

# Doing Hard Things Helper

## One-on-One Support to Focus on the Task at Hand

As counselors, behavioral specialists, paraeducators, and student aides know, it can be a struggle for students to focus and complete a needed task in the middle of a busy school day. Purrble® can help! By comforting Purrble, kids learn how to self-soothe and recenter when distractions or big emotions bubble up. When students are calm and focused, they're readier and more able to engage in the task at hand. These step-by-step directions will guide you through an example of how to use Purrble with a student.

1

### Introduce Purrble®

Say:

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

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 calm down? 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.)

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

2

### Ask the Student to Check In

You could say:

How did it feel to help [name] the Purrble  
become calm? How could you tell that [name]  
was calm?

Or say:

When we have lots of thoughts bouncing  
around in our brains, or big feelings building  
up in our bodies, it can be hard to focus on  
things at school, like [this current activity]!  
Check in with your own body: how do you feel?

Or say:

When our minds and bodies are calm like  
[name] the Purrble, do you think it's easier  
to pay attention and finish our work? Are you  
ready to keep going?

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



## 3

## Keep Purrble® Nearby

Having Purrble handy is a great way to help students refocus attention. Fun fact: Purrble originated from research into fidget toys.

See if it helps your student to keep Purrble in their lap or next to them on the desk. Petting Purrble could continue to help your student focus and pay attention.

## 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.

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.

