Grimple's Grumbly Day Pack

Finding the feeling under the grumble

A Collyvale pack for ages 3–7 and their grown-ups



Everyone has grumbly days, even Grimple. These pages help you notice big feelings, find the feeling underneath, and try calm ideas together. Pick one page at a time; there's no need to finish them all.

Grimple's story is told in *Grimple and the Very Grumbly Day*. You don't need the book to use this pack.

Collyvale
A little place for big feelings.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

For grown-ups: Be a Mrs. Bramble

Big feelings can arrive quickly when children are little. Between 3 and 7, children are still learning to notice what is happening in their bodies, calm themselves and find the right words.

A grumble can sometimes hide another feeling underneath, such as feeling left out, sad, worried, tired or embarrassed.

In Grimple's story, kind Mrs. Bramble doesn't scold him. She stays calm, offers comfort and helps him find the feeling underneath.



All feelings are OK. Not all actions are OK.

It's OK to feel mad. It's not OK to hurt someone, hurt yourself or break things.

The four Mrs. Bramble steps

1 CALM

Stay as calm as you can and keep everyone safe. Your calm gives your child some calm to borrow.

2 COMFORT

Comfort first; talk later. Stay nearby. A cuddle can help if your child wants one.

3 UNDERSTAND

When things are calmer, gently ask, "What happened?" Help find the feeling underneath: "I wonder if you felt left out?"

4 NEXT TIME

Once everyone is calm, think together about what might help next time, and practice one of the calm ideas in this pack.

What helps, and what doesn't

- Try to avoid reasoning mid-meltdown, shouting "calm down," threats, or insisting on sorry before your child is calm.
- Practice the activities on good days, so they feel familiar on stormy ones.
- Remember Echo: feelings can spread. Your steady voice and calm presence can make a big difference.

If you need more support: if outbursts are very frequent, very intense, getting worse or putting anyone at risk, speak to your pediatrician or school nurse. This pack is for everyday big feelings and is not a substitute for professional advice. Search HealthyChildren.org for "help your child with anger issues" and "temper tantrums."

Grimple's story is told in *Grimple and the Very Grumbly Day*.



collyvale.com · © Collyvale 2026

Free to print for personal, home, preschool and educational use · No resale or alterations

Grimple's story in pictures

1



Grimple watches everyone getting ready for Lantern Night. "Nobody asked ME."

2



STOMP! STOMP! His tummy feels tight and twisty.

3



CRASH! The lanterns tumble, and Echo sends the spiky words straight back.

4



In Mrs. Bramble's kitchen, Grimple finds the feeling under his grumble. He felt left out.

5



Riley and Poppy come to find him. "I'm sorry. I thought nobody wanted me."

6



Together they put things right, and even the squashed purple lantern glows.

What was Grimple really feeling?

Talk about it together. Point to the picture where he finds out.

collyvale.com · © Collyvale 2026

Free to print for personal, home, preschool and educational use · No resale or alterations

My tight and twisty tummy

When a big feeling starts to grow, where do you feel it? Color in the places on Grimple.



Body clues

Check the ones you notice.

- ☐ Hot face
- ☐ Tight fists
- ☐ Stompy feet
- ☐ Fast heart
- ☐ Tight and twisty tummy
- ☐ Wobbly lip



Spotted a clue? Try a big monster breath, just like Grimple.

Smell the flower, then slowly blow out the lantern.

For grown-ups: these can be early clues that a big feeling is growing. Spotting a clue gives us a chance to try a calm idea before the storm gets big. Children can color, circle or simply point.

collyvale.com · © Collyvale 2026

Free to print for personal, home, preschool and educational use · No resale or alterations

What's under the grumble?

Grimple looked mad on the outside. But underneath his grumble, he was feeling something different.



Sometimes a grumble is hiding another feeling.

1. What was underneath Grimple's grumble? Circle the feeling.



Left out



Sad



Worried



Tired



Embarrassed



Jealous

2. Sometimes underneath MY grumble I feel...

Circle one or more faces above, or draw your own face here.

My feeling is called: _____

For grown-ups: there are no wrong answers here. Children may pick more than one feeling, or a different one each time. Simply naming the feeling helps it feel smaller.

collyvale.com · © Collyvale 2026

Free to print for personal, home, preschool and educational use · No resale or alterations

Echo hears it all

Echo copies everything Grimple says. When Grimple used spiky words, Echo shouted them straight back, as loud as can be.

Grimple heard how spiky his words sounded. They didn't sound like how he felt inside at all.



Draw a line from each spiky word to a kinder word.

SPIKY WORDS	KINDER WORDS
"Nobody asked ME!"	"I need a grown-up."
"I don't even LIKE lanterns!"	"I feel left out. Can I help?"
"Serves them right!"	"I feel sad I'm not joining in."



When Grimple gets softer, Echo gets softer too.

Try saying the kinder words in a soft, calm voice. Then let someone be Echo and copy you!

For grown-ups: children copy the voices around them, just like Echo. This page is about how our words sound, not about making children responsible for other people's feelings. Any matching that makes sense to your child is fine.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

What could Grimple do next time?

In the story, Grimple didn't know what to do with his big grumble, so he knocked the lanterns over. Here are some calm ideas he could try next time. Which one would you try?




1 Big monster breaths

Smell the flower… then slowly blow out the lantern. Do it three times, just like Grimple and Echo.



2 Stomp safely

Ten big stomps on the spot. Then stop, and stand still like a tree.



3 Squeeze and let go

Squeeze a pillow or stuffed animal tight. Then let go, and let your body go floppy.



4 Find a Mrs. Bramble

Go to a grown-up you trust and say, "I've got a big grumble."



5 Use your words

"Can I join in?" "I feel left out." "I need some help."

For grown-ups: practice these on calm days, so they're ready on stormy ones. You can cut out the cards along the dotted lines and keep them somewhere easy to see, like the fridge or a cozy corner.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

My Mrs. Bramble and my cozy spot

When Grimple had a big grumble, he ran to Mrs. Bramble's warm kitchen. She didn't scold him. She listened, and he felt a tiny bit lighter. Who can you go to?



My Mrs. Bramble is... Draw or write the grown-ups you can go to.

name

name

name

My cozy spot is... Draw a place where you feel safe and calm.

My favorite calm trick is... Circle one.



Big breaths



Stomp safely



Squeeze and let go



Find a Mrs. Bramble



Use your words

For grown-ups: any trusted grown-up can be a Mrs. Bramble: a parent, grandparent, teacher, babysitter or family friend. It's good for children to know they have more than one.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Putting things right

Once Grimple felt calmer, he told his friends what he was really feeling. "I'm sorry. I thought nobody wanted me."

Then he went back to Lantern Lane and picked up the lanterns, one by one, with his big, careful paws.

"There we go," said Ollie.



When I feel calm again, I could... Check the ones you could try.

- [ ] Say sorry, when I'm ready
- [ ] Tell them what I was really feeling
- [ ] Help fix or clean up what happened
- [ ] Draw a picture or make something kind
- [ ] Offer a hug, if we both want one



Everyone has grumbly days.

The people who love you still love you, even after a big grumble.

"Next time, let's ask each other."
Riley, in Grimple's story

For grown-ups: putting things right comes after calm. Try not to ask for a sorry or a hug while your child is still upset. A sorry that comes when they're ready means much more.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Make your own lantern

Riley and Poppy made Grimple a purple lantern. It was a bit squashed, but on Lantern Night it shone right in the middle of them all.



Color in your lantern. Inside it, draw or write a feeling you can spot underneath a grumble.



When this feeling gets big, I can...

For grown-ups: younger children can simply color and draw a face; older children may like to write the feeling's name. You could cut the lantern out and hang it somewhere your child can see it.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

A COLLYVALE CERTIFICATE

I can find the feeling under the grumble!

This certificate is for

_____

Date _____



Grimple



Echo

Big feelings are allowed. Now you have some ideas for what to do when a grumble grows.

Read more in *Grimple and the Very Grumbly Day*.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations