



FREE LESSON GUIDE

SIT STILL. BE QUIET.

A Wiggle-Friendly story about learning to calm your body

Ages 4–9 · K–3 · 5–7 minutes, plus 2 for the Dinosaur Stomp · by Mr. Twisty (Chad Currin)



THE LESSON

Sometimes you need to move first. Then you can focus. *For the kid who just can't sit still, and the grown-ups who love them.*

SKILLS IT BUILDS

- Self-regulation and body awareness
- Movement as a calming tool (the Dinosaur Stomp)
- Replacing shame with understanding
- Call-and-response refrains

TALK ABOUT IT

1. Where did Ronald hear "sit still, be quiet"?
2. What did Ronald's body do when he tried to be still?
3. What does your body do when it has big energy?
4. What helps you get ready to listen?

TRY IT: THE DINOSAUR STOMP

CLAW! TAIL! STOMP! ROAR! Repeat louder and faster, then FREEZE. Two minutes, no materials. Full guide at sitstillbequiet.com.

WORDS TO NOTICE

CLAW, TAIL, STOMP, ROAR · louder, faster, FREEZE

FRAMEWORKS

CASEL self-management · Zones of Regulation (Yellow to Green) · full alignment at sitstillbequiet.com

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