The Peekapak Pals and the Classroom Chaos

Learning About Self-Regulation
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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.
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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!
After school, Leo can't wait to tell Mama and Papa all about his great day... and to share his feelings!
Thank you for visiting Peekaville! This is where all of the Peekapak Pals live, go to school, and go on adventures.
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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.