YOUR PRINTABLE KIT

Hugo and the Calm Evenings Kit

A ten page kit for Hugo, 5, to help evenings at home feel calmer when playtime has to stop. Put the posters on the wall, use the cards together, and tick the tracker day by day.



Hugo's Calm Dragon Breath

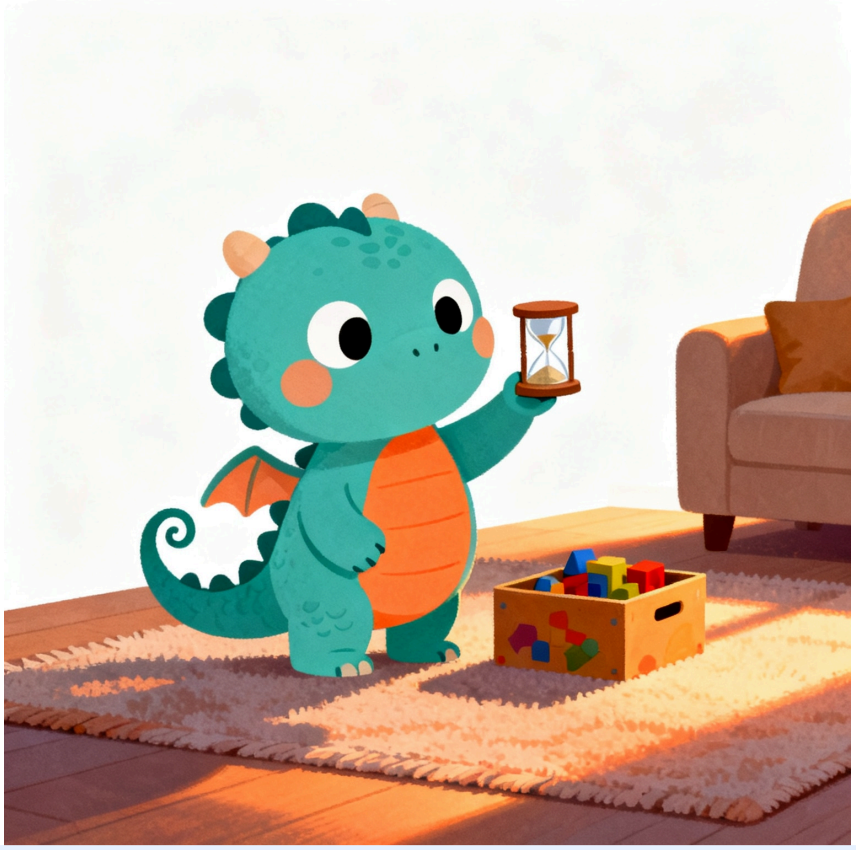
When the big feeling comes, Hugo can breathe it out like a dragon.



1. Stop and put both hands on your tummy.
2. Smell the flower: breathe in slowly through your nose.
3. Blow out the candle: breathe out long and slow.
4. Do it three times with Dragon.
5. Tell a grown up: "I feel cross."

Playtime Is Nearly Over

Hugo, a little warning helps your body get ready.



1. Listen for the five minute warning.
2. Pick your last toy for tonight.
3. Say goodnight to your toys.
4. Put them in their home.
5. Take a dragon breath, then hug.

Big Feelings Are Okay

Feeling angry is okay. Throwing is not. Here is what we do.



1. Say it: "I feel so cross!"
2. Stomp your feet on the rug.
3. Squeeze a cushion really tight.
4. Ask for a hug if you want one.
5. Breathe like the dragon.



Words We Say Together

Cut out these cards. Pick one and read it out loud with Hugo, in a soft and steady voice.

1 Hugo, five more minutes, then toys go to sleep.	2 I can see you are really cross. That is okay.	3 I am right here with you, Hugo.
4 Let's take a dragon breath together.	5 You can stomp or squeeze the cushion, not throw.	6 Which toy sleeps first tonight, Hugo?
7 Well done for calming down. I am proud of you.	8 Shall we tidy up together, like a team?	9 It is hard to stop. I know. Tomorrow we play again.



Hugo's Evening Tracker

Tick a box each evening when it happens. Small steps count, and every try is a good one.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Heard the five minute warning	☐	☐	☐	☐	☐	☐	☐
Chose the last toy	☐	☐	☐	☐	☐	☐	☐
Took a dragon breath	☐	☐	☐	☐	☐	☐	☐
Toys put to bed	☐	☐	☐	☐	☐	☐	☐
Hug with Mum or Dad	☐	☐	☐	☐	☐	☐	☐

Colour a box each time it worked. Look at the week together on Sunday.

Why Evenings Feel So Big



Tired bodies, big feelings

Hugo, by the evening a five year old has used up a lot of energy. Tired little bodies often find it hard to switch off, so stopping a favourite game can feel huge.

When you ask him to stop playing, he may not be trying to be naughty. He may just be tired and sad that the fun is ending.

- Tired bodies feel feelings more strongly.
- Stopping a game can feel like losing it.
- Calm voices help him feel safe.

Tip: Stay soft and steady. Your calm is the first thing Hugo borrows.

The Warning Before Stopping



Give Hugo time to get ready

A surprise stop is hard for anyone. A warning gives Hugo time to finish his game and get his mind ready for what comes next.

Crouch down to his level, say his name gently, and wait until he looks at you. Then tell him what is coming.

- Five minutes: "Hugo, five more minutes."
- Two minutes: "Nearly time. Pick your last toy."
- Now: "Time to say goodnight to the toys."

Tip: Use the same words each evening so the warning feels familiar and safe.

After the Storm



Be kind, then be clear

When the shouting and crying slow down, Hugo needs comfort first. Sit close, offer a hug, and let his breathing settle.

Once he is calm, keep it short and kind. Name the feeling, then name what we do next time.

- "You were so cross. I am here."
- "Toys are for playing, not throwing."
- "Next time, let's try a dragon breath."

Tip: Skip the long talk tonight. A hug and one sentence is plenty for a five year old.

Keeping Going for a Few Weeks



Small steps add up

Calmer evenings grow slowly. Some nights will go well and some will still be loud, and that is completely normal while Hugo learns.

Keep the same warning, the same breath and the same hug each evening. Looking at the tracker together at the weekend can help him feel proud.

- Celebrate every try, not just perfect nights.
- Keep your words short and the same.
- Be kind to yourself on the hard evenings.

Tip: Pick one tiny win each week to cheer about with Hugo, like a high five for a dragon breath.

Written by an artificial intelligence from your answers, then laid out automatically. Read it through before you use it.