

The Peekapak Pals and the Classroom Chaos

SAMPLE
MATERIAL
INSIDE



Learning About **Self-Regulation**



Peekapak

The Peekapak Pals and the Classroom Chaos

Learning About Self-Regulation



Peekapak
NELSON

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Meet the Class!



Menka
loves building
things using blocks.



Leo the Hedgehog
really likes learning
how things work.



Cody
loves drawing
pictures — especially
comic books!



Saffron the Skunk
is great at cooking
and making new
recipes.



Lucia
uses electricity
to make everything
light up!



Sebastian the Salamander
loves new
technology.

The Peekapak Pals live in Peekaville,
a town filled with many adventures!



Kenji
designs amazing
clothes.



Brady the Bunting
dances to music he
creates.



Inés
loves computers
and building apps.



Freya the Fox
takes lots of pictures
and videos.



Apollo
loves robots and
always wants to
build new ones.



Zoey
is really into
helping plants
grow.

It's the first day of school.
Leo the Hedgehog feels nervous.



Papa Hedgehog teaches Leo a poem to help him calm down.



*Sometimes I'll feel happy,
And sometimes I'll feel sad.
But sharing my feelings with others,
Will always help me feel glad.*



Leo meets his new teacher, Mr. Bison.



Menka's about to speak, but Cody interrupts her. Menka feels sad.



Leo's friends need help learning
to calm down.

He has an idea!



Leo takes a deep breath to calm his nervous feelings. Then he shares Papa's poem.



*Sometimes I'll feel happy,
And sometimes I'll feel sad.
But sharing my feelings with others,
Will always help me feel glad.*



Menka tells Cody she feels sad
when he interrupts her.



Cody says he's sorry. He felt excited
and didn't know how to calm down.
Menka feels better.



Mr. Bison says it's good to tell our friends how we feel and to learn ways to calm down.



Later in the day, Cody feels excited again. He tells Leo how he feels ...



and counts to three to calm down.
And it works!



After school, Leo can't wait to tell Mama and Papa all about his great day ... and to share his feelings!





MAP OF PEEKAVILLE

Thank you for visiting Peekaville! This is where all of the Peekapak Pals live, go to school, and go on adventures.







Peekapak

My Feelings

I know that
All my feelings are okay,
And some may pass
And some may stay.

At times I'll feel happy,
And sometimes I'll feel sad.
But sharing my feelings with others,
Will always help me feel glad.

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