



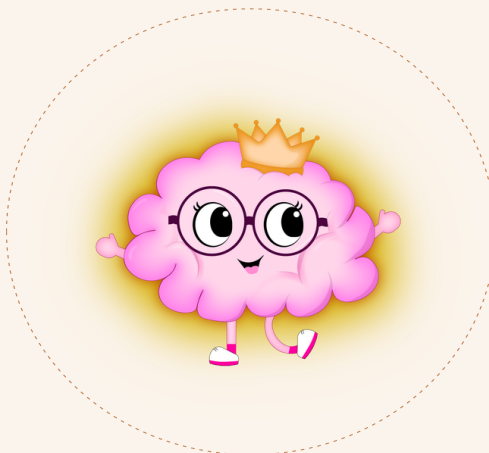
THE BODY SQUAD

By CalmPlay

Chatter Box

A paper friend for little bodies.

AGES 3+ • 10 PAGES • PRINT AT HOME • A4



A LITTLE LETTER

Hello, *grown-ups.*

The Body Squad is a team of ten friends that live inside every child — from the brave little vagus nerve to the steady drum of the heart. When big feelings come, they remind small bodies how to feel safe again. This Chatter Box is a paper toy with grown-up purpose. It turns nervous-system regulation into a game your child asks to play — no screens, no script, no perfect parenting required.

How to play together:

- 1 Your child picks a **colour**.
- 2 **Spell the word**, opening and closing as you go.
- 3 Pick a **Squad member**.
- 4 Lift the flap. **Do the activity together.**



WHY IT WORKS

Co-regulation is the science. Play is the delivery.

Children don't calm down from instructions — they calm *through* a regulated adult. Every activity in this box is a tiny shared moment of safety. Your calm is contagious.

with love,
the Calm Play team

MEET

the Squad.

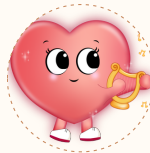
Ten little friends, one big mission: help your child feel safe in their own body. Each squad member lives in a real part of the nervous system.



Bella
the Brain Boss
control centre



Vinnie
the Vagus Nerve
calm switch



Harmony
the Heart
steady drum



Penny
the Protector
safety scout



Ned
the Nerve Messenger
signal carrier



Breeze
Lung Twin · breath in
↑ inhale



Flow
Lung Twin · breath out
↓ exhale



Timmy
the Tummy Guide
belly compass



Flex
the Spine Explorer
shake it off



Sage
The reset Fairy
5 senses, 5 anchors

10 friends. 1 mission.

HELP KIDS FEEL SAFE IN THEIR BODIES.

A FOUR-STEP RITUAL

Print. Cut. *Fold. Play.*

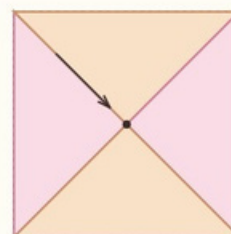
1 Cut the square

Cut along the pink dashed border so you have a perfect square. Set the rest aside.



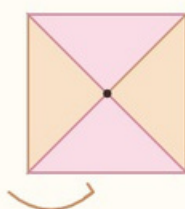
2 Fold corners in

Bring all 4 corners to the centre dot. Press firmly! You'll have a smaller square.



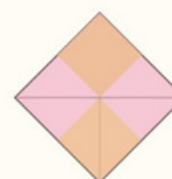
3 Flip & fold again

Turn it over. Fold the 4 new corners in to the centre again. Press firmly!



4 Pop it open!

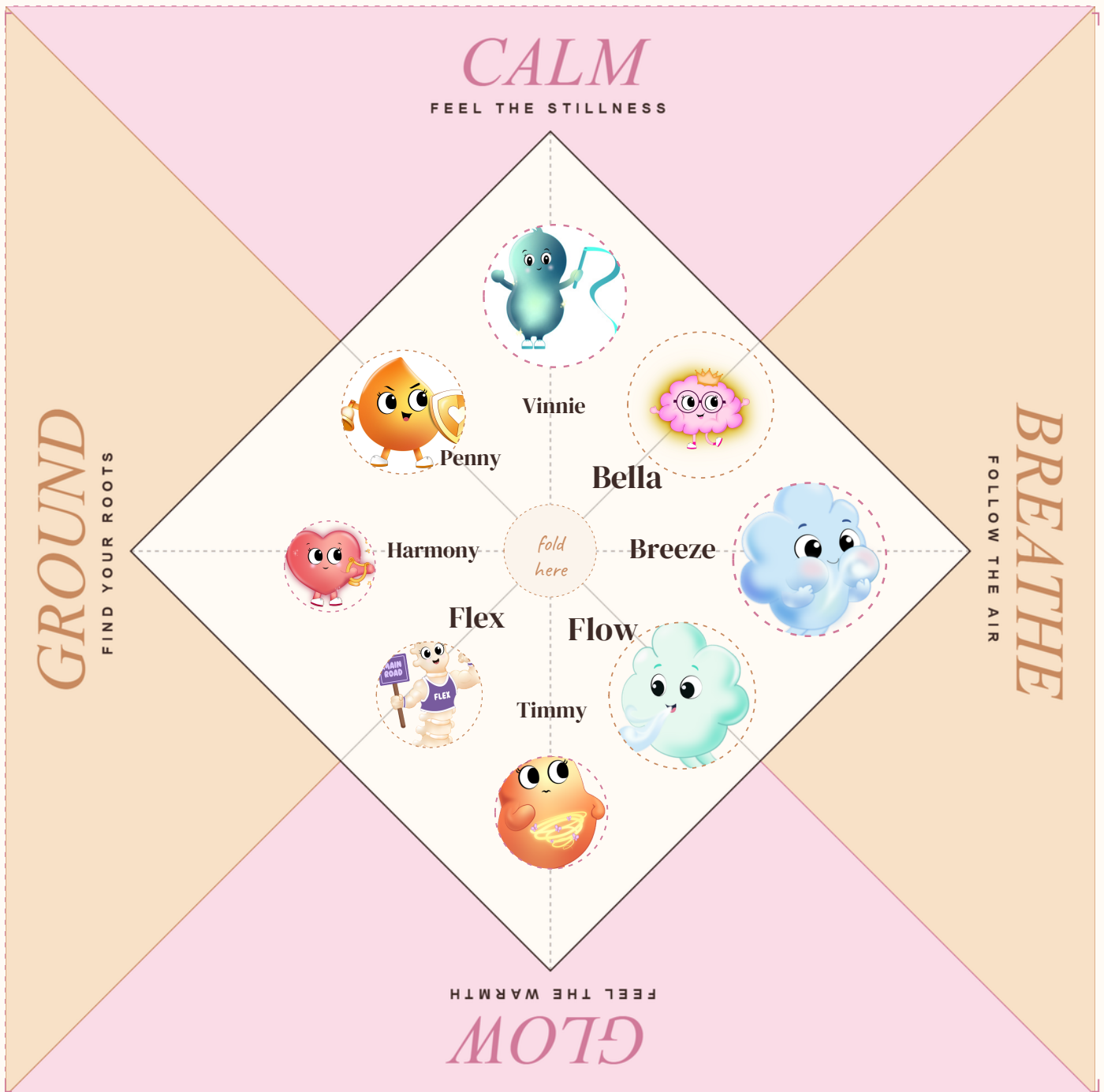
Slide thumbs and forefingers under the 4 flaps. Pinch, lift... and you're ready to play.



The Chatter Box

print · cut · fold · play
A4 PORTRAIT · FOLD-TO-PLAY

✂ CUT ALONG THE DASHED LINE ✂



Inside the Box

the deeper activities

FOLD THE SAME WAY • SLIP INSIDE

CUT ALONG THE DASHED LINE

Boss Move!

BELLA • BRAIN BOSS

Close your eyes.
Imagine a calm place.
Stay for **5 slow breaths**.

Safe Check!

PENNY • PROTECTOR

Name **3 things** that make you feel safe right now.

Heart Hug!

HARMONY • THE HEART

Both hands on your heart.
Feel it beat.
Whisper "I'm ok."

Box Breath!

BREEZE & FLOW • LUNG TWINS

In 4 • Hold 4 • Out 4 • Hold 4.
Repeat **3 times**. Feel the calm.

calm
play

Vibe Reset!

VINNIE • VAGUS NERVE

Splash **cool water** on your wrists. Notice how
your body calms down.

Shake It Off!

FLEX • SPINE EXPLORER

Stand up tall. Wiggle your whole body like a
dog shaking off water!

Belly Check!

TIMMY • TUMMY GUIDE

Hand on your tummy.
Breathe in — watch it **rise & fall**.

Signal Sent!

NED • NERVE MESSENGER

Tap gently on your collarbone **10 times**. Notice
what shifts.

BONUS · CUT & CARRY

Calm Cards.

Ten pocket-sized reminders, one from each squad member. Cut along the lines and tuck them into a school bag, a coat pocket, a lunchbox lid.



Bella

When thoughts spin, close your eyes & **picture your calm place** for 5 slow breaths.

BRAIN BOSS



Vinnie

When the world feels loud, **hum like a bee** for 5 long buzzes.

VAGUS NERVE



Harmony

When your heart races, **hand on chest**. Feel it slow down.

THE HEART



Penny

When you feel small, **name 3 safe things** in this room.

THE PROTECTOR



Ned

When you feel buzzy, **tap your collarbone** 10 gentle times.

NERVE MESSENGER



Breeze

When breath is fast, breathe **in for 4**, out for 6. Slow it down.

LUNG TWIN · BREATH IN



Flow

When you feel full of feeling, **long slow sigh** out the mouth.

LUNG TWIN · BREATH OUT



Timmy

When your tummy flutters, **hand on belly**. Watch it rise & fall.

TUMMY GUIDE



Flex

When you feel stuck, **wiggle & shake** like a puppy after a bath.

SPINE EXPLORER



Sage

When you feel lost, **name 5 see · 4 hear · 3 touch · 2 smell · 1 taste**.

SENSES SCOUT

 *cut along the dashed lines*

CREDIT-CARD SIZE · LAMINATE OPTIONAL

The Family *Promise*

BODY SQUAD
MEMBER

This is to certify that
your child's name
FULL NAME

is officially a member of
The Body Squad

- ☐ I'll listen when my body whispers, before it shouts.
- ☐ I'll be kind to the friends inside me.
- ☐ I'll help others find their calm too.
- ☐ I'll breathe before I worry.
- ☐ I'll ask for a calm hug when I need one.
- ☐ I'll play even on hard days.

CHILD'S SIGNATURE

GROWN-UP'S SIGNATURE

DATE

calm
play

FOR THE GROWN-UP'S POCKET

When big *feelings* come...

You don't have to fix it. You just have to be there. Pick the squad member that matches what you're seeing, and try the moment together.

WHEN YOU SEE...	SQUAD MEMBER	ONE SMALL THING TO TRY
Tears that won't stop	<i>Harmony</i> · the heart	Both hands on chest. Hum a low note. Stay close.
Sharp, fast breath	<i>Breeze & Flow</i> · lung twins	Box breath together. In 4 · hold 4 · out 4 · hold 4.
Stuck or frozen body	<i>Flex</i> · spine	Wiggle like a puppy. Big shake. Loose arms.
"My tummy hurts"	<i>Timmy</i> · tummy	Hand on belly. Slow breath. Notice the rise & fall.
Scared of something new	<i>Penny</i> · protector	Name 3 safe things in this room, out loud, together.
Spinning, overstimulated	<i>Vinnie</i> · vagus nerve	Cool water on the wrists. Long, slow hum.
Big worries at bedtime	<i>Bella</i> · brain boss	Eyes closed. Picture the calmest place. 5 slow breaths.
Lost in their own head	<i>Sage</i> · senses scout	5 see · 4 hear · 3 touch · 2 smell · 1 taste.
Buzzy, can't settle	<i>Ned</i> · nerve messenger	Tap gently on the collarbone. 10 slow taps each side.



A reminder for you, grown-up:

Your nervous system is the first one in the room. Breathe first. The squad works through you.

A LITTLE GOODBYE

thank you for

playing the *calm game.*

Your child won't remember the printable. They'll remember
the moment you sat on the floor together and breathed.

Bella

Vinnie

Harmony

Penny

Ned

Breeze

Flow

Timmy

Flex

Sage

MORE FROM CALM PLAY

Discover the full Body Squad book series at www.calmplay.com

