

## Instructions for completing this book

Before starting to work on this book, practice some Turtle Breathing with your child to help him/her be calm and centered.

Page 1 – This is the title page. Read the title with your child and ask him/her to add his/her name below the word “By”. If s/he wants to, let him/her decorate the page – you can help.

Page 2 – Read the words with your child and encourage him/her to draw or paste pictures or photos of his/her favorite things (such as his/her dog, a toy, a place) in the thought bubble and features (eyes, nose, mouth, etc.) on the face.

Page 3 – Read the words with your child and encourage him/her to draw or paste pictures or photos of his/her favorite person or people in the thought bubble and features on the face.

Page 4 - Read the words with your child and encourage him/her to draw or paste pictures or photos of his/her favorite smells (aromas s/he likes), feels (things s/he likes to touch, like a special blanket, a pet) and tastes.

Page 5 - Read the words with your child and encourage him/her to draw or paste pictures or photos of him/her breathing in and out of his/her nose.

Page 6 - Read the words with your child and encourage him/her to draw or paste pictures or photos in the box of things that ‘bug’ him/her and make it difficult to be calm so those things can float away.

Page 7 - Read the words with your child and encourage him/her to draw features on the face to show what s/he looks like when s/he is calm.

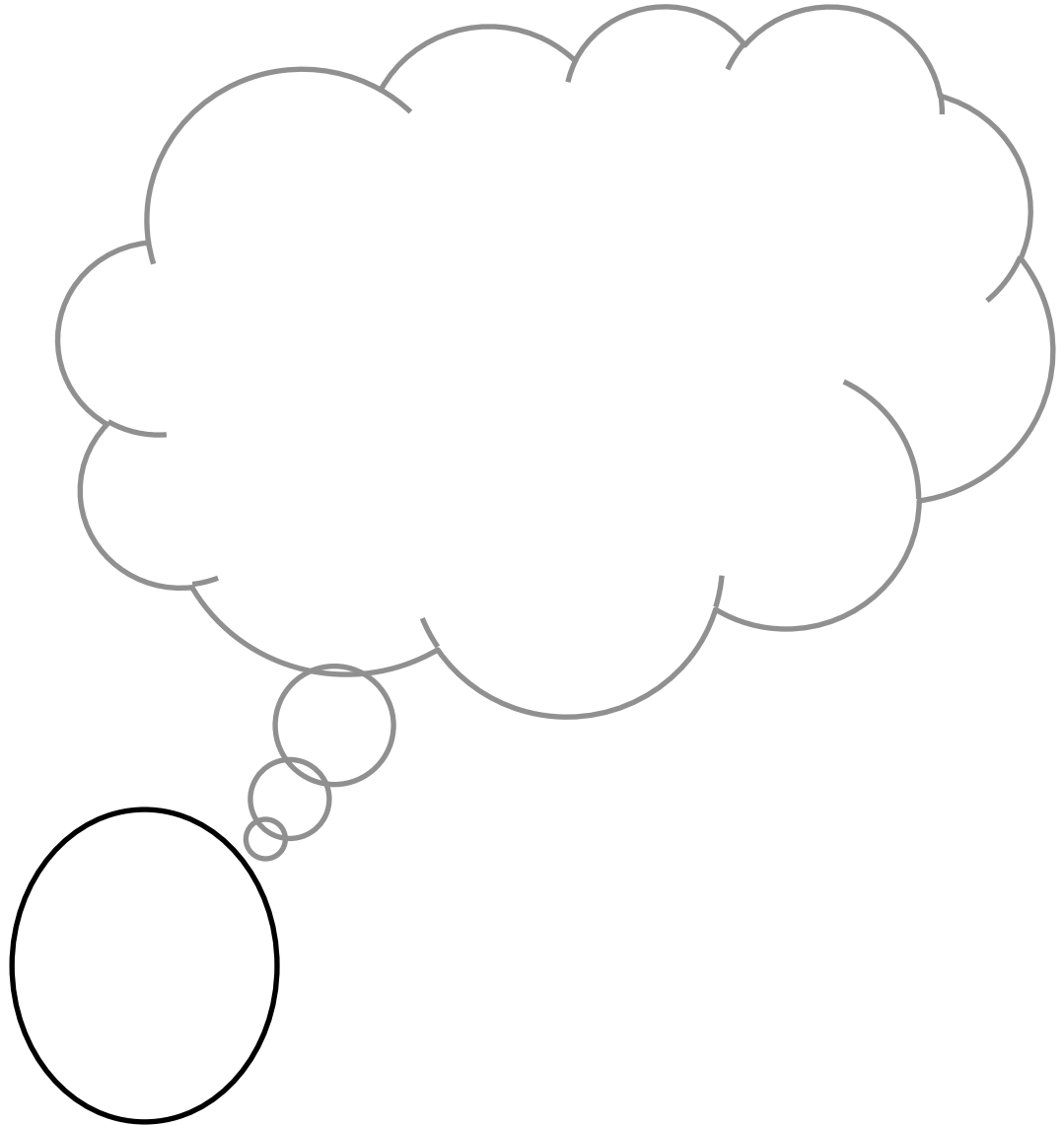
**I am Calm**

By

In my calm quiet brain

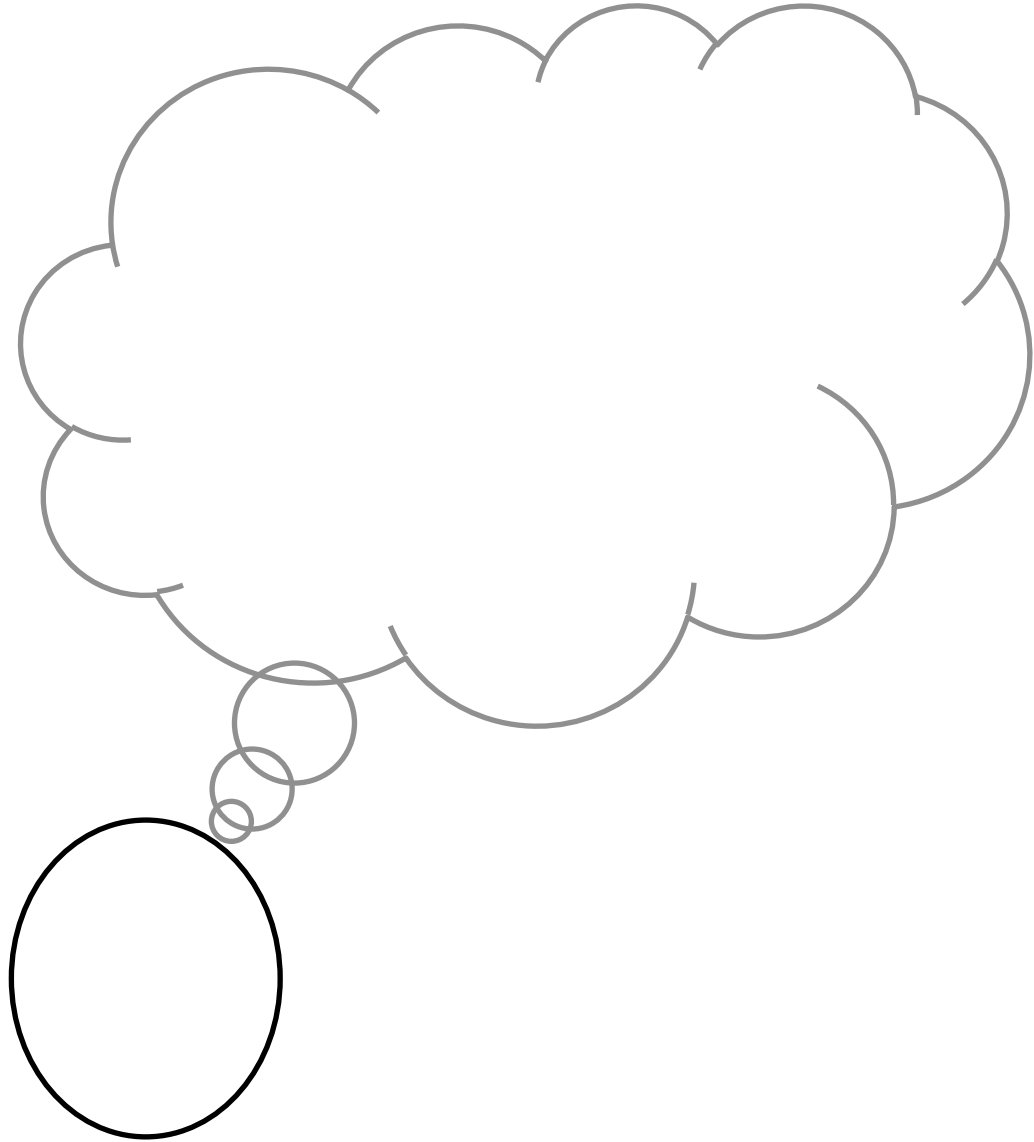
There is picture

Of my favorite things.



And a picture

Of my favorite people.



I smell my favorite smell.



I feel my favorite feel.



I taste my favorite taste.

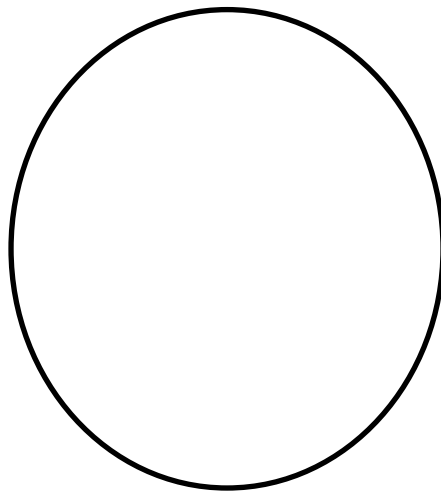
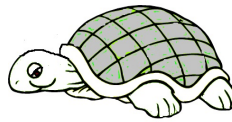


I breathe in and out of my nose.

I feel the air on my nostrils.

It goes in and out.

This is my slow Turtle Breathing.



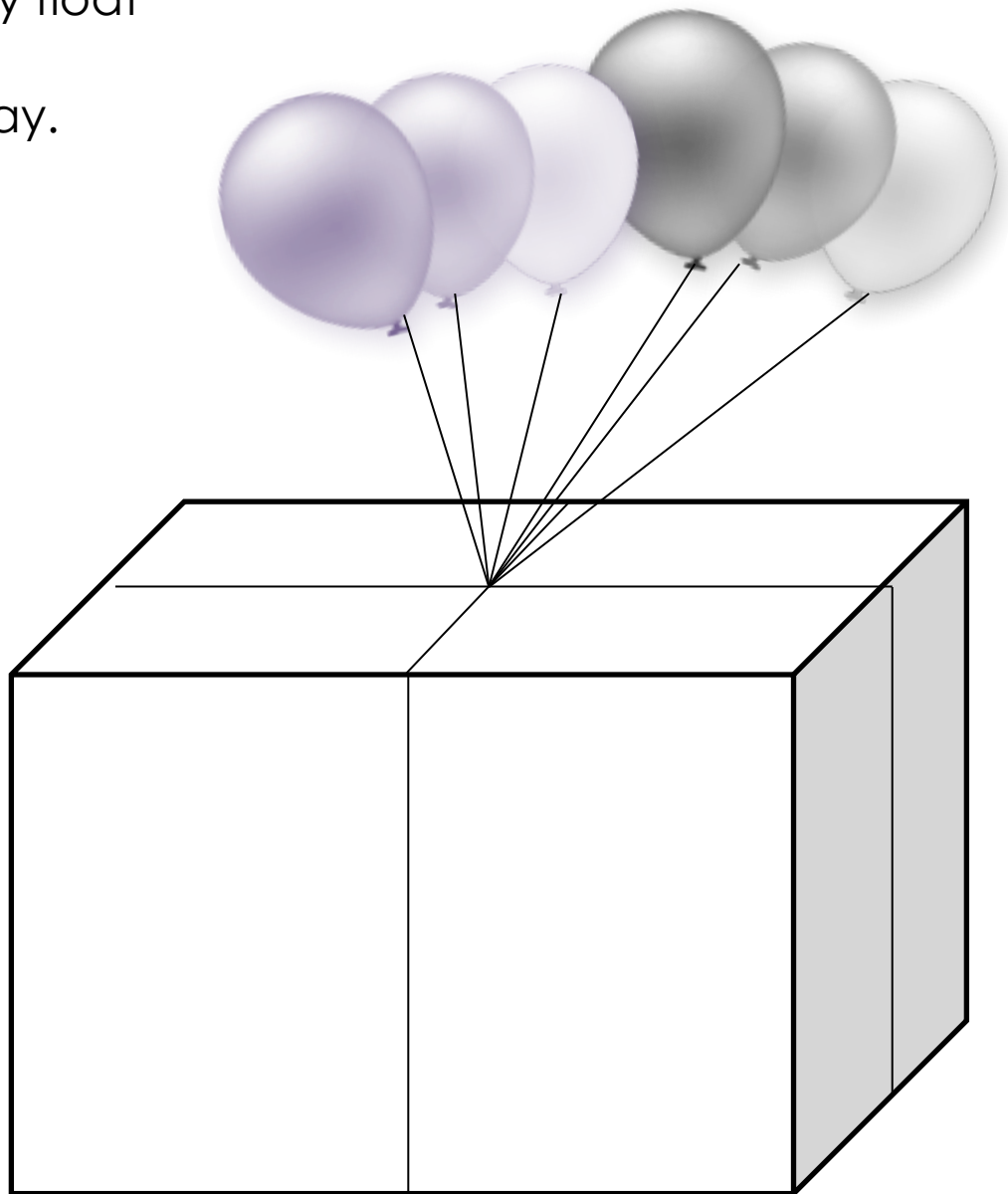
I say goodbye noises.

I say goodbye to everything

That bugs my brain.

They float

away.



I am calm.

