

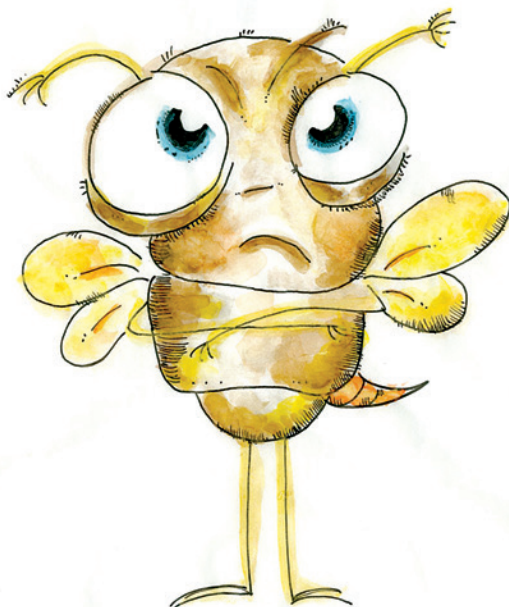


5. Beating the Cranky Bug Game

Ages 2–8 years

This activity is similar to Beating the Put-Down Bug (No. 2) but geared to more aggressive behavior. Again, the WorryWoos WorryBug can be used, but this time labelled as the Cranky Bug. Explore when the Cranky Bug starts to take over.

- “What feelings do you get when the Cranky Bug is gaining power?”
- “When does it attack?”
- “What does it tell you to do (e.g., yell, push, hit, scream, be rude, swear)?”
- “What will you do the next time he attacks?”
- Review options, like speaking in a calm voice, using volcano or belly breathing, or being a “cool” kid.
- “How can we record our mind muscle victories over the Cranky Bug?”



Additional Comments

Use the Mind Muscle Victory Chart, referred to in Activity No. 2, to record how your Twitch is doing. If Twitch is into iPads or equivalent technology, check out an app that charts progress (see www.bestappsforkids.com for some examples). Just remember that we're rewarding kids for mind muscle victories when they've shown that they are able to stay in control and beat the Cranky Bug. If you feel your child isn't trying to change the game plan, then you will need to apply consequences to move him on. The use of consequences is explained in more detail in the next section.