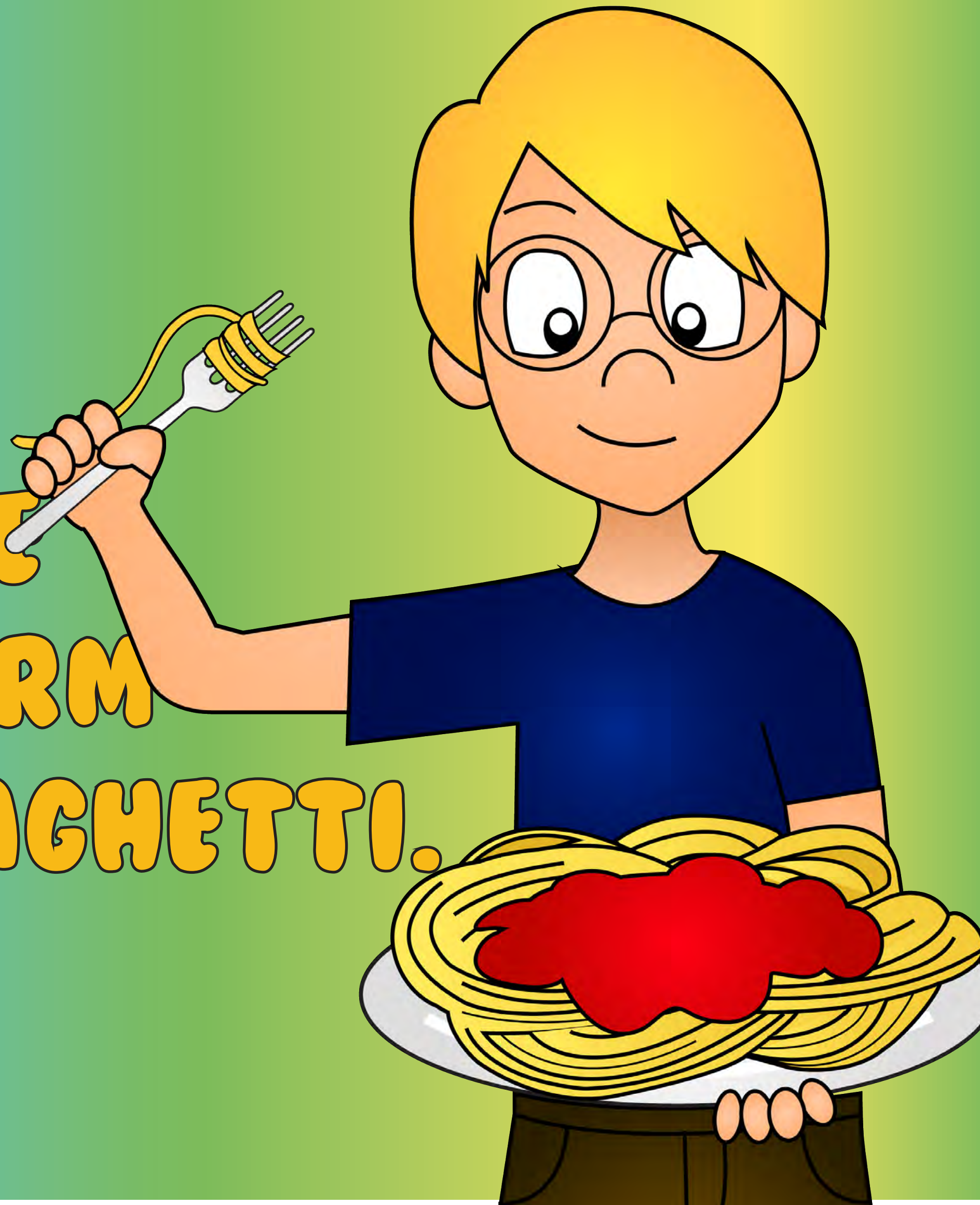


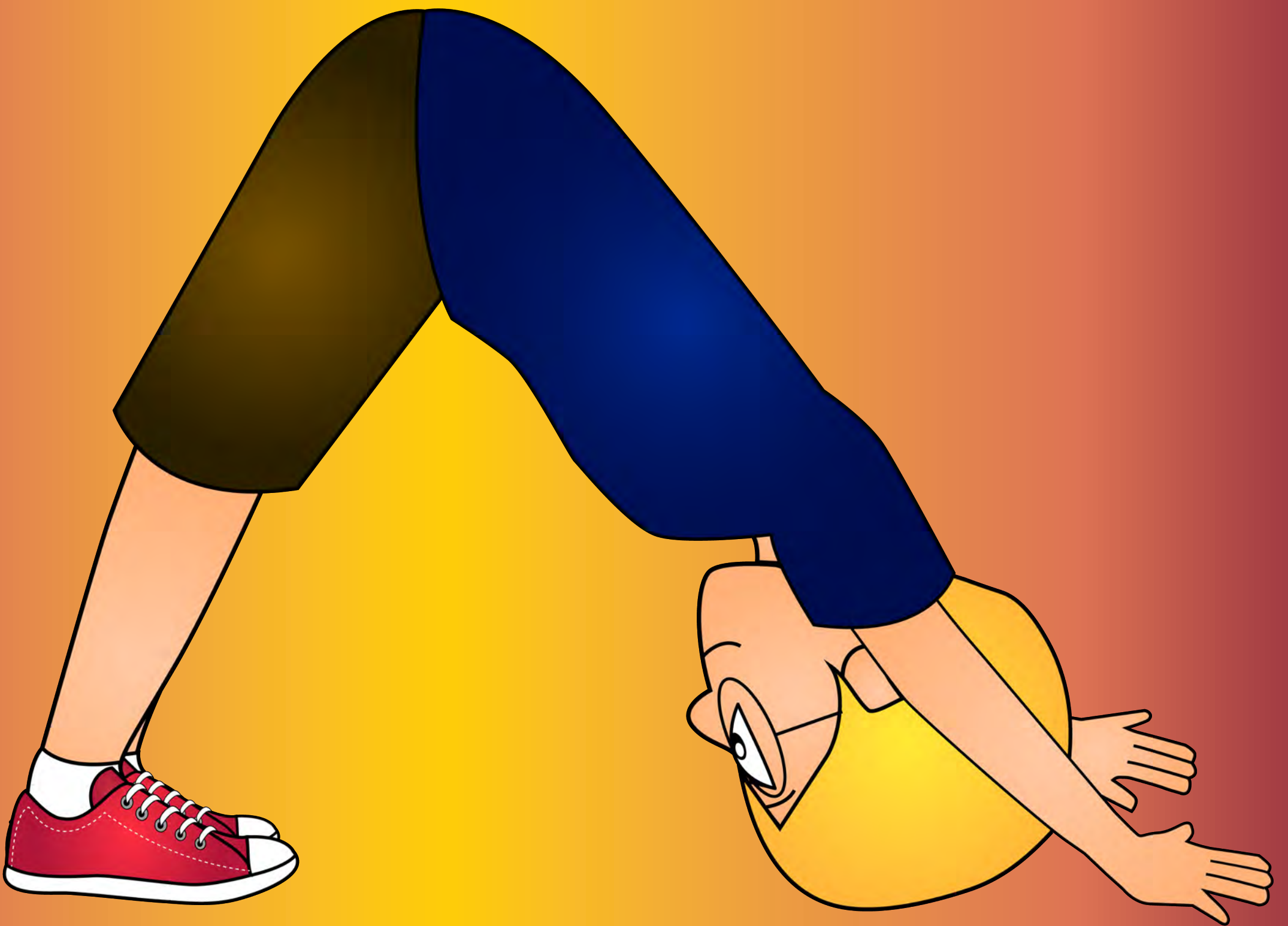
WIGGLE YOUR FINGERS AND TOES

LIKE
WARM
SPAGHETTI!



ARCH YOUR BACK JUST LIKE A CAT.

Do you know that this
can help you relax?



BREATHE IN

belly way out.

BREATHE OUT

belly way in.





**CLOSE YOUR EYES
AND VISIT YOUR
SPECIAL PLACE.**

Where are you?

WHAT
TREASURES
DID YOU
FIND TODAY?



UMBALAKIKI

1-2-3



PLACE YOUR
FEELING IN
THE TREE.

**PUSH YOUR
BELLY BUTTON TO
ACTIVATE
YOUR
POWER**

You have the power to
change your channel.





STOP!

What are you feeling?

Why are you feeling this way?

THINK!

What is the best way to deal with this feeling?



GO!

Go do it.



sharing toys

making others
laugh

helping others

**WHAT MAKES YOU
A GOOD FRIEND?**

YOU ARE silly/strong/friendly

LIKE A name an animal



**WHAT'S THAT
YOU HEAR?**



**TAKE THE TIME TO
REALLY LISTEN EACH DAY.**

**REPEAT
AFTER ME!**



**CLAP!
STOMP!
WHISTLE!**