

The Adventures of **Chomp the Chimp**

Discussion Guide and Prompts



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The Adventures of Chomp the Chimp

The Adventures of Chomp the Chimp children's picture book series is a collection of developmentally grounded picture books designed for young children ages 3–7. With its foundation in core Social-Emotional Learning (SEL) principles, each story follows Chomp, an energetic young chimpanzee, as he navigates the everyday emotional, sensory, and social experiences of early childhood, from managing high-energy play and fear of the dark to navigating shyness, embracing pacing, and welcoming new friends. Through warm family guidance, observant animal neighbors, and gentle, rhythmic storytelling, the series provides young readers with practical tools for emotional regulation, empathy, mindfulness, and self-discovery.

Crafted for institutional and home use, this discussion guide for the first six books in the series serves as a companion tool for parents, early childhood educators, pediatric mental health clinicians, and healthcare providers. Whether utilized for classroom circle-time discussions, one-on-one clinical interventions, library story hours, or peaceful bedtime routines, the intent is to foster meaningful conversations about self-awareness, coping mechanisms, perspective-taking, and community belonging.

A Note to Facilitators: The reflection prompts in this guide are intentionally open-ended. There are no "right" or "wrong" answers. The intent is for these questions to open pathways for expression, not to test comprehension. Facilitators, whether parents, educators, or clinicians, are encouraged to follow the child's curiosity, validate their unique perspectives, and allow the conversation to flow naturally wherever the child leads. Additionally, it is not necessary to cover every prompt. A single question that sparks a meaningful dialogue or quiet reflection is a complete and successful interaction.

Please visit chompthechimp.com for the latest information, download printables, explore upcoming releases and to contact us through our online contact form.



Book 1: *The Adventures of Chomp the Chimp*

Hardcover ISBN-13: 978-1-971921-04-4

Paperback ISBN-13: 978-1-971921-01-3

Library of Congress Control Number: 2026903786

Synopsis & Intent

In this foundational installment, readers meet Chomp, an energetic young chimpanzee living in a vibrant forest with his family and neighbors. While Chomp loves high-energy play like swinging from the treetops, his parents offer loving guidance to help him stay safe and aware of his body. Through peaceful observations of his diverse animal friends, such as calm Cara the Cat and playful Spud the Pig, and a quiet bedtime routine under the stars, Chomp models natural transitions from high excitement to calm rest. The story fosters self-awareness, sensory balance, observation skills, and safe emotional grounding for early childhood development.

Discussion & Reflection

1. **Self-awareness & Safety:** Chomp loves to swing high in the trees, but his parents remind him to be careful so he does not fly away. What are some activities that you do that make you feel super energetic? How do you keep yourself safe while having fun?
2. **Observing Differences:** When Chomp sits quietly on his branch, he notices how different animals behave. For example, Cara the Cat is calm and clean while Spud the Pig loves splashing in the mud. What makes each animal in the story unique? How are you and your friends different from one another?
3. **Noticing Your Environment:** Chomp takes time to visit small forest friends like dragonflies, lizards, and honeybees. If you took a quiet walk outside today, what small things might you notice in the world around you?
4. **Emotional Regulation & Calming Down:** At the end of a busy day of playing, Chomp looks at the moon and stars to help his body get ready for sleep. What are some quiet things that help you slow down when your body feels tired or overstimulated?
5. **Connecting with Family & Community:** Chomp's parents offer gentle advice, and his friends greet each other with smiles. Who are the trusted adults or friends in your life that help you feel safe, loved, and supported?

Book 2: *Chomp the Chimp and the Rainy Day*

Hardcover ISBN-13: 978-1-971921-02-0

Paperback ISBN-13: 978-1-971921-03-7

Library of Congress Control Number: 2026903160

Synopsis & Intent

When sudden dark clouds and loud thunder disrupt Chomp's plans for a bright, sunny day of play, he initially feels uncertain and startled by the changing weather. With the comforting presence and gentle reassurance of his older sister, Chomp stays safe under a tree and discovers new ways to play in the rain. By slipping, sliding, and splashing in puddles with Tom the Duck and Rob the Frog, Chomp reframes a dreary situation into a joyful sensory adventure. This story targets cognitive flexibility, emotional resilience, sibling co-regulation, and adapting positively to unexpected disruptions or environment shifts.

Discussion & Reflection

1. **Managing Unexpected Changes:** Chomp was super excited to play outside, but then the dark clouds rolled in and it started to rain. How do you feel when your plans suddenly change? What do you do to help yourself adapt?
2. **Co-Regulation & Support:** When the thunder made a loud, rumbling sound, Chomp felt uncertain until his big sister sat with him and talked softly. Who is someone you can lean on or talk to when a situation feels loud, scary, or unpredictable?
3. **Cognitive Reframing (Perspective Shift):** At first, slipping in the mud made Chomp sad, but then he turned it into a fun game of sliding. Can you think of a time when a mistake or a bad situation turned into something fun or positive?
4. **Sensory Exploration & Play:** Rain changes the sights, sounds, and textures of the forest creating new puddles to jump into and mud to splash in. What are your favorite things to explore or listen to when it rains outside?
5. **Appreciating Balance:** By the end of the day, Chomp realizes he does not have to choose between sunny days and rainy days: he can enjoy both for different reasons! Why is it helpful to find good things in different kinds of experiences, even the ones we did not expect?

Book 3: *Chomp the Chimp and the Noisy Night*

Hardcover ISBN-13: 978-1-971921-05-1

Paperback ISBN-13: 978-1-971921-06-8

Library of Congress Control Number: 2026905181

Synopsis & Intent

After a busy, active day in the forest, Chomp settles into his hollow to sleep, only to find himself overwhelmed by a chorus of mysterious nighttime sounds, ribbits, hoots, howls, chirps, and an unfamiliar knocking. Feeling anxious in the dark, Chomp seeks out his father who gently takes his hand, leads him outside, and helps him identify the source of each sound. By demystifying the unknown noises, attributing them to friendly neighbors like toads, crickets, an owl, and a tapping branch, Chomp's father helps him transition from fearful overstimulation to calm security. This story emphasizes sensory processing, anxiety reduction through parental co-regulation, reality-testing, and bedtime fear resolution.

Discussion & Reflection

1. **Auditory Awareness & Sensory Processing:** In the quiet of the night, everyday sounds like chirping crickets or a tapping branch can suddenly feel loud or overwhelming. What are some sounds in your own home or neighborhood that you notice most when it gets dark or quiet?
2. **Seeking Support for Fear & Anxiety:** When the mysterious noises made Chomp feel uncertain, he reached out and woke his father to ask for help. Who are the trusted people in your life you can go to when you feel scared, confused, or unable to sleep?
3. **Reality-Testing & Grounding:** Instead of telling Chomp his fears were silly, his father took him by the hand to look at the stars and trace each sound back to its actual source. How does learning the facts about something scary help make it feel smaller and easier to handle?
4. **Reframing Environmental Cues:** At first, the nighttime noises felt like a scary racket, but once Chomp understood them, he realized his forest neighbors were just settling in and communicating. How can changing the way we think about a sound or situation help us feel more relaxed?
5. **Creating Calm Bedtime Routines:** At the end of the story, Chomp whispers "goodnight" to each sound and friend in the forest, helping his body prepare for peaceful sleep. What are some gentle habits or routines that help your body feel calm and safe before bed?

Book 4: *Chomp the Chimp Meets Someone New (or The Shy Porcupine)*

Hardcover ISBN-13: 978-1-971921-07-5

Paperback ISBN-13: 978-1-971921-08-2

Library of Congress Control Number: 2026910648

Synopsis & Intent

When a mysterious, prickly newcomer arrives in the forest, the other animals gather to stare and whisper from a distance. Noticing that the newcomer seems overwhelmed and scared, Chomp steps forward with gentle empathy to introduce himself. Through kind questions, Chomp learns that the newcomer is simply shy, struggles with blurry vision, and feels self-conscious about her unique spiky fur. By inviting her to climb high into a tree, a safe vantage point where she can see the forest clearly, Chomp helps the newcomer find her voice and comfortably join the broader community. This story focuses on empathy, perspective-taking, welcoming newcomers, navigating social anxiety, and appreciating individual differences.

Discussion & Reflection

1. **Developing Empathy & Perspective-Taking:** When the animals stared and whispered, Chomp stopped to think about how the porcupine might be feeling. Why do you think being stared at can feel scary or uncomfortable? How did Chomp's empathy change the situation?
2. **Navigating Shyness & Social Anxiety:** The porcupine shared that she was shy and afraid the other animals would not like her because she looked different. Have you ever felt shy or nervous in a new place? What helped you feel more comfortable?
3. **Inclusive Outreach:** Instead of staying back with the group, Chomp walked over alone and asked gentle, caring questions like, "Are you hurt?" What are some simple, kind things you can say to welcome someone who seems left out or quiet?
4. **Focusing on Shared Interests:** Chomp helped the newcomer open up by asking what she liked to do, discovering that they both loved climbing trees. How can finding shared interests help us build new friendships?
5. **Celebrating Unique Qualities:** At first, the porcupine felt self-conscious about her prickly fur and blurry vision. By the end, she felt proud and happy surrounded by new friends. What makes you unique? How do our differences make our community stronger?

Book 5: *Chomp the Chimp and the Slow Day*

(release date: December 2026/January 2027)

Hardcover ISBN-13: 978-1-971921-09-9

Paperback ISBN-13: 978-1-971921-10-5

Library of Congress Control Number: To be assigned

Synopsis & Intent

Chomp begins his day full of high-energy momentum, swinging fast, bouncing high, and viewing himself as the quickest creature in the forest. However, as he moves through his usual routine, he encounters a series of neighbors who operate at a much calmer rhythm: a sleepy potto resting in a hollow, a heavy-shelled turtle, a gentle giant snail, and a patient caterpillar preparing to become a butterfly. Through these quiet interactions, Chomp realizes that fast is not the only way to be and that rushing causes him to miss the smaller wonders of his environment. This installment targets self-regulation, pacing, mindfulness, patience, and honoring different individual energy levels.

Discussion & Reflection

1. **Self-Regulation & Pacing:** At the start of the story, Chomp is zooming through the trees at full speed. How does your body feel when you are moving super fast versus when you slow down and take deep breaths?
2. **Mindful Observation:** The giant snail reminds Chomp that when we rush, we miss small things like ants gathering food or birds waiting in their nest. What is one small detail in your room, classroom, or outside space that you only notice when you stop and look closely?
3. **Respecting Individual Differences:** Mr. Potto moves slowly because he is nocturnal and sleepy during the day while the turtle carries a heavy home on his back. How can we show respect and patience when a friend or classmate moves or works at a different speed than we do?
4. **Patience & Growth:** The caterpillar explains that he takes his time because he is preparing for a big transformation into a butterfly. Why is patience important when we are learning a new skill or growing into something new?
5. **Finding Balance:** By the end of the day, Chomp learns that while being quick and spry is fun, "slow days" can be just as special. What are some quiet, slow-paced activities that help you rest and feel calm?

Book 6: *Chomp the Chimp and the Forest Mystery*

(release date: June 2027)

Hardcover ISBN-13: 978-1-971921-11-2

Paperback ISBN-13: 978-1-971921-12-9

Library of Congress Control Number: To be assigned

Synopsis & Intent

When a mysterious sneeze interrupts a quiet afternoon in the forest, Chomp and his friends investigate to discover their new friend from Book 4 searching for a place to live. Learning that dust in the bushes triggers her sneezing, the animals turn the search for a dry, cool den into a playful, collaborative adventure across the forest. Guided by the wise advice of Mr. Turtle, they locate the perfect home near the river where the new friend officially chooses her own name and celebrates the joy of true community. This story focuses on collaborative problem-solving, helping others, agency and self-identity, and the power of shared belonging.

Discussion & Reflection

1. **Problem-Solving & Helping Others:** When Chomp realized the porcupine was sneezing because of dust and needed a comfortable place to live, he turned her problem into a group search. How do you and your friends or classmates work together when someone needs help?
2. **Reframing Challenges into Play:** Searching the forest could have felt like hard work, but the friends turned it into a fun game of hide-and-seek filled with songs and laughter. How can a positive attitude make helping others or finishing a difficult task feel enjoyable?
3. **Seeking Wise Guidance:** When the friends felt stuck during their search, Mr. Turtle stopped to listen and pointed them in the right direction. Who are the community members or adults you turn to when you need advice or direction?
4. **Agency & Self-Identity:** After finding her new den, the porcupine chooses her own name. Why is choosing how we represent ourselves important? What are some words or traits you feel best describe who you are?
5. **The Meaning of Belonging:** The porcupine notes that while she could have found a den on her own, the search was much more fun with her friends by her side. What makes a space like a classroom, family home, or neighborhood feel like a place where you truly belong?

The Adventures of Chomp the Chimp continue...