

# Peace Place Centerpiece

## Purrble® as a Resource in Classrooms

Purrble helps kids feel calm and get their minds ready for learning whenever they need a little extra help. That's why Purrble can be an excellent resource in classrooms. Whether your class is playing as a group, reinforcing emotion-processing skills, or providing kids with the space to take a moment and get a handle on big feelings, Purrble can help.

### How Purrble® Works

If Purrble is upset, its heart beats quickly. When children comfort and pet Purrble, its heartbeat slows and changes to a purr, signaling that it is calm. Calming Purrble appeals to children's empathy and helps them feel calm, too.

### Introduce Purrble® to Your Classroom

Before using Purrble in your classroom, give it a name. You could have your students vote on a name for Purrble. Naming Purrble helps students identify with it. Purrble is designed to be cared for by children, allowing them to build a special bond. Purrble arrives with a letter from Dr. Pita Treebury, a scientist who needs help taking care of Purrbles. Students can help decorate Purrble's box and resting place. Explaining Purrble's origin story to your classroom will help your students feel invested in its well-being.

### Group Play

Purrbles are very sweet creatures, but sometimes they get a little overwhelmed and need some help to feel calm. Incorporate Purrble into your classroom play. Responsibilities could rotate between students: Who checks on Purrble? Who holds Purrble during story time or morning check-ins? Consider creating a Purrble buddy system in your classroom, where each student gets a chance to be Purrble's buddy for the day or the week. The student who is Purrble's buddy can use the power of empathy to see when another student in the classroom might need some time with Purrble. They can offer Purrble to other students who are having a hard day or need a little calm.

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Purrble  
is ideal  
for children  
ages 5-12  
years old.



## Reinforce Emotion-Processing Skills

If you're using the Second Step® Elementary digital program, your students may recognize another Purrble®: Pepito, Mae and Mateo's curious friend. Look for opportunities to incorporate Purrble into emotion-processing lessons and skill-building. When Purrble is feeling scared, anxious, or upset, it can be hard for it to focus on anything else. Taking the time to feel calm and to regulate those big emotions helps Purrble—and your students—feel better and move forward.

## Individual Support

If you have a “calm corner” or another designated space in your classroom for students to take a break, Purrble can be a helpful addition to that space. Studies show kids can learn to calm themselves by calming others. By comforting Purrble, students practice how to self-soothe when big emotions bubble up.

## An Important Note

Be sure to disinfect Purrble after each use to align with your district's COVID-19 compliance measures. There are sensitive electronics beneath Purrble's fur, so be careful to never submerge the toy in water or get it too wet. To clean and disinfect Purrble:

1. Turn Purrble off and remove its batteries
2. Surface- or spot-clean Purrble with sanitizing wipes or a damp paper towel (if you use a soap or cleanser, start with only a very small amount, and avoid using too much water)
3. Spray Purrble with an EPA-registered disinfectant
4. Let Purrble air-dry
5. Do not replace Purrble's batteries or turn it back on until it's completely dry



**Danger!** To prevent electric shock, do not immerse Purrble in water. Surface-wash only.

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Use Purrble as a resource in your one-on-one interactions with students and see if it helps them take the first step toward calm.

