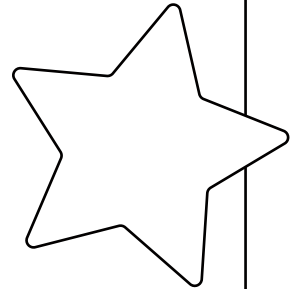
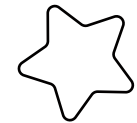
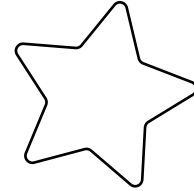
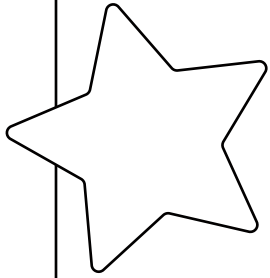


It's All in the Stars

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

My name: _____



Star Breathing Mindful Maze

Slowly breathe in through your nose
as you trace one side of the star.



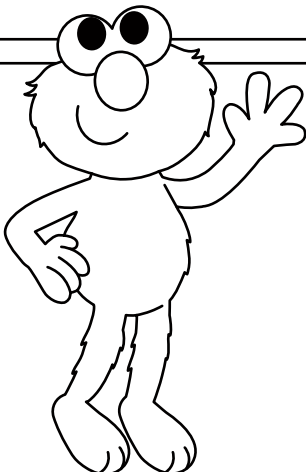
Slowly breathe out through your mouth
as you trace another side of the star.



Breathe and trace along
all sides of the star.



How do you feel?



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? ★