

Name \_\_\_\_\_

## Danny the Dolphin's Ocean Calm

### Open-Ended Questions Answer Key

1. Suggested Answer: Grounding techniques can help me focus on what's around me instead of my angry feelings. It helps me feel calm and in control.
2. Suggested Answer: I might see more fish, coral reefs, or bubbles. I could touch smooth seashells, spiky sea urchins, or squishy jellyfish. I might hear dolphins clicking, whales singing, or water swishing.
3. Suggested Answer: Once, my toy broke while I was playing. I felt really upset, but I took deep breaths and thought about something happy, and then I felt better.
4. Suggested Answer: It's important because anger can make you do things you don't mean, like yell or hurt others. Knowing how to calm down helps you think clearly and solve problems.

