better once both people are calm — a settled space lets each person be heard.

The most important part of the repair cycle is —	the repair itself, not avoiding all ruptures — Since ruptures are unavoidable, the repair — coming back and mending things — matters more than never rupturing.
The big idea of the repair cycle is that —	ruptures are normal, and repair is what keeps relationships strong — The big idea: ruptures are a normal part of relationships, and repair — not perfection — is what keeps them strong.
Forgiveness is —	something that can grow over time, not always instant — Forgiveness can grow over time — it isn't always instant, and it doesn't mean forgetting what happened.
A genuine apology usually includes —	naming what happened and how it affected the other person — A genuine apology names what happened and acknowledges its effect — unlike excuses or 'sorry you feel that way.'
Rushing an apology before you (or they) are calm can —	make it feel less genuine — Apologizing before either person is calm can feel rushed or insincere — repair lands better once you've both settled.
The most important part of the repair cycle is	the repair itself — Since ruptures are unavoidable, the repair — mending things — matters more than never rupturing.
'Sorry you feel that way' is not a real apology because it —	blames the other person's feelings instead of taking responsibility — 'Sorry you feel that way' dodges responsibility by blaming the other person's feelings — it's not a real apology.
A key mindset for repair is that —	people can make mistakes AND still be good, caring people — A healthy repair mindset: people can make mistakes and still be good — the goal is to repair, not to shame.
Repair is a skill because —	you can learn and practice how to mend connections — Repair is a learnable skill — you can get better at apologizing, listening, and mending connections with practice.
The repair cycle teaches that connection can be —	hurt and then mended, again and again — The repair cycle shows connection can be hurt and mended repeatedly — relationships are resilient when we repair.

10. Empathy & Perspective

⌕ Question (fold →)	Answer
A person who feels empathy from you is more likely to —	trust you and open up — When someone feels your empathy, they're more likely to trust you and open up — deepening the connection.
Imagining how a younger companion feels helps you —	respond in a way that actually helps them — Imagining a younger companion's feelings helps you respond in ways that genuinely help — meeting them where they are.
Empathy prepares you to co-regulate because it helps you —	sense what a companion feels and needs — Empathy prepares you to co-regulate by helping you sense what a companion feels and needs, so you can offer the right support.
Empathy is a skill that —	can grow stronger with practice — Empathy is a skill anyone can strengthen with practice — by listening, wondering, and caring more often.
The big idea of empathy is that —	understanding and caring about others' feelings helps everyone — The big idea: understanding and caring about how others feel helps everyone connect, and it's a real strength.
Empathy means —	understanding and caring about how another person feels — Empathy is understanding and caring about how another person feels — feeling with them.
Empathy is different from pity because empathy —	connects WITH someone as an equal — Empathy connects with someone as an equal ('I'm with you'), while pity can feel like looking down on them.
When two friends disagree, empathy helps by —	letting each understand the other's feelings — In a disagreement, empathy helps each friend understand the other's feelings — which matters more than winning.
A good way to build empathy is to —	ask about and listen to others' experiences — Asking about and truly listening to others' experiences builds empathy — curiosity opens understanding.
Empathy helps co-regulation because it —	helps you sense what a person needs to feel calmer — Empathy helps you sense what a person is feeling and needs, so you can offer the right calm support.
Empathy grows when we —	notice we're all human with real feelings — Empathy grows when we remember we're all human with real feelings — including people different from us.
You can feel empathy for someone even if you —	haven't been through the exact same thing — You can empathize even without the exact same experience — by imagining their feelings and caring about them.
A barrier to empathy is	assuming you already know how someone feels — Assuming you already know how someone feels blocks empathy — curiosity keeps it open.
Perspective-taking reminds us that behind every behavior there is often —	a feeling or a need — Perspective-taking reminds us that behind behavior there's usually a feeling or need — understanding it helps us respond with care.
Empathy is different from pity because empathy	connects WITH someone as an equal — Empathy connects with someone as an equal, while pity can feel like looking down on them.
	agree with or excuse everything someone does — Empathy means

Empathy does NOT require you to —	understanding and caring — not necessarily agreeing with or excusing everything someone does.
You can feel empathy for someone even if you	haven't been through the same thing — You can empathize without the exact same experience — by imagining their feelings and caring.
Which shows empathy?	'That sounds really hard. How are you doing?' — 'That sounds really hard. How are you doing?' shows empathy — it acknowledges the feeling and shows care.
Which is a perspective-taking question?	'I wonder what that was like for them.' — 'I wonder what that was like for them' is perspective-taking — curious about another's experience, not judging it.
Empathy toward yourself (self-compassion) means —	treating yourself with the kindness you'd give a friend — Self-compassion is empathy toward yourself — treating yourself with the same kindness you'd offer a good friend.
'Perspective-taking' means —	imagining a situation from someone else's point of view — Perspective-taking is imagining a situation from someone else's point of view — stepping into their shoes.
Empathy and boundaries can coexist because you can —	care about someone AND still take care of yourself — Empathy and boundaries coexist — you can care deeply about someone and still take care of your own needs.
A barrier to empathy is —	assuming you already know exactly how someone feels — Assuming you already know how someone feels blocks empathy — staying curious and asking keeps it open.
Perspective-taking can reduce conflict because it helps you —	understand why someone acted as they did — Taking another's perspective helps you understand why they acted as they did, which can reduce conflict.
Showing empathy to someone who is upset often helps them —	feel understood and less alone — Empathy helps an upset person feel understood and less alone, which is soothing and supportive.

11. Boundaries & Consent

⌕ Question (fold →)	Answer
Setting a boundary is	healthy and okay — Setting a boundary is healthy — a caring way to look after your own needs.
'Consent' means —	freely agreeing to something — Consent means freely agreeing to something — a genuine yes, not something forced or assumed.
Consent can be —	taken back at any time — Consent can be taken back at any time — someone can change their mind, and that must be respected.
Consent matters in co-regulation because —	support should be offered, not forced — Consent matters in co-regulation — support is offered and welcomed, never forced on someone.
A 'boundary' is —	a limit you set to take care of yourself — A boundary is a limit you set to take care of yourself — like needing space or time, not a way to control others.
A person who never sets boundaries might end up feeling —	overwhelmed or drained — Someone who never sets boundaries can end up overwhelmed or drained — boundaries protect your energy and well-being.
A boundary is about —	your own needs, not controlling the other person — A boundary is about your own needs and limits — not a tool to control or punish the other person.
Consent can be	taken back at any time — Consent can be taken back at any time — someone can change their mind, and that's respected.
If a friend says 'I need some space,' the caring response is to —	give them space and stay available — Honoring 'I need space' — while staying available — respects the boundary and shows you care.
If you accidentally cross someone's boundary, the caring move is to —	apologize and adjust — If you cross a boundary by accident, apologizing and adjusting repairs it and shows respect.
Respecting someone else's boundary means —	accepting their 'no' or need for space — Respecting a boundary means accepting someone's 'no' or need for space, without pressuring them to change it.
Someone respecting your boundary should make you feel —	safer and more respected — When someone respects your boundary, it should leave you feeling safer and more respected.
Respecting boundaries builds —	trust and safety in a relationship — Respecting boundaries builds trust and safety — people feel secure knowing their limits will be honored.
A boundary can be flexible, meaning you can —	adjust it as situations and comfort change — Boundaries can be flexible — you can adjust them as your comfort and the situation change. They're yours to update.
Understanding boundaries and consent prepares you to —	support others in ways they actually welcome — Understanding boundaries and consent prepares you to support others in ways they truly welcome — respectful co-regulation.
Keeping your own boundaries while helping others lets you	support them without burning out — Keeping your own boundaries while helping keeps your support sustainable — no burnout.

Boundaries and empathy work together because —	you can honor others' limits AND your own — Boundaries and empathy work together — you can care about others' limits while also honoring your own.
If you're unsure whether a friend wants help, you can —	ask, 'Would you like some help, or just company?' — Asking 'would you like help, or just company?' respects consent and lets the friend choose what they need.
When you help a friend, keeping your OWN boundaries means —	you can support them without wearing yourself out — Keeping your own boundaries while helping lets you support others without burning out — sustainable care.
A clear way to state a boundary is —	'I need _' or 'I'm not comfortable with _.' — 'I need _' or 'I'm not comfortable with _' states a boundary clearly and kindly, without blame.
Setting a boundary is —	healthy and okay — Setting a boundary is healthy and okay — it's a caring way to look after your own needs and well-being.
You can say 'no' to something AND —	still care about the person — You can say 'no' and still care about someone — caring people set boundaries too.
Which respects a younger companion's boundary?	'Okay, we can take a break whenever you want.' — 'We can take a break whenever you want' respects a companion's boundary — honoring their need for a pause.
The big idea of boundaries and consent is that —	respecting limits — yours and others' — keeps relationships safe and healthy — The big idea: respecting limits — your own and others' — keeps relationships safe, healthy, and trusting.
Before hugging a friend who's upset, a respectful move is to —	ask if they'd like a hug — Asking 'would you like a hug?' respects consent — some people want touch when upset and others don't.

12. Self-Regulation Strategies

⌕ Question (fold →)	Answer
Practicing a strategy when calm makes it —	easier to use during a big feeling — Practicing a self-regulation strategy when calm makes it easier to reach for when a big feeling hits.
A helpful self-regulation thought is —	'I can feel this and still make a good choice.' — 'I can feel this and still make a good choice' separates the feeling from the reaction — an empowering regulation thought.
The big idea of self-regulation is that —	we can learn healthy ways to steady our own feelings — The big idea: we can all learn healthy ways to steady our own feelings — self-regulation is a skill that grows.
A steady, self-regulated person helps create —	calmer, safer spaces for everyone around them — A steady, self-regulated person helps create calmer, safer spaces for everyone around them — calm ripples outward.
When you regulate yourself well, you become —	a steadier anchor for others too — Regulating yourself well makes you a steadier anchor for others — self-regulation and co-regulation reinforce each other.
A regulated person can still	feel deeply and handle it thoughtfully — A self-regulated person still feels deeply — they just handle those feelings thoughtfully.
A key mindset for self-regulation is —	self-compassion (kindness toward yourself) — Self-compassion — being kind to yourself, especially when struggling — is a key mindset that supports self-regulation.
Building self-regulation is a —	gradual process that improves with practice — Self-regulation builds gradually with practice — it's a lifelong skill, not a one-time fix or a sign of weakness.
Self-regulation grows out of —	experiencing co-regulation with steady, caring people — Self-regulation grows from experiencing co-regulation — calming with steady, caring people teaches us to steady ourselves.
Self-regulation completes the co-regulation journey because —	the calm we receive from others we learn to give ourselves — Self-regulation completes the journey: the calm we first receive from steady others, we gradually learn to give ourselves.
A regulated person can still —	feel deeply; they just handle it thoughtfully — A self-regulated person still feels deeply — they just handle those feelings thoughtfully rather than being ruled by them.
Self-regulation helps your relationships because —	steadier reactions lead to fewer hurtful moments — Self-regulation leads to steadier reactions, which means fewer hurtful moments and healthier relationships.
If you lose your cool sometimes, the healthy response is to —	repair if needed and keep practicing — Everyone loses their cool sometimes — the healthy response is to repair if needed and keep practicing, without harsh shame.
Noticing your early warning signs helps self-regulation because —	you can use a tool before the feeling gets huge — Noticing early warning signs lets you use a calm-down tool before a feeling becomes overwhelming.

Positive self-talk means speaking to yourself with	kindness and encouragement — Positive self-talk is speaking to yourself kindly — 'This is hard, but I can handle it.'
Which is a healthy self-regulation strategy?	Taking a short break to reset — A short break to reset is a healthy self-regulation strategy — unlike bottling up or taking feelings out on others.
If one strategy doesn't work in the moment, you can —	try a different one — If a strategy doesn't work in the moment, simply try another — flexibility is part of self-regulation.
Self-regulation means —	managing your own feelings and reactions in healthy ways — Self-regulation is managing your own feelings and reactions in healthy ways — not erasing feelings or controlling others.
Self-regulation strategies are —	personal; the best ones are those that work for you — Self-regulation strategies are personal — the best ones are those that genuinely help you, which you learn over time.
Movement, rest, and connection can all help self-regulation because they —	support a steady body and mind — Movement, rest, and connection support a steady body and mind, making self-regulation easier day to day.
Self-regulation grows out of	experiencing co-regulation with caring people — Self-regulation grows from co-regulation — calming with caring people teaches us to steady ourselves.
Which shows self-regulation?	Feeling frustrated, taking a breath, then speaking calmly — Feeling frustrated, taking a breath, then speaking calmly shows self-regulation — a pause between feeling and response.
Self-regulation is NOT about —	never feeling strong emotions — Self-regulation isn't about never feeling strong emotions — it's about handling them in healthy ways.
A self-regulation strategy for anger is to —	pause and breathe before responding — Pausing and breathing before responding gives anger a moment to ease, so you can choose a calmer response.
Positive self-talk means —	speaking to yourself with kindness and encouragement — Positive self-talk is speaking to yourself with kindness — 'This is hard, but I can handle it' — which helps you steady.

13. Understanding Others' Feelings

⌕ Question (fold →)	Answer
Understanding others' feelings is part of —	empathy — Understanding how others feel is a core part of empathy — caring about and grasping their inner experience.
The kindest assumption about someone having a hard time is that they	are doing their best — Assuming someone is doing their best is a kind, often-accurate lens that invites care.
We can often tell how someone feels by noticing their —	face, voice, and body language — Faces, tone of voice, and body language give clues to how someone feels — cues we can learn to read with care.
The kindest assumption about someone having a hard time is that they —	are doing their best with what they're facing — Assuming someone is doing their best with what they face is a kind, often-accurate lens that helps you respond with care.
Behind a companion's big reaction, your job is to look for —	the feeling or need asking to be met — Behind a big reaction, look for the feeling or need underneath — meeting it with care is the heart of co-regulation.
If you misread someone's feeling, the caring move is to —	adjust and ask what's really going on — If you misread a feeling, adjusting and gently asking what's really going on keeps you attuned and caring.
Which shows understanding of another's feelings?	'You've seemed stressed lately — want to talk?' — 'You've seemed stressed lately — want to talk?' shows you noticed and care — an understanding, open response.
Respecting that you can't know EXACTLY how someone feels means you stay —	curious and open — Since you can't know exactly how someone feels, staying curious and open — rather than certain — keeps you attuned.
Cultural and personal differences mean people may —	express feelings in different ways — People from different backgrounds — or just different personalities — may express feelings in different ways, all valid.
When someone acts out, understanding the feeling underneath helps you —	respond with care instead of just reacting — Understanding the feeling under 'acting out' helps you respond with care rather than just reacting to the behavior.
A younger companion who acts grumpy might really be —	tired, hungry, or overwhelmed — Grumpiness in a younger companion often hides a need — tiredness, hunger, or overwhelm — worth gently meeting.
Understanding others' feelings helps prevent —	misunderstandings and conflict — Understanding others' feelings helps prevent misunderstandings and conflict — you respond to what's really going on.
The best way to confirm how someone feels is to —	kindly ask them — Cues are clues, not certainty — the best way to confirm how someone feels is to kindly ask them.
Behind a person's behavior there is often	a feeling or a need — Behind behavior there's usually a feeling or need — understanding it helps you respond with care.
A slumped posture and quiet voice might suggest someone feels —	sad or low — A slumped posture and quiet voice often suggest sadness or low energy — a clue worth gently checking.
	improves with attention and practice — Reading others' feelings improves

Reading others' feelings is a skill that —	with attention and practice — the more you notice and check, the better you get.
Assuming the worst about why someone acted a certain way often —	leads to unfair conclusions — Assuming the worst about someone's motives often leads to unfair conclusions — considering kinder explanations is more accurate and caring.
The big idea of understanding others' feelings is that —	reading and respecting feelings helps us connect and support each other — The big idea: reading and respecting how others feel helps us connect and support one another well.
Understanding others' feelings prepares you to —	be the attuned, caring anchor a companion needs — Understanding others' feelings prepares you to be an attuned, caring anchor — meeting a companion's real needs.
A person's behavior often has —	a feeling or need behind it — Behind a person's behavior there's usually a feeling or need — understanding it helps us respond with care.
The same event can make different people feel —	different ways, and that's okay — The same event can bring up different feelings in different people — and each person's feeling is valid.
Understanding a feeling is the first step toward —	offering the right kind of support — Understanding a person's feeling is the first step toward offering support that actually fits what they need.
Understanding others' feelings AND your own gives you —	a fuller picture of any situation — Understanding both others' feelings and your own gives a fuller picture of a situation — the basis for wise, caring responses.
The best way to confirm how someone feels is to	kindly ask them — Cues are clues, not certainty — the best way to confirm a feeling is to kindly ask.
If you're unsure how a friend feels, a good question is —	'How are you feeling about all this?' — 'How are you feeling about all this?' is open and caring, inviting a friend to share how they really feel.

14. Staying Steady Under Stress

⌂ Question (fold →)	Answer
Which is a healthy way to cope with a stressful week?	Talking to someone you trust and taking breaks — Talking to someone trusted and taking breaks are healthy ways to cope — unlike bottling up or lashing out.
Resilience and co-regulation connect because —	steady, supported people help steady others — Resilience and co-regulation connect: steady, supported people are better able to help steady others in turn.
Resilience means —	the ability to recover and keep going after hard times — Resilience is the ability to recover and keep going after difficult times — bouncing back, not avoiding hardship.
Resilience means the ability to	recover and keep going after hard times — Resilience is the ability to recover and keep going after difficult times.
Being resilient makes you better able to —	support others through their hard times too — Building your own resilience makes you better able to support others through their hard times — a steady anchor.
The big idea of staying steady under stress is that —	we can build the ability to recover and keep going — The big idea: we can build resilience — the ability to recover and keep going through hard times — with support and practice.
Stress is —	a normal response to challenges that everyone feels — Stress is a normal response to challenges that everyone feels — it's not a sign of weakness.
Asking for help when stressed is —	a smart, strong thing to do — Asking for help when stressed is smart and strong — no one has to handle everything alone.
When helping a stressed friend, staying steady yourself —	helps them borrow your calm — Staying steady yourself when helping a stressed friend lets them 'borrow' your calm — co-regulation in action.
Breaking a big problem into smaller steps helps you	stay steady and get started — Breaking a big problem into smaller steps makes it feel doable and helps you stay steady.
Connection with others builds resilience because —	support helps us get through hard times — Connection with caring people builds resilience — support helps us get through hard times we couldn't face alone.
Resilience grows —	over time, through facing and recovering from challenges — Resilience grows over time as we face challenges and recover — each recovery builds our capacity for the next.
A calm-down tool you've practiced can help under stress by —	steadying your body so you can think clearly — A practiced calm-down tool steadies your body under stress, helping you think more clearly and respond well.
A setback is best seen as —	a chance to learn, not proof of failure — Seeing a setback as a chance to learn — rather than proof of failure — is a resilient, growth-minded reframe.
Asking for help when stressed is	a smart, strong thing to do — Asking for help when stressed is smart and strong — no one has to handle everything alone.
Focusing on what you CAN control during stress helps	it gives you a doable place to start — Focusing on what you can control gives you

because —	a doable place to start, instead of feeling overwhelmed by everything.
A setback is best seen as	a chance to learn — Seeing a setback as a chance to learn — not proof of failure — is a resilient reframe.
Which helps you stay steady under stress?	Breaking a big problem into smaller steps — Breaking a big problem into smaller steps makes it feel doable and helps you stay steady under stress.
Rest and breaks during stressful times are —	important for staying steady — Rest and breaks are important during stress — they refill your energy and help you stay steady over time.
Everyone's resilience is helped by —	support, self-care, and healthy coping tools — Resilience is built by support from others, self-care, and healthy coping tools — not by going it alone or being perfect.
A helpful thought during stress is —	'This is hard, and I can take it one step at a time.' — 'This is hard, and I can take it one step at a time' is resilient self-talk — honest about the difficulty and steadying.
A resilient response to a setback is to —	learn from it and try again — A resilient response to a setback is to learn from it and try again — setbacks are part of growing, not the end.
A little stress before a big event can actually —	help you focus and prepare — A little stress before a big event can sharpen focus and motivate preparation — not all stress is harmful.
Resilience does NOT mean —	never feeling upset or struggling — Resilience isn't never feeling upset — it's feeling the struggle and finding ways to recover and keep going.
Taking care of your body (sleep, food, movement) affects your —	ability to handle stress — Sleep, food, and movement affect your ability to handle stress — a cared-for body is a more resilient one.

15. Kind Communication

⌘ Question (fold →)	Answer
Kind communication and boundaries connect because you can —	state a limit kindly and clearly — You can state a boundary kindly and clearly ('I need some quiet time') — kind communication and boundaries work together.
Asking 'Can we talk about something?' before a hard conversation is —	considerate — it prepares the other person — Asking 'Can we talk?' before a hard conversation is considerate — it lets the other person get ready to listen.
Listening is part of kind communication because —	communication goes both ways — Kind communication goes both ways — listening to the other person matters as much as sharing your own view.
An 'I-statement' is —	a way to share your feelings without blaming — An I-statement ('I feel _ when _') shares your feelings without blaming — a cornerstone of kind communication.
A good time to bring up something hard with a friend is when —	you're both fairly calm — Bringing up something hard works best when you're both fairly calm and in private — feelings are easier to hear then.
If you said something hurtful, kind communication includes —	apologizing and repairing — If you said something hurtful, kind communication includes apologizing and repairing — owning your impact.
Kind communication supports co-regulation because —	gentle, clear words help others feel safe and understood — Kind communication supports co-regulation — gentle, clear words help others feel safe, understood, and able to settle.
Practicing kind communication makes you —	better at handling conflict and repair — Practicing kind communication makes you better at handling conflict and repairing relationships over time.
When someone shares a hard feeling with you, a kind reply is to —	acknowledge it before responding — Acknowledging a hard feeling first ('thanks for telling me') before responding helps the person feel heard and safe.
A respectful way to disagree is to —	share your view while respecting theirs — You can disagree respectfully by sharing your view while still respecting the other person's — no insults or yelling.
The goal of kind communication is	understanding, not winning — The goal of kind communication is understanding, not winning — connection over being 'right.'
Kind communication means being	honest AND caring at once — Kind communication is being honest and caring at once — truth told with respect.
Nonverbal kindness includes —	a warm tone, open posture, and eye contact — Kind communication is also nonverbal — a warm tone, open posture, and gentle eye contact all show care.
Kind communication helps relationships by —	letting people understand each other and repair — Kind communication lets people understand each other and work through problems — building stronger relationships.
Tone of voice matters because —	the same words can feel kind or harsh depending on tone — Tone of voice matters — the same words can land as kind or harsh depending on how they're said.

Kind communication with a younger companion means —	speaking gently and at their level — Communicating kindly with a younger companion means speaking gently and at their level — never talking down or scaring them.
Which builds connection?	'I've been feeling distant. Can we talk?' — 'I've been feeling distant. Can we talk?' is honest and open — it invites connection instead of blame or shutdown.
'You always' or 'you never' statements tend to —	make people defensive — 'You always' / 'you never' statements make people defensive — they feel attacked and stop listening.
Which is an I-statement?	'I feel left out when plans are made without me.' — 'I feel left out when plans are made without me' owns the feeling without attacking — a clear I-statement.
The goal of kind communication is —	understanding, not winning — The goal of kind communication is understanding, not winning — connection matters more than being 'right.'
Kind communication means being —	honest AND caring at the same time — Kind communication is being honest and caring at once — you can tell the truth in a way that respects the other person.
If a conversation gets too heated, a kind move is to —	suggest a pause and return when calmer — If a talk gets too heated, suggesting a pause ('let's come back to this when we're calmer') protects the relationship.
An I-statement shares your feelings	without blaming — An I-statement ('I feel _ when _') shares your feelings without blaming.
The big idea of kind communication is that —	you can be honest and caring at the same time — The big idea: you can be both honest and caring — kind communication tells the truth in a way that respects people.
If a conversation gets too heated, a kind move is to	suggest a pause and return when calmer — If a talk gets too heated, suggesting a pause protects the relationship — return when calmer.

16. Capstone: Being a Calm Anchor

⌕ Question (fold →)	Answer
The kindest truth to carry forward is that	nobody has to face big feelings alone — The kindest truth: nobody has to face big feelings alone — we steady each other, and reach out when we need it.
Being a calm anchor means staying	steady and supportive so others can settle — A calm anchor stays steady and supportive so others can borrow that calm and settle.
The most important thing to remember about someone having big feelings is that they —	need safety and steadiness, not judgment — Someone with big feelings needs safety and steadiness — a calm, non-judgmental presence — more than correction.
A calm anchor helps create spaces where people feel —	safe, understood, and supported — A calm anchor helps create spaces where people feel safe, understood, and supported — calm that ripples outward.
The big idea of CoRegRealm is that —	we can be calm anchors for each other and learn to steady ourselves — The big idea: we can be calm anchors for one another and, through that shared calm, learn to steady ourselves too.
Caring for your own feelings while helping others is	necessary, not selfish — Caring for your own feelings while helping others is necessary — a rested anchor stays steady.
Naming a feeling, using a calm-down tool, and repairing after a rupture are all —	skills you can keep practicing for life — Naming feelings, calm-down tools, and repair are lifelong skills — you keep practicing and growing them throughout life.
Being a 'calm anchor' means —	staying steady and supportive so others can settle — A calm anchor stays steady and supportive so others can borrow that steadiness and settle — the heart of co-regulation.
After learning these skills, you are ready to —	support a friend and handle your own big feelings with care — The capstone goal: you're ready to support a friend and handle your own big feelings with calm, steady care.
Taking care of your OWN feelings while helping others is —	necessary, not selfish — Caring for your own feelings while helping others is necessary, not selfish — a rested anchor stays steady.
Empathy helps you be a calm anchor because it lets you —	sense what someone needs to feel safe — Empathy lets you sense what someone feels and needs, so you can offer the calm and safety that actually helps.
If you don't know how to help someone, you can still —	be present and let them know you care — Even without answers, being present and showing you care helps — a calm anchor's presence is itself support.
Which combines several co-regulation skills well?	Staying calm, listening, naming the feeling, and breathing together — Staying calm, listening, gently naming the feeling, and breathing together combines the core co-regulation skills.
The kindest truth to carry from CoRegRealm is that —	nobody has to face big feelings alone — The kindest truth: nobody has to face big feelings alone — we can steady each other, and reach out when we need it too.

When you hurt someone, the calm-anchor move is to —	repair the connection — Ruptures happen; the calm-anchor move is to repair — acknowledge it, apologize if needed, and reconnect.
Co-regulation and self-regulation together mean —	we help each other find calm, and we learn to find our own — Co-regulation and self-regulation together: we help each other find calm, and through that, we learn to find our own.
Co-regulation eventually helps a person learn —	to self-regulate (steady themselves) — By experiencing calm with a steady anchor, a person gradually learns to self-regulate — to steady themselves.
A calm anchor's most important quality is —	steady, caring presence — A calm anchor's most important quality is steady, caring presence — not perfection or having all the answers.
Boundaries help a calm anchor by —	keeping support sustainable without burnout — Boundaries keep a calm anchor's support sustainable — you can help others without wearing yourself out.
The first step to being a calm anchor for someone is	steadying yourself first — You can't share calm you don't have — steadying yourself first is the first step.
A person who has learned these skills can respond to hard moments with —	calm, empathy, and care — Someone who's learned these skills can meet hard moments with calm, empathy, and care — for themselves and others.
A calm anchor offers support —	without forcing anyone to feel a certain way — A calm anchor offers support and safety — they never force anyone to feel a certain way. Calm is offered, not commanded.
The skills in CoRegRealm help you —	support others AND take care of your own feelings — These skills help you both support others and care for your own feelings — a two-way gift for every relationship.
The first step to being a calm anchor for someone else is —	steadying yourself first — You can't share calm you don't have — steadying yourself first is the first step to being a calm anchor.
All feelings — even hard ones — are —	okay to have — All feelings, even hard ones, are okay to have — what matters is how we care for them and each other.

Keep going

You practiced **400 cards** from Coregrealm. Come back to the ones you missed — spaced-out practice makes them stick.

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