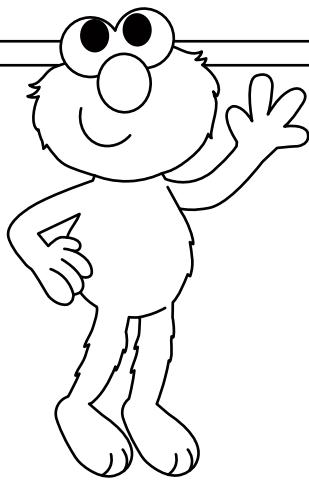
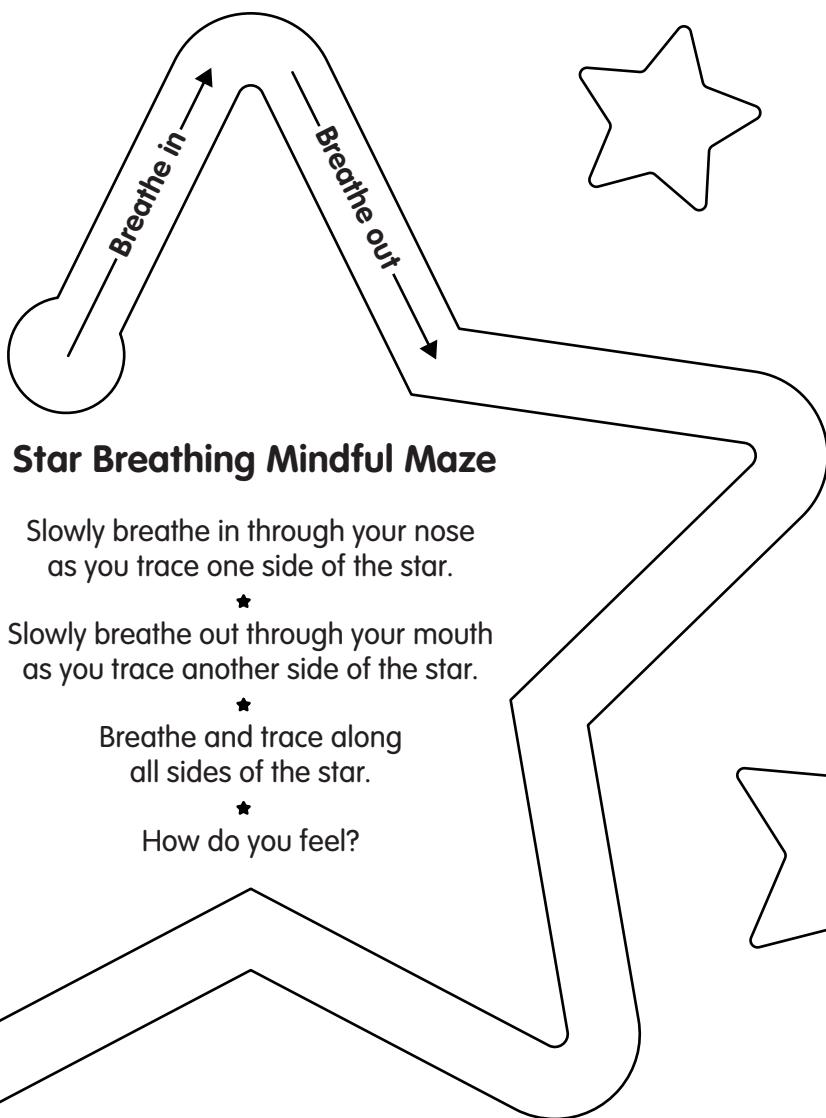


It's All in the Stars

Help your child work through big feelings with these simple, star-themed strategies.

My name: _____



Reach-for-the-Stars Stretch

1. Stand up tall with your arms by your sides.
2. Breathe in, stand on tippy toes, and reach one hand up high for the stars.
3. Breathe out and bring your arm back down.
4. Do the same with your other arm.

★ How do you feel? ★