

Peluso

& the Tantrum Storm

The 5-Minute Calm Trick for Kids





*To all the little monsters who feel big things,
and the parents who stay by their side
through the storm.*

Welcome to the Peluso Method!

Dear Parents and Caregivers:

This book is designed to be read together. While your little one follows Peluso's adventure at the mall, they are actually learning a powerful self-regulation tool: The Snowball Trick.

How to use this book:

1. Read the story to your child during a calm moment.
2. Practice the 'Snowball Breaths' together.
3. After the story, you'll find an exclusive Parent Guide with 5-minute strategies to handle those 'Tantrum Storms' in real life.





Peluso the fluffy green monster
bounced along the shiny mall floor,
his fur sparkling with excitement.

Today was a special day.

The big shopping mall was buzzing with lights,
music, and colorful stores full of amazing things.

Peluso held the hand of his best friend Luna,
a little girl with curly hair and bright eyes. His belly buzzed with excitement.



Inside the mall, everything glittered and shined.
Candy shops, bright signs, and toy windows everywhere.
But one thing grabbed Peluso's heart.
In a toy store window, a **shiny spinning train**
circled a tiny golden village.
Little lights blinked as it moved.
Peluso's eyes grew huge.
"Luna, Luna, LUNA! I NEED THAT TRAIN!" he squeaked.



A kind adult monster named Uncle Sparkle
leaned down beside him.
"It's a beautiful train, Peluso," he said gently.
"But today we're just looking, not buying toys."
His voice was calm and warm.
But Peluso didn't hear the warmth.
He only heard one word:
"No."



A hot bubble of anger rose inside Peluso's chest.

"But I WANT IT!" he shouted.
His feet stomped loudly on the shiny floor.

"I NEED IT! RIGHT NOW!"
His heart thumped like a drum,
and angry tears blurred the bright mall lights.



Then the storm inside Peluso exploded.
He dropped to the floor in front of the toy store.
His fluffy arms flailed.
His feet kicked.
His tail thumped.
He screamed and wailed like a tiny roaring dragon.
People stopped walking. A baby began to cry.
The mall suddenly felt very loud and very small.





Peluso's ears were full of his own shouting.
But as he rolled on the floor, something caught his eye.
The shiny toy store window.
In the glass reflection, Peluso saw himself.
Messy fur, wild eyes.
A big roaring mouth.
He looked almost...scary.
Not like the happy Peluso he liked to be.



His scream turned into a hiccup.
Then another.
Around him he heard the baby still crying.
He saw Luna's worried face.
His angry storm suddenly mixed
with a heavy feeling in his tummy.
"I'm angry," he thought.
"But now I feel... bad too."



Peluso remembered a game Luna had taught him before.
"When your feelings feel like a volcano,"
she had said,
"imagine a big snowball in your chest."
"You can melt it with slow breaths."
Peluso liked that idea.
He liked snow.
And he liked melting things.



Peluso lay still and placed his paws on his chest.
He imagined a big snowball inside.
He breathed in slowly.
Then out.
In... Out...
With each breath the snowball began to melt.
The storm inside him slowly softened.



Uncle Sparkle knelt nearby, giving Peluso space.

He didn't scold.

He simply waited.

"Peluso?" Luna whispered.

"Are you back?"

Peluso nodded slowly.

"My feelings got... too big," he said.

Peluso felt so peaceful now!





Peluso looked at the toy train again.
He still wanted it.
But the storm had passed.
"Can we just look from here?" he asked.
"That sounds like a wise plan,"
said Uncle Sparkle.
Peluso squeezed Luna's hand and stayed standing.



Later, as they walked through the mall, Peluso saw another little monster
on the floor having a tantrum.

For a moment, Peluso remembered that stormy feeling.
But then he saw his reflection in another shiny window.

Standing tall.

Holding Luna's hand. Peluso smiled.

"I know how to melt my storms now."

And that felt like a brand-new superpower.

The 5-Minute Calm Trick for Tantrums



Parent Guide



WELCOME TO THE PELUSO METHOD™

*Helping kids calm down
through connection — not fear.*



When a child has a meltdown, their brain is not
“misbehaving.” Their brain is calling for help.

In this guide, you’ll learn how Peluso turns
big feelings into calm —

through love, safety, and connection.

Why Tantrums Happen

Tantrums are not bad behavior — they're a biological stress overload. When the emotional part of a child's brain (the amygdala) takes over, the thinking brain (prefrontal cortex) temporarily goes offline. Kids literally cannot calm down alone. They need a caring adult to help their nervous system feel safe again.

- ✓ It's not attention-seeking — it's connection-seeking
- ✓ Calm isn't taught with fear — it's learned with co-regulation



WHY STORIES ARE POWERFUL

- ✦ Children learn through characters they love
- ✦ Stories bypass resistance and fear
- ✦ Peluso becomes a safe emotional role model

*“If Peluso can calm down...
I can too.”*



“When kids feel understood, the storm passes faster — and the calm lasts longer.”

Magic + Safety = Lasting self-regulation

SPOT THE “YELLOW LIGHTS”

- ⚠ Clenched fists
- ⚠ Face goes tense
- ⚠ Sudden “NO!” to everything
- ⚠ Pacing or whining
- ⚠ Breathing gets fast



Early response makes calming easier

HOW THE PELUSO METHOD CALMS STORMS



1 CONNECT FIRST –

Kneel, soften your voice, show you're there.



2 VALIDATE THE FEELING –

"You're upset. I'm with you."



3 GUIDE TO CALM –

Deep breaths with Peluso (3 sparkly breaths).



4 REINFORCE SUCCESS –

Praise bravery, not perfection.



*Kids copy what they feel from us —
calm spreads like magic.*

WHAT MAKES MELTDOWNS WORSE 🚫

- ❌ "Stop crying!"
- ❌ Threats or punishment
- ❌ Sarcasm or shame
- ❌ Trying to reason in the peak moment



*Kids can't learn while overwhelmed.
Calm first. Teach later.*

A REAL MOMENT: THE MARKET MELTDOWN

Step-by-step text:

- Child overwhelmed → screams and collapses
- Parent connects: "I'm right here. Big feelings happen."
- Peluso breaths together
- Calm returns
- Reward the recovery



Recovery is the real victory.

WORDS THAT CALM THE BRAIN 🧠💛

"You're safe,
I've got you."

"I see those
big feelings."

"Let's breathe
like Peluso."

"You did it!
You calmed
your body!"



Your voice = their anchor.



Loved the story? Don't stop here!



4 More Full Stories & Animated Movie:
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Your journey to calm, emotional intelligence, and lasting connection continues.