

CURRICULUM
SPOTLIGHT:

The Kiddie Kohns Keep Their Cool



Overview

The Kiddie Kohns Keep Their Cool is a colorful social-emotional resource that teaches children about anger management and keeping calm when things do not go their way. The story follows the Kohn family, a group of ice-cream cone characters who become “heated up” when they get angry and learn about the consequences of losing their temper.

The playful ice-cream theme makes the concept of emotional regulation concrete and engaging for young learners. Rather than simply telling children to “calm down,” the story provides opportunities to identify anger, recognize how emotions can affect behavior, and discuss more appropriate ways to respond. The book also includes a note to parents with strategies for helping children manage anger, making it a useful resource for extending these skills beyond the therapy setting.

Concepts Taught:

Through the story, learners are introduced to important emotional regulation concepts, including identifying anger and other strong emotions and recognizing situations that may lead to frustration or becoming upset.

The story provides opportunities to explore how emotions can influence our words and actions and how losing control can affect ourselves and others.

Learners can also practice strategies for calming their bodies, pausing before reacting, and communicating appropriately when they are frustrated.

These concepts can be practiced through the story and then generalized to real-life situations, helping learners apply emotional regulation skills across different people, settings, and situations.

Visual Sample:

The colorful characters and story format provide an engaging way to introduce emotional regulation concepts.

The ice-cream theme can also be used as a visual reminder: when we start to feel “heated up,” we can practice strategies to help ourselves cool down.



Goals to Target:

As a social story focused on anger management and self-regulation, this book can be used to target emotion identification, replacement behaviors, self-regulation tools and strategies, perspective taking, and problem solving.

- Client will identify their own and others' emotions in pictures, stories, or real-life situations. (ie angry, calm, sad, disappointed, excited)
- Client will identify situations that may cause frustration or anger.
- Client will appropriately request help, a break, or an alternative when frustrated.
- Client will independently use a calming strategy when presented with a frustrating situation (contrived or in vivo)
- Client will demonstrate an appropriate alternative to yelling, crying, aggression, or other challenging behavior.
- Client will identify how another person may feel during a conflict.
- Client will identify an appropriate solution to common frustrating situations.



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