

Taking the First Step Toward Calm

Setting the Stage for Positive Discipline Conversations

If you work in the front office or as a building leader in disciplinary settings, then you know the first barrier to engaging kids in productive conversations is often strong emotions. Purrble® can help students take the first step toward calm. When kids are calm and focused, they're readier and more able to engage in problem-solving and finding a path forward. These step-by-step directions will show you how Purrble can help you set the stage for positive conversations.

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



1

Create Safety

Greet the student with a smile, use a warm friendly tone and open body language, and express caring.

Find a quiet place where the student can sit down. Activate Purrble by gently shaking it or pinching its ear (ideally while the child isn't looking).

TIP: Give Purrble a name. This will help students identify and empathize with it.

2

Introduce Purrble®

For students 5–7 years old, you can say:

This is my friend [name] the Purrble.
Purrbles are very sweet creatures, but sometimes they get a little upset and need some help to feel calm.

For students older than 7, you can say:

This is a Purrble and it's great for helping kids and even grown-ups feel calm.
When you calm the Purrble, it helps you feel calm.

3

Help the Student Calm Purrble®

Hand Purrble to the student.

Say:

Can you help [name] the Purrble feel calm?

Let the student discover how they can get Purrble to feel calm. You can give them hints such as:

How do you help a kitten feel calm? What helps you when you feel upset?

Give the student 2–3 minutes to calm Purrble.
(When Purrble is calm, its heartbeat changes to a purr.)

When Purrble and the student are calm, you can begin your conversation.

Start the Conversation

First, talk about how Purrble® is feeling and why. You can ask questions like:

What do you think causes [name] the Purrble to feel upset?
How did you know it was feeling upset?

Guide the the student toward cues about body language, scared noises, and so on, with questions like:

What helped Purrble feel calm? How do you know Purrble is calm?

Next, highlight the student's feelings:

Okay, now let's talk about you! How are you feeling right now? What happened that caused you to feel that way?

Then, shift the conversation to the incident that brought the student to the office. Now that the student is feeling calm (or at least a little calmer) it should be easier for them to engage in constructive problem-solving.

Provide support by listening, showing empathy, and responding in a neutral, nonjudgmental way to the incident that instigated the referral. Seek to understand what happened from the student's perspective.

You can ask questions like:

What happened?

How were you feeling at the time?

What were you thinking at the time?

What have you been thinking since it happened?

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.



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.