

# Coregrealm — Concept Poster

*Print this and pin it up — an at-a-glance map of the Coregrealm cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.*

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## Meet the cast — and what each one teaches

| Character      | What they carry                                                                                             |
|----------------|-------------------------------------------------------------------------------------------------------------|
| <b>Match</b>   | Affect-matching — meet the dysregulation where it is; 'I see you. Right where you are.'                     |
| <b>Hum</b>     | Vocal co-regulation — gentle vocal-tone modulation; 'Hmm. I'm here.'                                        |
| <b>Sway</b>    | Rhythmic co-regulation — gentle bounce + breath rhythm; 'Slow in. Slow out.'                                |
| <b>Beside</b>  | Containment — bounded presence without overwhelm; 'Right next to you. Not in front.'                        |
| <b>Word</b>    | Naming — gently labeling the feeling; 'Maybe it's ____? Or maybe something else.'                           |
| <b>Patient</b> | Patience — giving time without rushing; 'Take all the time you need.'                                       |
| <b>Lend</b>    | Lends you their calm when yours runs out, because borrowing steadiness is how your own slowly grows.        |
| <b>Murmur</b>  | Helps you hear the steady voice of someone who has soothed you, tucked inside, for when they are not there. |
| <b>Anew</b>    | Celebrates the wobbly first time you steady yourself all alone, because wobbly still counts.                |
| <b>Reprise</b> | Shows that once you can steady yourself, you can become the calm for someone else, completing the circle.   |

## Key ideas at a glance

*The big concepts this cast helps you master:*

- What Feelings Are
- Reading Body Signals
- What Co-Regulation Means
- Calm-Down Tools

- Big Feelings & the Body
  - Listening & Being Present
  - Naming Feelings Out Loud
  - Helping a Friend Calm Down
  - The Repair Cycle
  - Empathy & Perspective
  - Boundaries & Consent
  - Self-Regulation Strategies
  - Understanding Others' Feelings
  - Staying Steady Under Stress
  - Kind Communication
  - Capstone: Being a Calm Anchor
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## Keep exploring online

- **Play it now:** <https://sparkanvil.org/play/coregrealm>
- **Meet the cast:** <https://sparkanvil.org/cast/coregrealm>
- **More free books:** <https://sparkanvil.org/books>