



Train Loyal Companions, LLC

"Unleash Your Potential"

Nervous Nelson Navigating Troubles

A Humane Education Guide About Emotional Regulation.

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Certified Professional Dog Trainer



Heya. Welcome!



This activity book is about emotions and the different ways that our human brains and bodies respond to them. This book is designed to help explore emotional recognition and regulation, as well as mental wellness, self-control, and empathy, all in a fun and engaging way. Inside, readers will learn how to recognize and manage emotions, develop empathy, and build important life skills for sharing and navigating the world around them.

We encourage parents, guardians, or caregivers to participate alongside their youth. These shared moments and conversations are powerful tools for teaching emotional resilience, reinforcing safety skills, and building confidence in navigating real-life situations.

A heartfelt thank you to the families, educators, and children who are helping to create safer, kinder, and more emotionally aware communities!

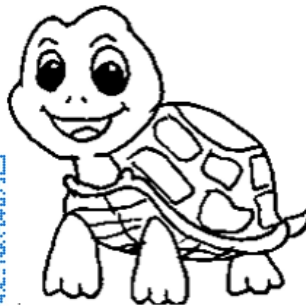
“Educating the mind without educating the heart is no education at all.”

– Aristotle, Greek philosopher

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venmo



Please note:
This guide is under construction.
Feedback welcome & appreciated.
Seeking Publishing Support. Thanks!

Please Note

The content provided is intended as a general safety guide and does not guarantee the prevention of injuries, emotional distress, or emergencies. Readers are encouraged to use their best judgment and seek professional guidance when needed. This book is not a replacement for getting other help and support if you need it.

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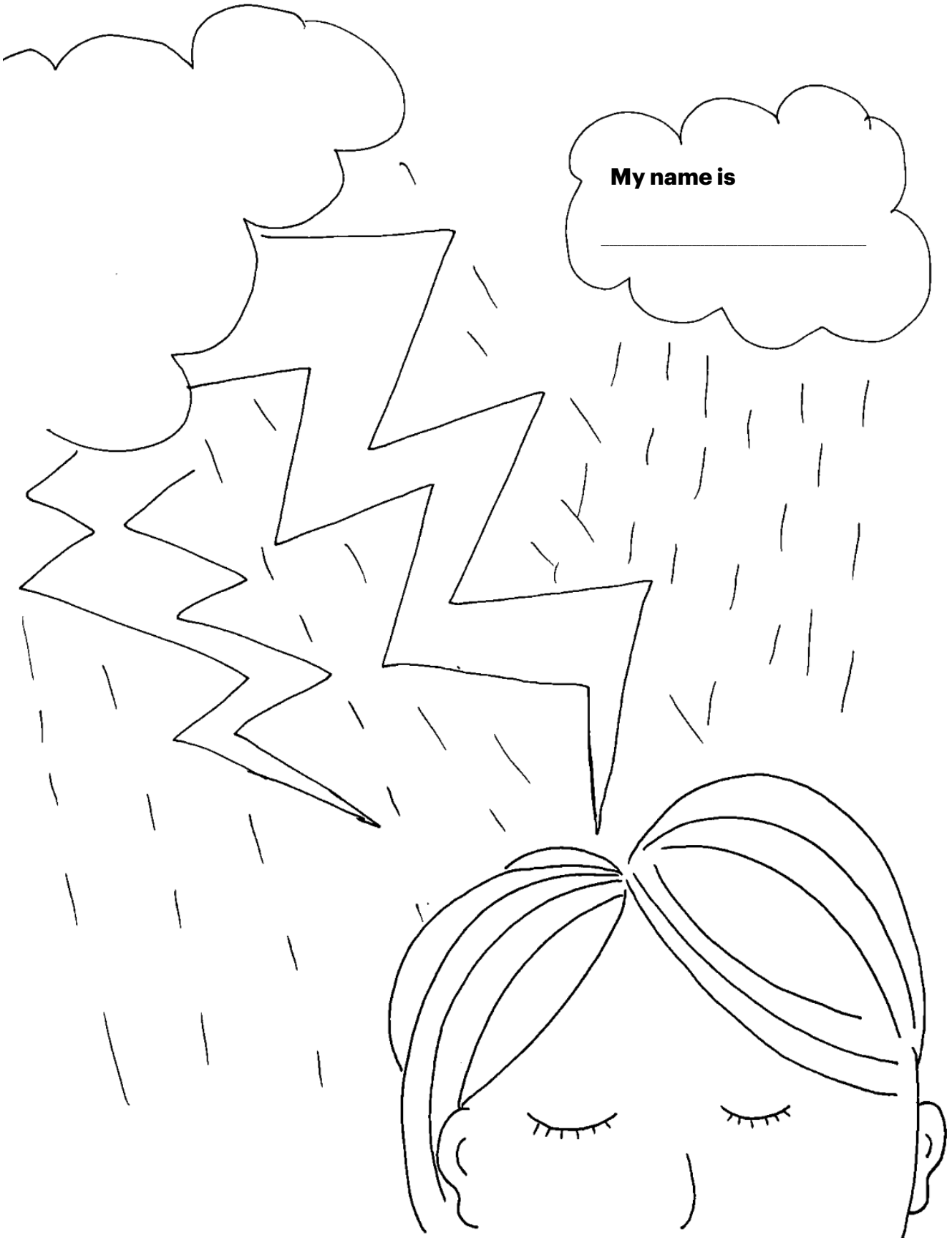
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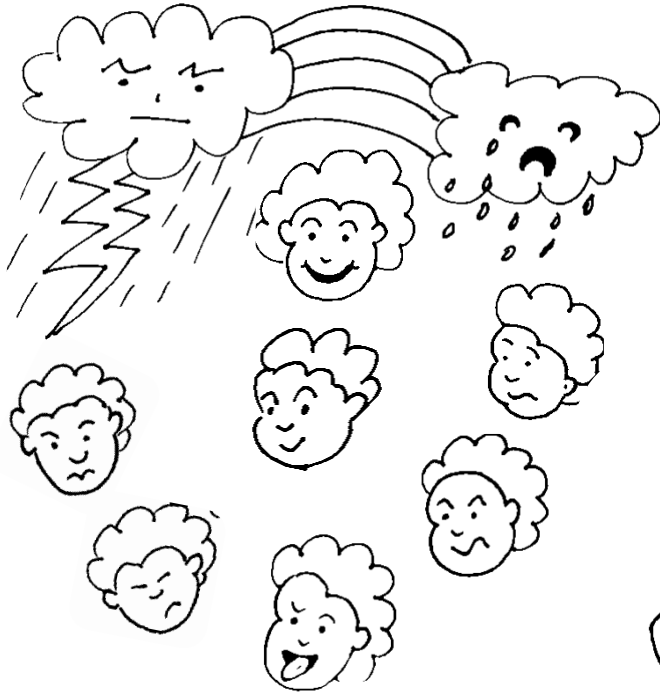


This Book Belong to

My name is



Understanding Emotions



Emotions are Like Clouds

Our emotions are like clouds, as they are always changing, moving, and floating away. The grey rainy or thunder clouds may be dark or loud but pass by. The white puffy clouds come and over time, rain or sunshine start again. Just like clouds, our emotions are always changing.



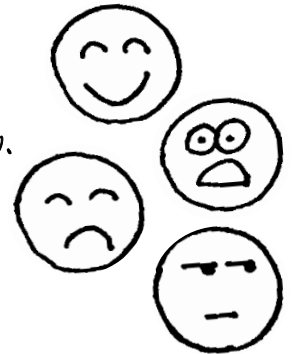
Color the rainbow and this page to show how you are feeling.

If you are calm and ready to learn, you are like a rainbow.



If you want to storm off, you are like a snowstorm.

If you feel like yelling, you are like a thunderstorm.



R

A Mindfulness Practice with RAIN

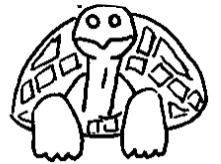
Recognize What is Happening: Self-Awareness

Notice what is happening in the moment. How and what are you feeling? Where do you feel it in your body. Recognize and name your emotions.

A

Allow Life to Be as It Is: Mindfulness

Be aware of the situation without trying to change it, control it, or judge it.



I

Investigate With Kindness, Interest & Care: Empathy

Mindfully observe the situation while using genuine, non-judgmental care, and concern.

N

Nurture Non-Identification: Self Compassion

Show self-care and compassion by understanding that your thoughts and emotions are not you. Feelings are temporary and this too shall pass, just like the clouds.





Recognizing Emotions



Being Able to Identify and Verbalize Big Feelings is Crucial for Emotional Regulation.

Know your emotional zones of regulation.



Green

- Happy
- Calm
- Ready
- Content



Blue

- Sick
- Sad
- Tired
- Bored



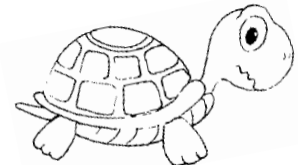
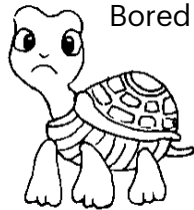
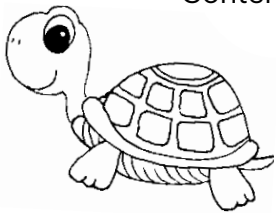
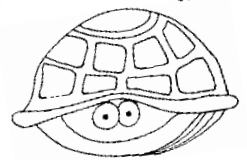
Yellow

- Confused
- Frustrated
- Silly
- Restless



Red

- Annoyed
- Angry
- Disgusted
- Mad

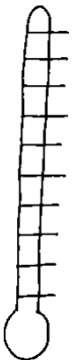


Emotional Regulation

Emotional regulation is learning to understand, manage, and regulate or control emotions. Emotional awareness and regulation improve relationships, enhance emotional stability, and encourage wise decisions. Using these skills will promote overall emotional well-being.

The Main Goals of Emotional Regulation

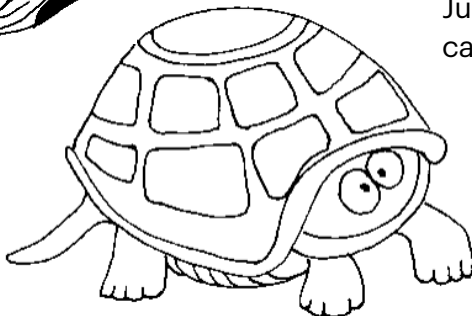
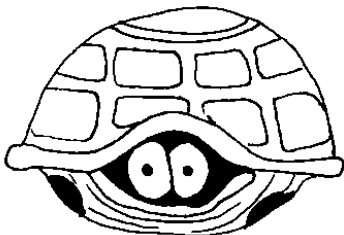
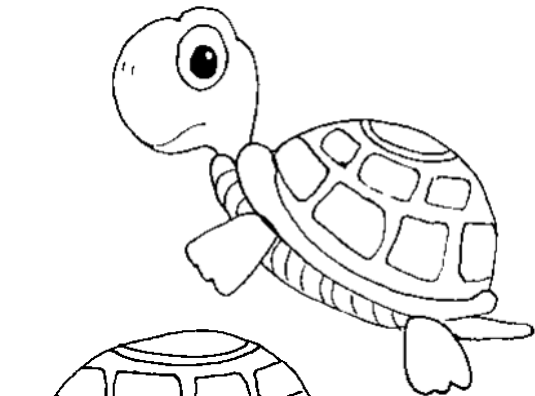
- Recognize and navigate intense emotions
- Develop deeper understanding of emotions
- Decrease frequency of unwanted emotions
- Feel better and reduce emotional vulnerability
- Decrease emotional suffering and isolation
- Improve overall well-being



When Your Feelings Are Extra Heavy... Try the "Turtle Tuck".

Just like a turtle pulls into its shell to feel safe and calm, you can too!

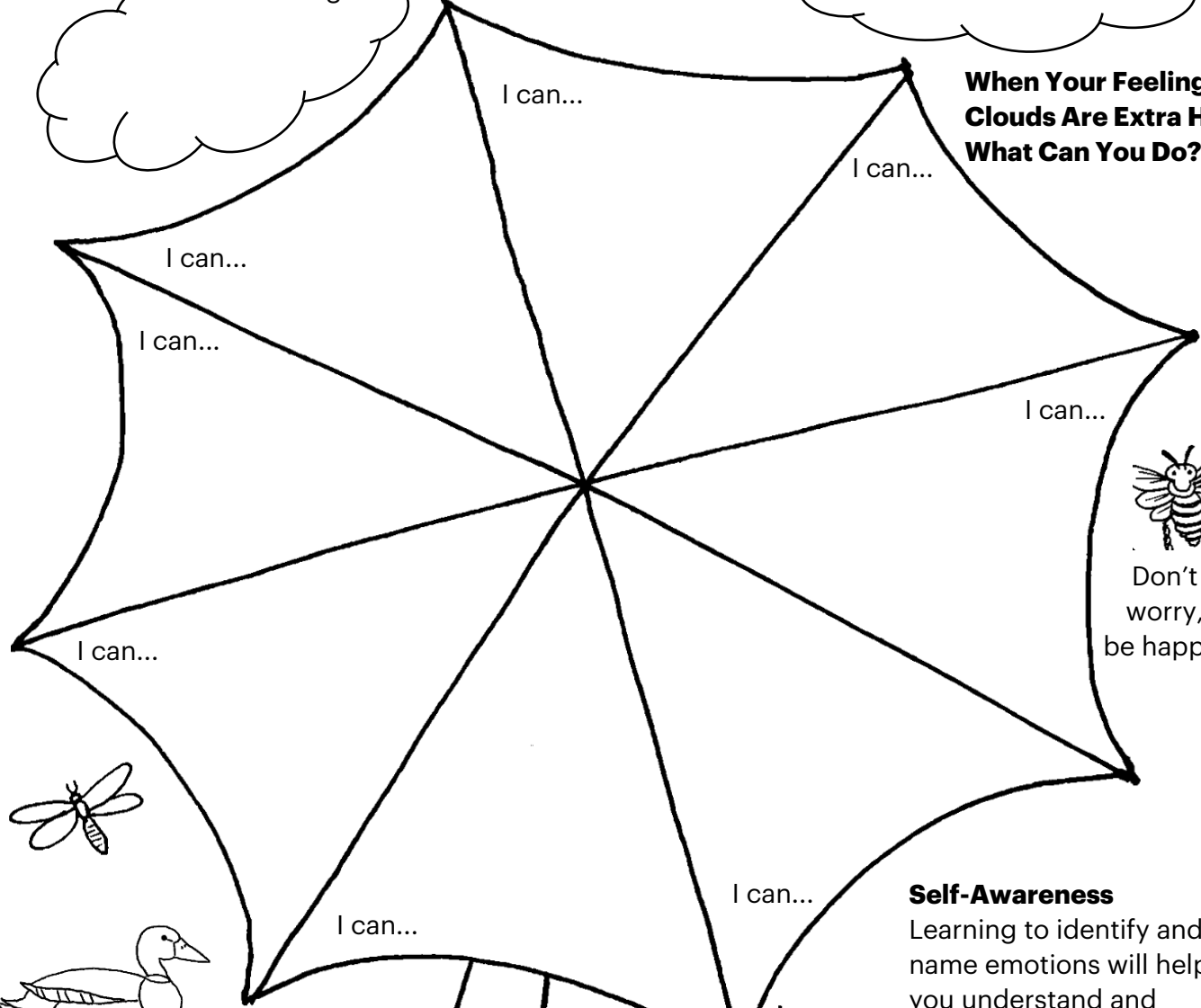
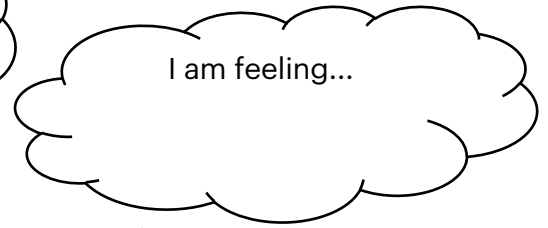
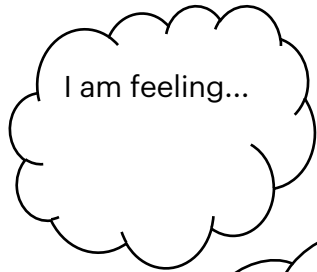
1. Stop your actions and think.
2. Recognize and name your feelings.
3. Tuck into your shell, take some deep breaths and think calming thoughts.
4. Come out of your shell when you are ready, calm, and in control of your emotions.



Regulating Emotions



Color Your Feeling Clouds.



When Your Feeling Clouds Are Extra Heavy, What Can You Do?



Don't worry, be happy!

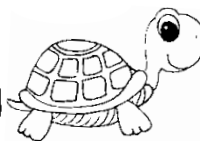


Cultivate Empathy

Actively listen. Try to understand other's and their feelings from their point of view.

Build Resilience

Learn to bounce back by keeping a positive mindset, focusing on solutions and supports.



Self-Awareness

Learning to identify and name emotions will help you understand and better regulate them.

Mindfulness

Practice deep breathing and meditation when you feel stressed.

Create a Schedule

Planning your day helps reduce uncertainty.





Self-Regulation Situations



Match by Drawing a Line from a Situation to The Calming Strategy That You Likely Would Use.

Situation

Someone is teasing you

Your sibling takes your toy

Someone ignores you

You are called to answer a question but answer incorrectly

The outdoor activity was canceled because of the weather

You do not get something that you want

Emotional Regulation Strategies

Take deep breaths

Do something fun

Take a walk or go play outside

Talk about it

Write in a journal



Color a picture or draw

Listen to music



Take time alone

Trust that you will be okay

Try These Self-Regulation Movements For 45 Seconds With 15 Seconds of Rest Between Sets.

Frog Jumps

Hop, hop, hop. Hop back and forth like a frog.



Bear Walk

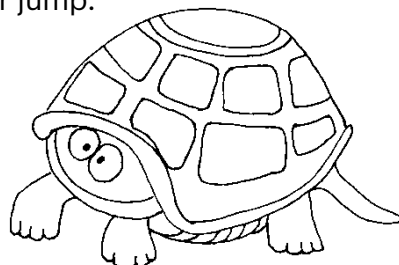
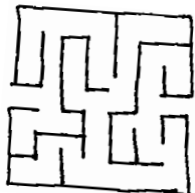
With your hands and feet on the floor, hold your hips high and walk left to right.

Gorilla Shuffle

Sink into a low squat with your hands on the floor as you shuffle around the room.

Starfish Jumps

Jumping jacks as fast as you can with your legs and arms spread wide as your jump.



Cheetah Run

Run in place as fast as you can to be like a cheetah, the fastest animal in the Sahara.

Crab Crawl

Sit and place your palms flat on the floor behind you near your hips Lift up off the ground as your crawl about the room.

Elephant Stomps

March in place lifting your knees as high as you can then stomping the ground as hard as you can as you move forward.

Slow Turtle Stroll

Similar to the crab crawl, sit and place your palms flat on the floor behind you near your hips Lift up off the ground as your slowly crawl about the room.

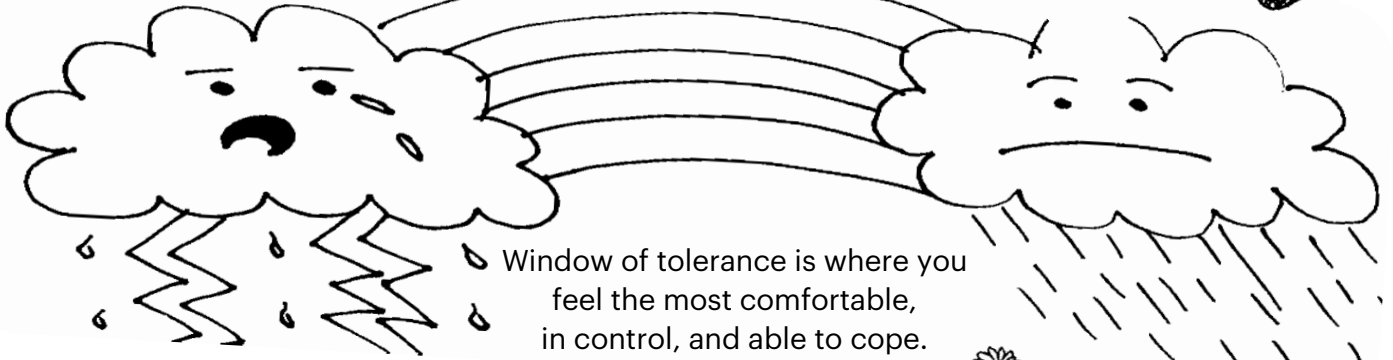




Self-Control is a Superpower

IT'S NORMAL TO HAVE A SMALLER Window of Tolerance

DURING STRESSFUL TIMES



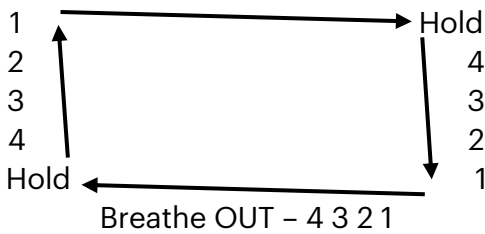
BLOW UP!

Window of tolerance is where you feel the most comfortable, in control, and able to cope. The rainbow is the optimal zone for functioning or where growth happens easiest.

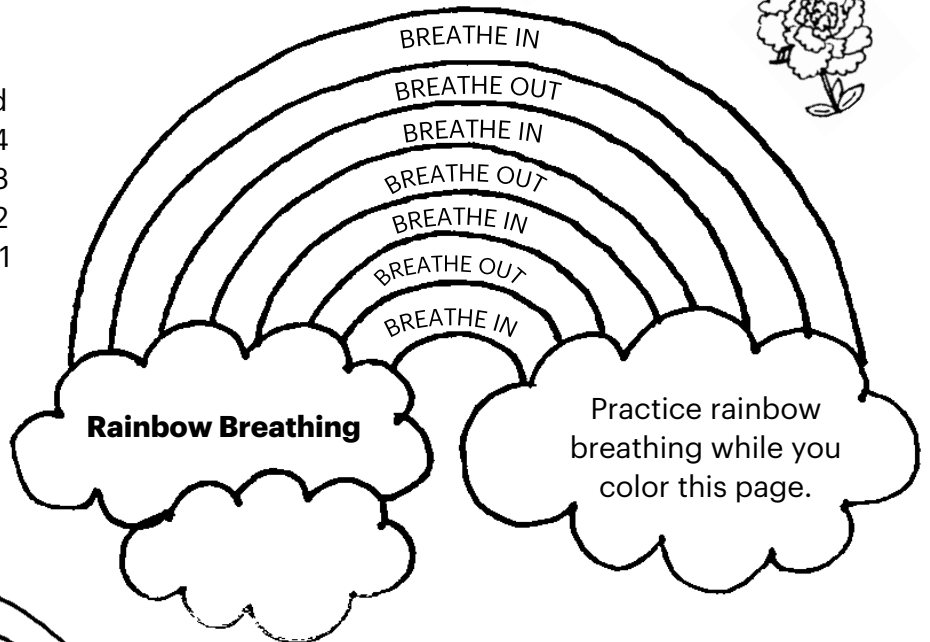
SHUT DOWN

Box Breathing

Breathe IN - 4 3 2 1



Breathe OUT - 4 3 2 1



Rainbow Breathing

Practice rainbow breathing while you color this page.



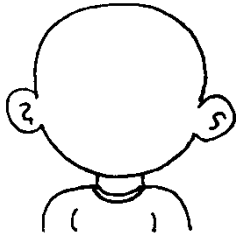
Feeling Check-In.

Share or Draw Some Thoughts in Your Mind.

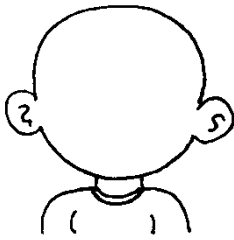


My Feelings Faces & Anger Buttons

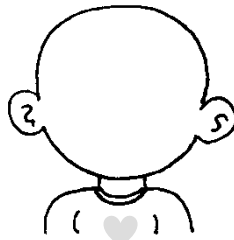
  **Draw and Color Your Feelings Faces.**  



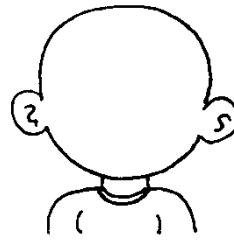
ANGRY



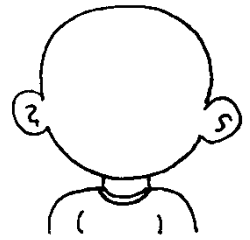
ANXIOUS



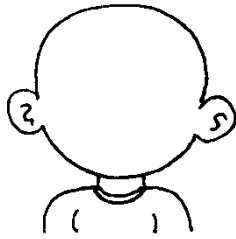
BRAVE



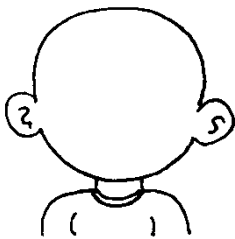
CONFUSED



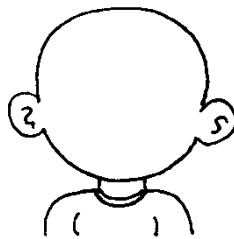
DISAPPOINTED



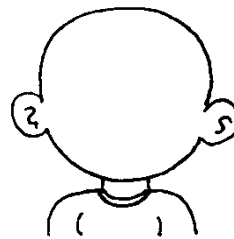
EXCITED



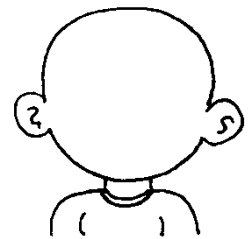
FRUSTRATED



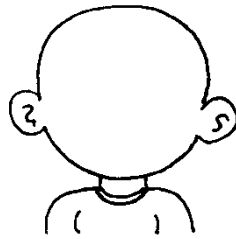
HAPPY



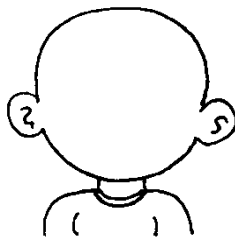
HOPEFUL



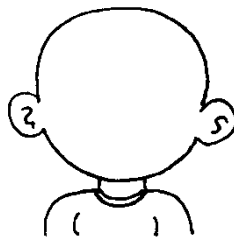
JEALOUS



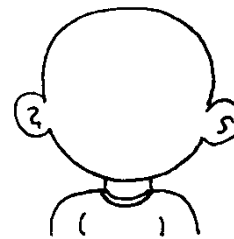
PROUD



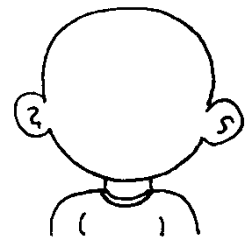
SAD



SCARED



SHOCKED



SHY

Fill In Each Button with Something That Makes You Angry

These are the things or situations that "push your buttons".



Seven large empty circles arranged in two rows (four in the top row, three in the bottom row) for writing down things that make you angry.



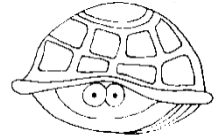
Keep slithering forward. 1% > 0. Progress is progress...



Empathy: How Would You Feel?



"Do Unto Others as You Would Have Them Do Unto You."



What is Empathy?

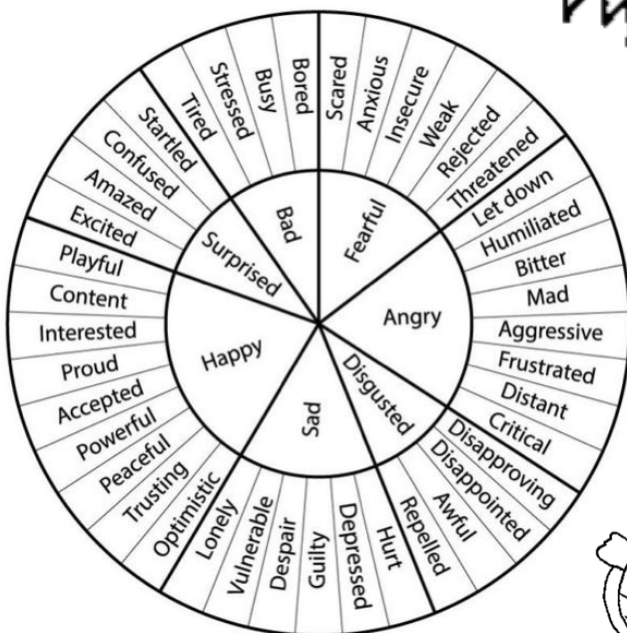
Empathy is the ability to recognize, understand, and share the feelings of others. It's like stepping into someone else's life and seeing the world through their eyes. Empathy means considering how others feel and thinking from their perspective. When you're empathetic, you care about others' feelings and want to help them. It's an important skill for building strong connections with others.

It's important to remember that animals have feelings, even though their mindset might differ from yours. "Personification" refers to giving human qualities to something non-human, like saying the "wind whispered." Similarly, "anthropomorphism" means attributing human traits or behaviors to non-human entities, such as a cartoon dog that talks or acts like a person. These techniques often involve making comparisons and are types of metaphors. Metaphors encourage abstract and creative thinking, which can enhance communication, connection, and relatability.

The study of animal behavior helps us better understand why animals act the way they do. People don't naturally or instinctively know why animals behave in certain ways. An animal behaviorist is like a detective and psychiatrist for animals. They study how animals think, learn, communicate, eat, sleep, move, and protect themselves.

Human Emotional Wheel

This emotional wheel displays primary emotions at the center and more complex emotions toward the outer edges. While animals experience emotions, their emotional range and structure differ from that of humans.



Three Keys to Emotional Intelligence

Practice Self Awareness

Pay attention to your feelings, what triggers them, and how you act. Knowing yourself is an important step toward emotional intelligence.

Recognize and Manage Your Emotions

Take a moment to pause and think before reacting. Practice deep breathing and other ways to stay calm when things get challenging.

Be Self-Motivated

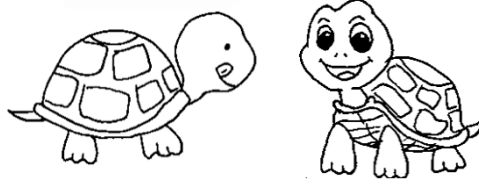
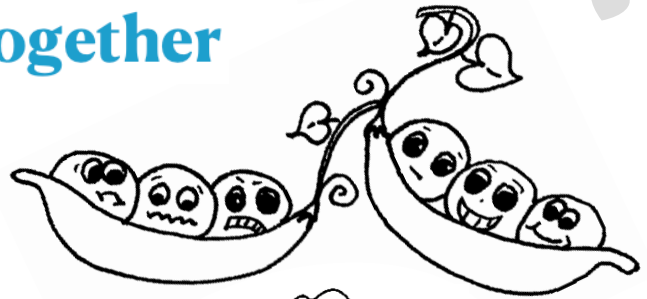
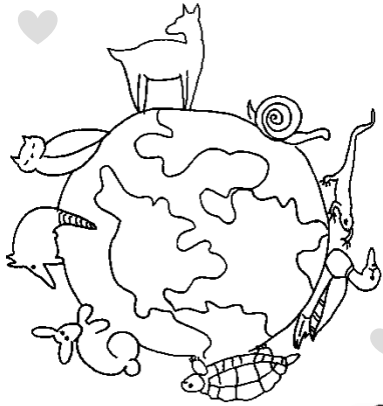
Set goals that matter to you and keep working toward them, even if things don't go as planned right away.

Be An Active Listener

Pay attention to what someone is saying and how they might be feeling. Notice their tone of voice, body language, and actions. When observing animals, look for their nonverbal cues, like tail movements, ear positions, or facial expressions, to understand how they feel.



Share the World HAP-PEA-NESS Is Being Together



Eat well.

Be well.

Live well.

Take the 4-H Pledge And Join a Local 4-H Club

I pledge my **HEAD** to clearer thinking,
I promise to use my head to make good choices.

My **HEART** to greater loyalty,
I promise to use my heart to be a good friend.

My **HANDS** to larger service,
I promise to use my hands to do helpful things for others.

And my **HEALTH** to better living,
I promise to take care of my body and to show others to live in a healthy way.

For my club, my community,
I promise to help my group, my community,
My country, and my world.



**Nervous Nelson is Stressed About Survival and Sharing the World.
Write Your Thoughts on Sharing the World.**





Sharing is Caring Heroes Give Helping Hands



Did you know that many species of turtles are endangers in the United States due to habitat loss, pollution, poaching, and illegal pet trade?

Turtles date back to the time of dinosaurs, over 200 million years ago!

Contrary to many myths, turtles cannot come out of their shells, as the shell grows with them.

Think of ways you can help share the world with Nervous Nelson and others.

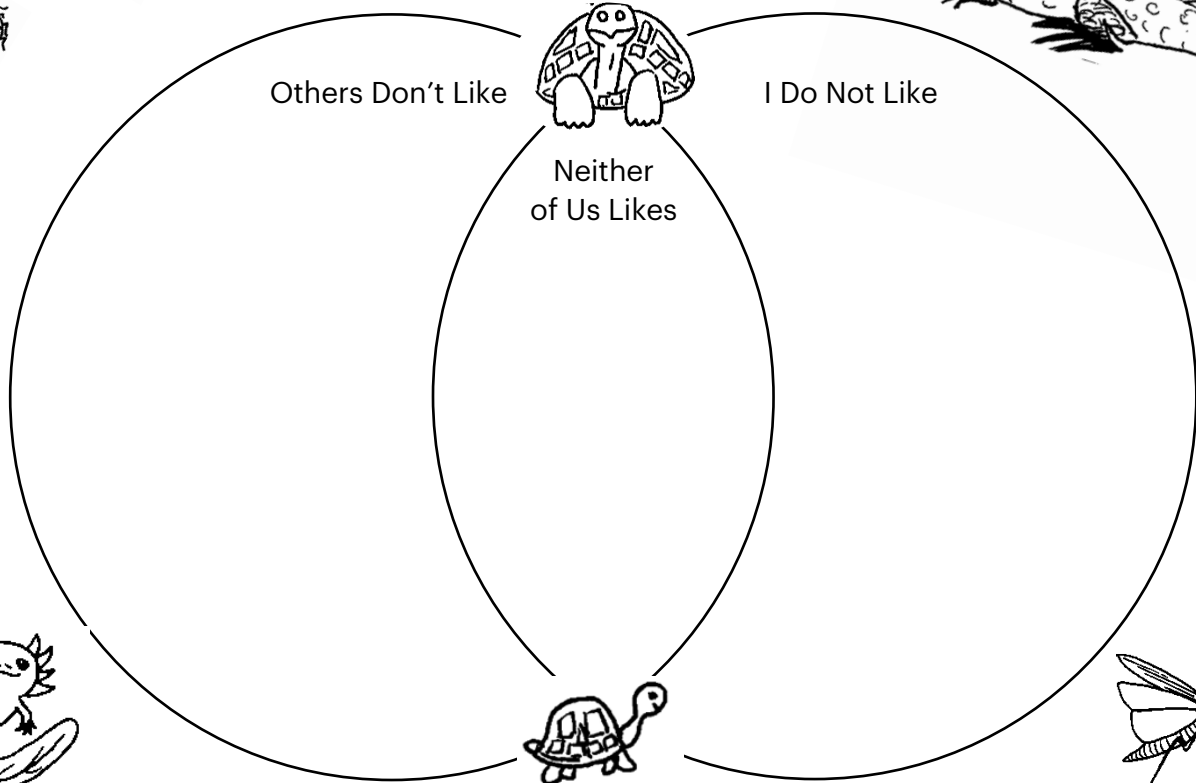
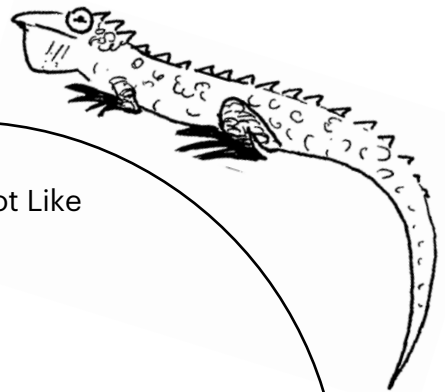
Did you know that turtles belong to one of the oldest reptiles' groups in the world, beating snakes, crocodiles and alligators?



An alligator snapping turtle typically weights between 155 to 175 lbs.

Some turtles are carnivores, (meat eaters) others are herbivores, (plant eaters) and some are omnivores (eat a mixture of the two).

**Think About the Things That Others Don't Like,
Things That You Do Not Like,
And Things That Neither of You Like.**





Certificate of Completion

Presented to

Your Name

Has successfully completed this guide and knows all about

Nervous Nelson Navigating Troubles

Date of Completion

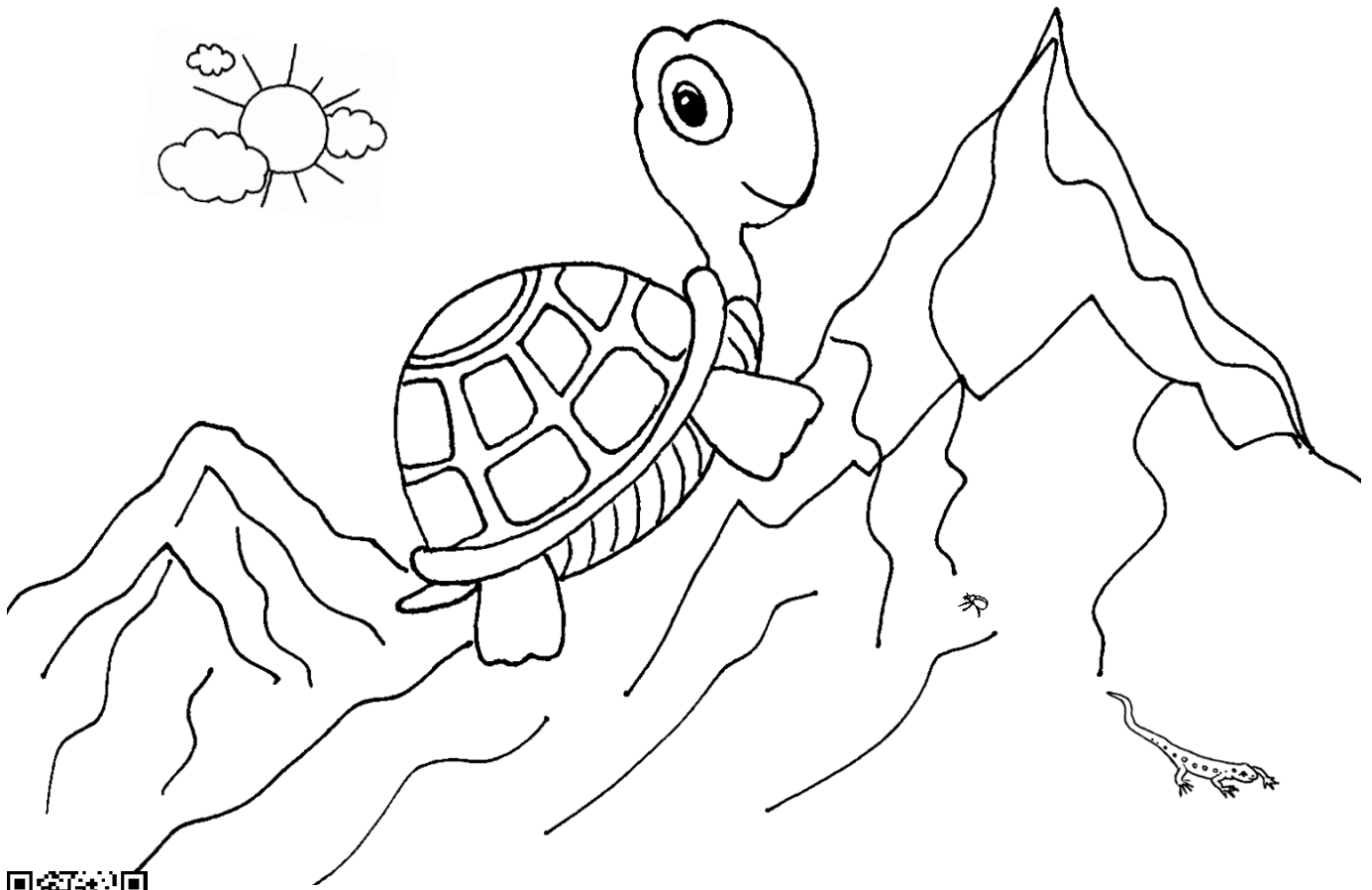


Strength is sometimes that
tiny voice that whispers, no
matter how hard the journey,

"You got this!



Keep going and remember
to enjoy the view."



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Thank You for Reading!

