





Career Cluster Law and Safety



Success Skill

Feel



Estimated Activity Time

10 mins



Group Size

Individuals, Pairs, or Group

Objective

Children will engage with educator/caregiver after watching a storybook to support comprehension of storyline and embedded curriculum.

Story Summary

Rae and her friends take on the job of Firefighters, but Rae has trouble staying calm under pressure. As Firefighter, Rae learns that the key to success is to get calm when she's **Feeling** frustrated.

Story Take-Away Message

You can practice the strategy "Take a Breath" to help you Feel calm.





Discuss

1. What problems did Rae, Cora, Dev, and Scout solve?

Potential Responses:

[They added cotton candy to Cora's staff to rescue the chicken from the tree.]

[They used the hose to dissolve the cotton candy tumbleweeds and free the chicken and Scout.]

[Rae gets on the ladder's bucket and uses her turbo boosters to extend the ladder and squirt water across the farm to rescue the farmer.]

- 2. Why do Firefighters need to **Feel** calm?
- 3. What strategy does Rae use to help her **Feel** calm?

Potential Responses:

[Rae uses "Take a Breath".]

[Rae pauses.]

Additional Questions

- 4. When do you need to Feel calm?
- 5. Is there a time when you might need to take a breath?
- 6. What other strategy could Rae use to **Feel** calm?



