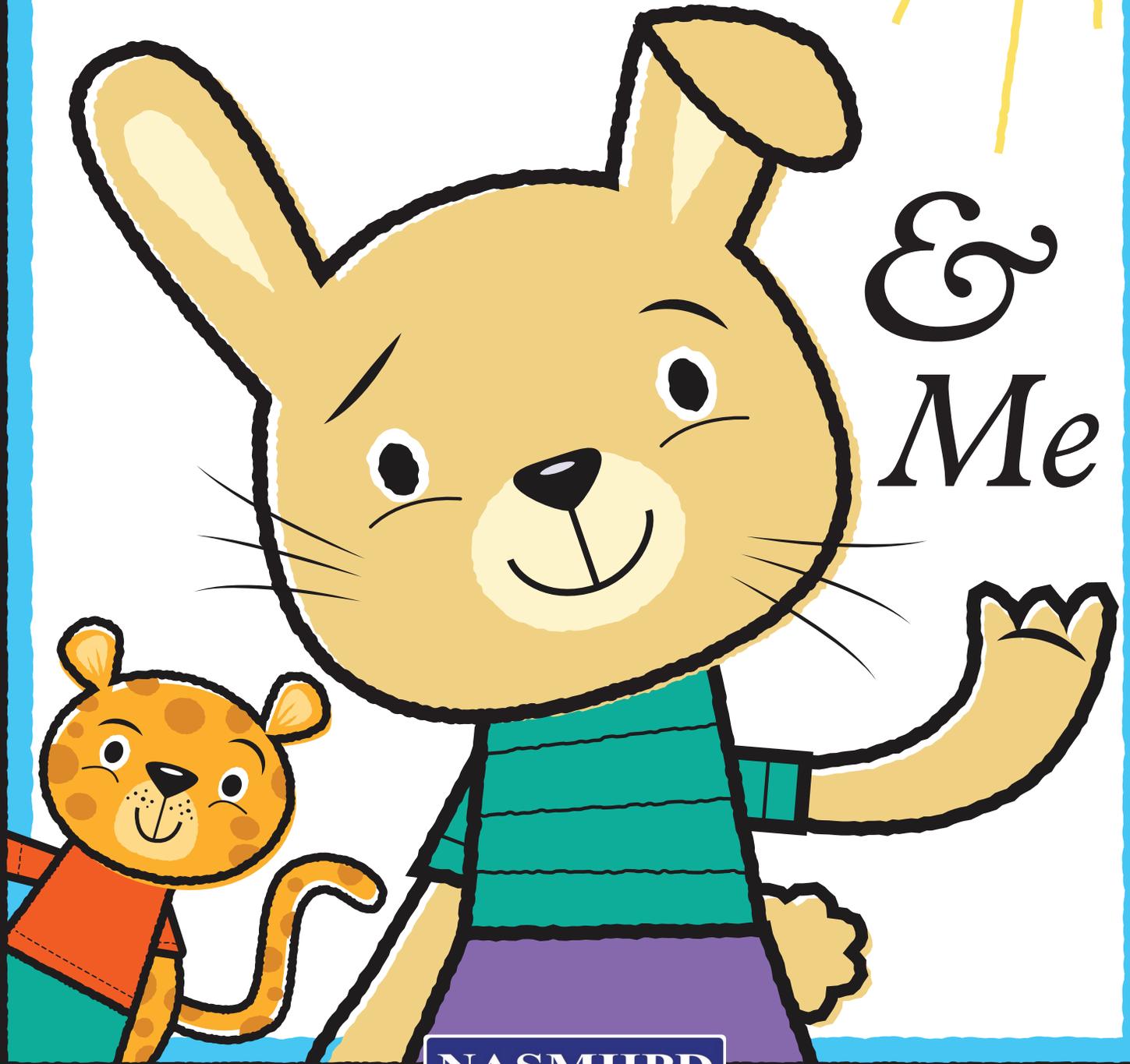


My Friend

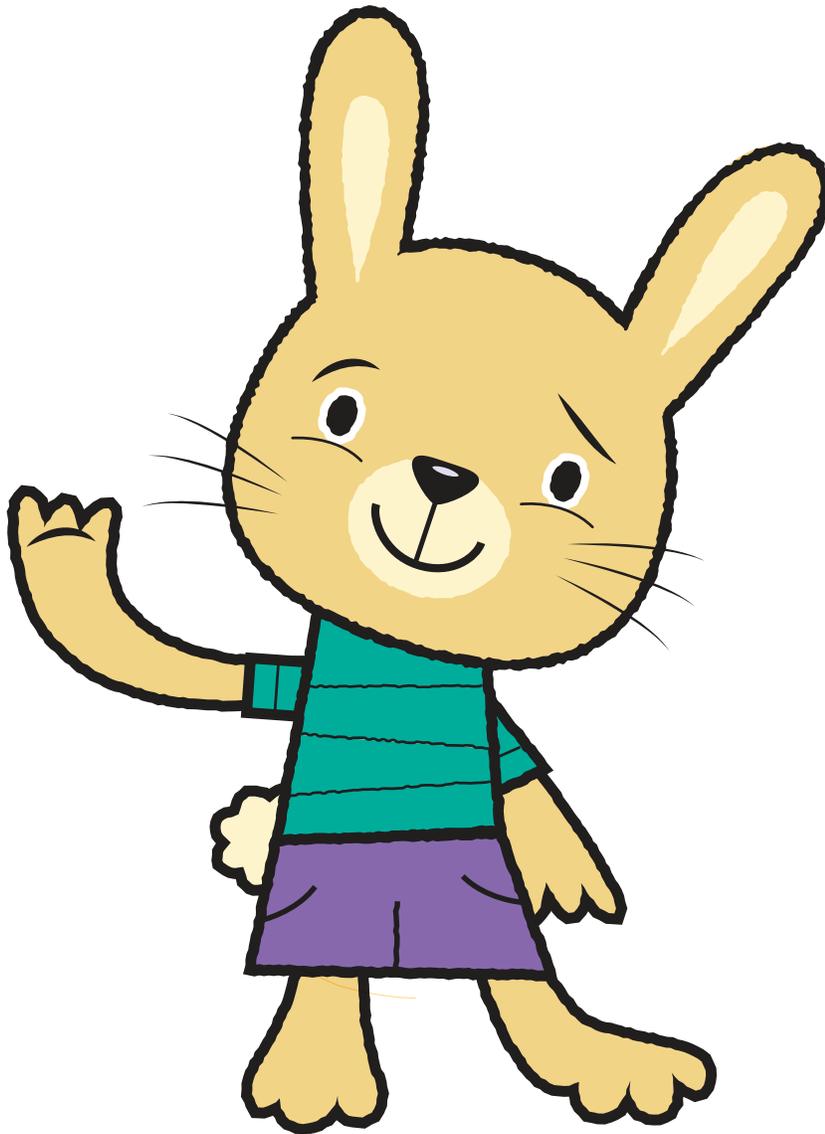
Pre-K

*&
Me*



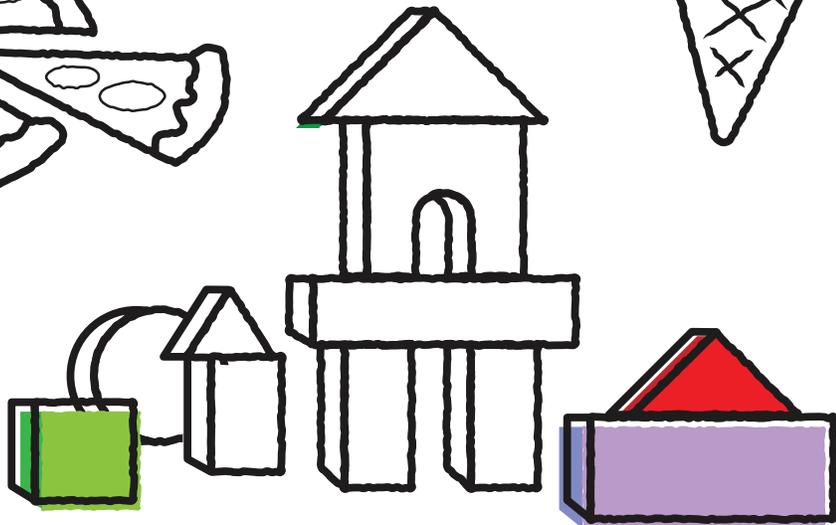
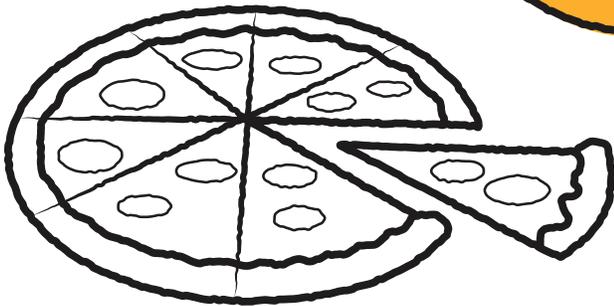
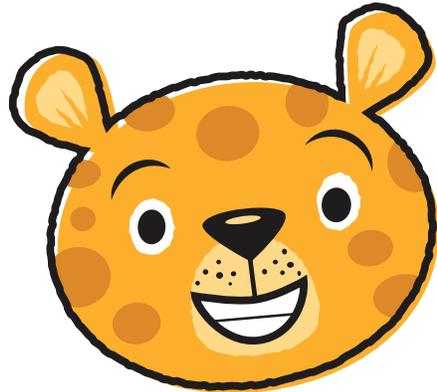
NASMHPD

hello!

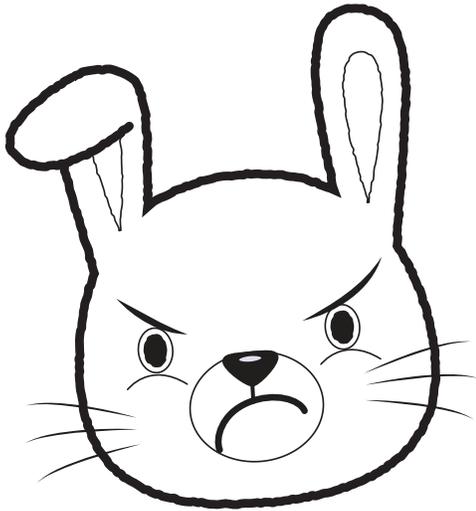


I'm *Bing* the bunny.
Let's get to know each other.

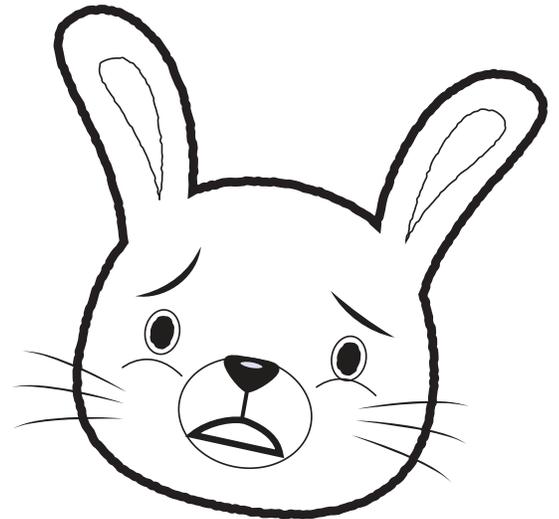
These are a few of my
Favorite Things.



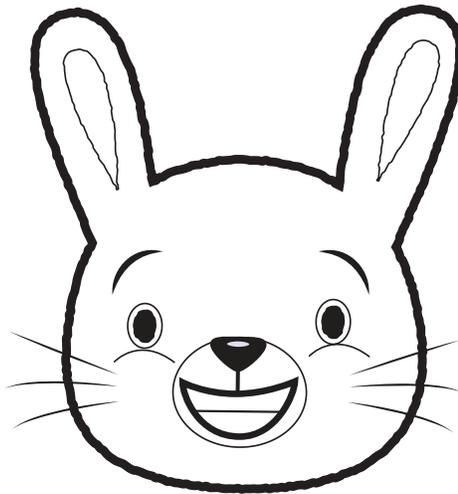
I have so many *Feelings*.
What color is your feeling?



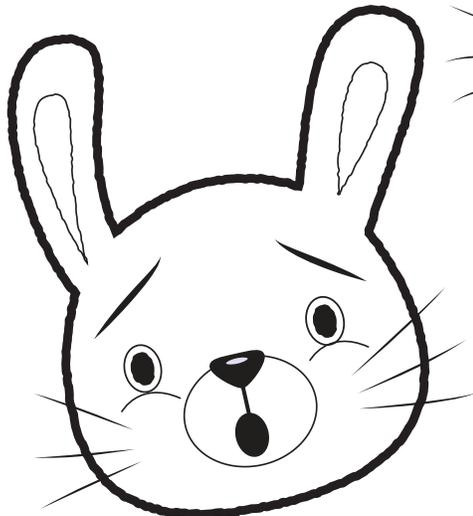
mad



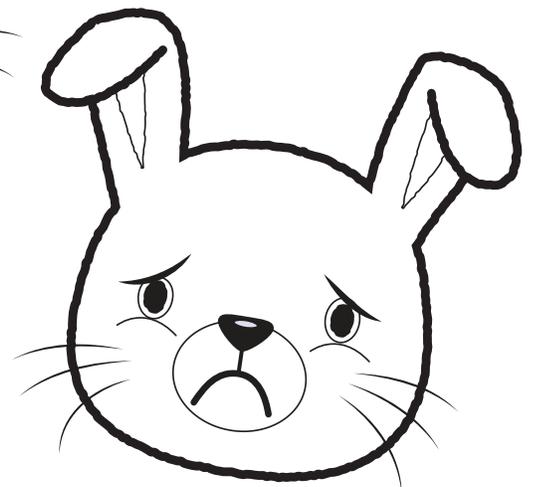
worried



happy

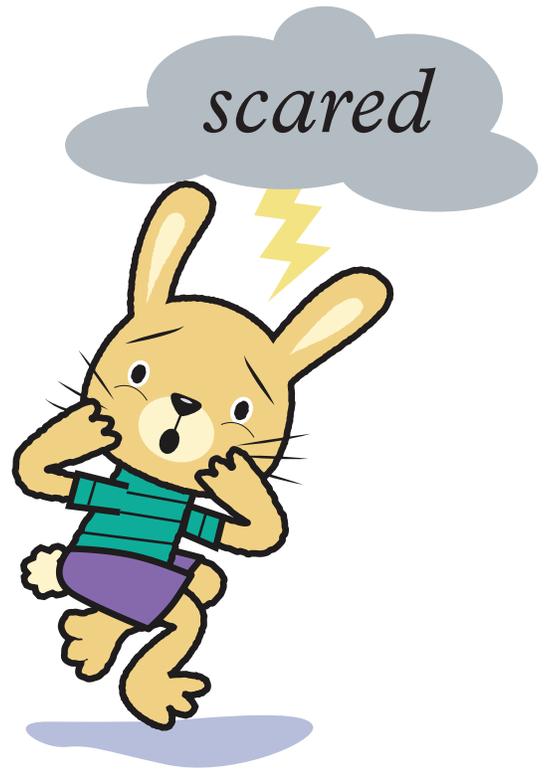


scared



sad

Sometimes my feelings remind me of
the *Weather* around me.



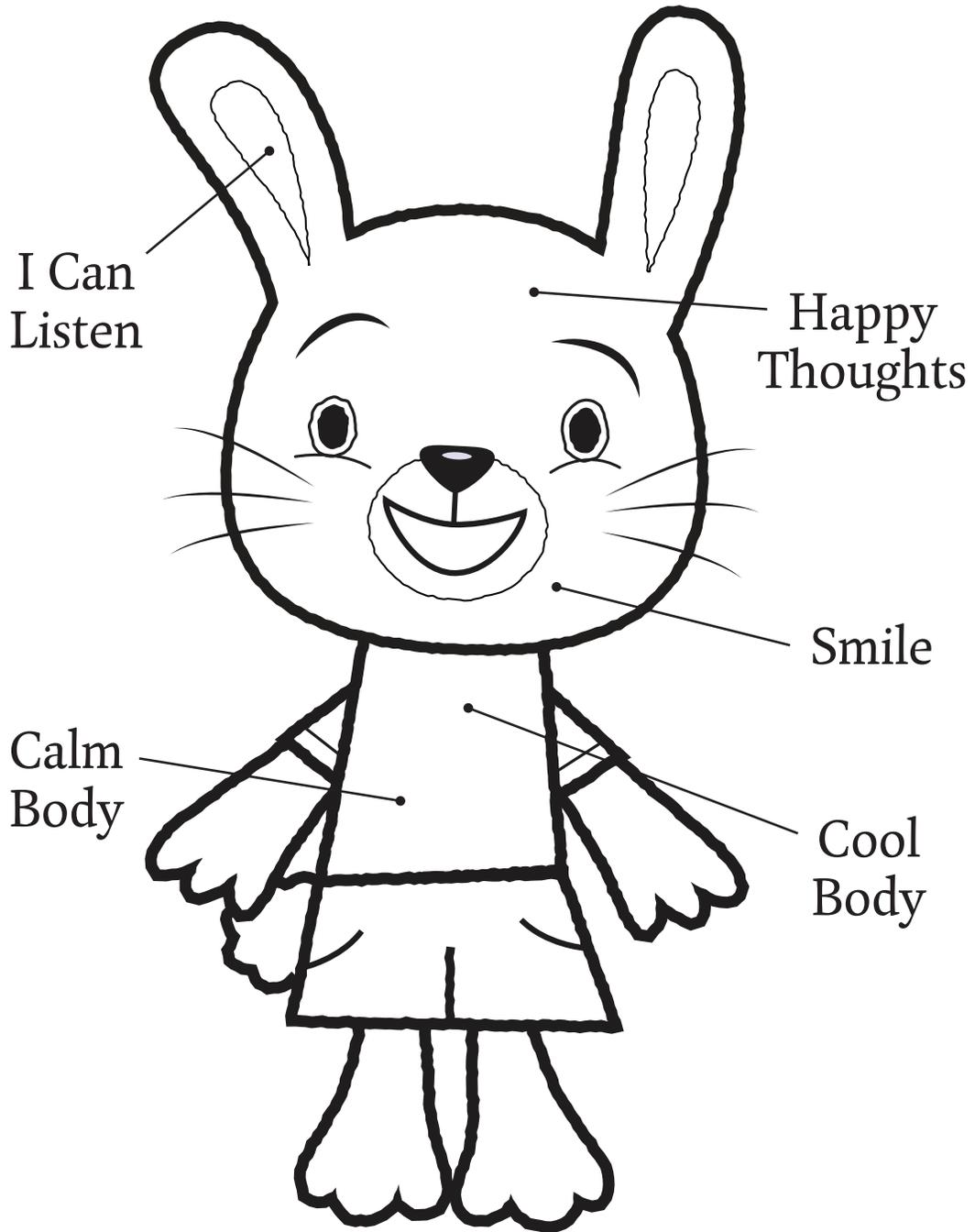
Sometimes they are *Sunny*.



I feel *Happy* when ...



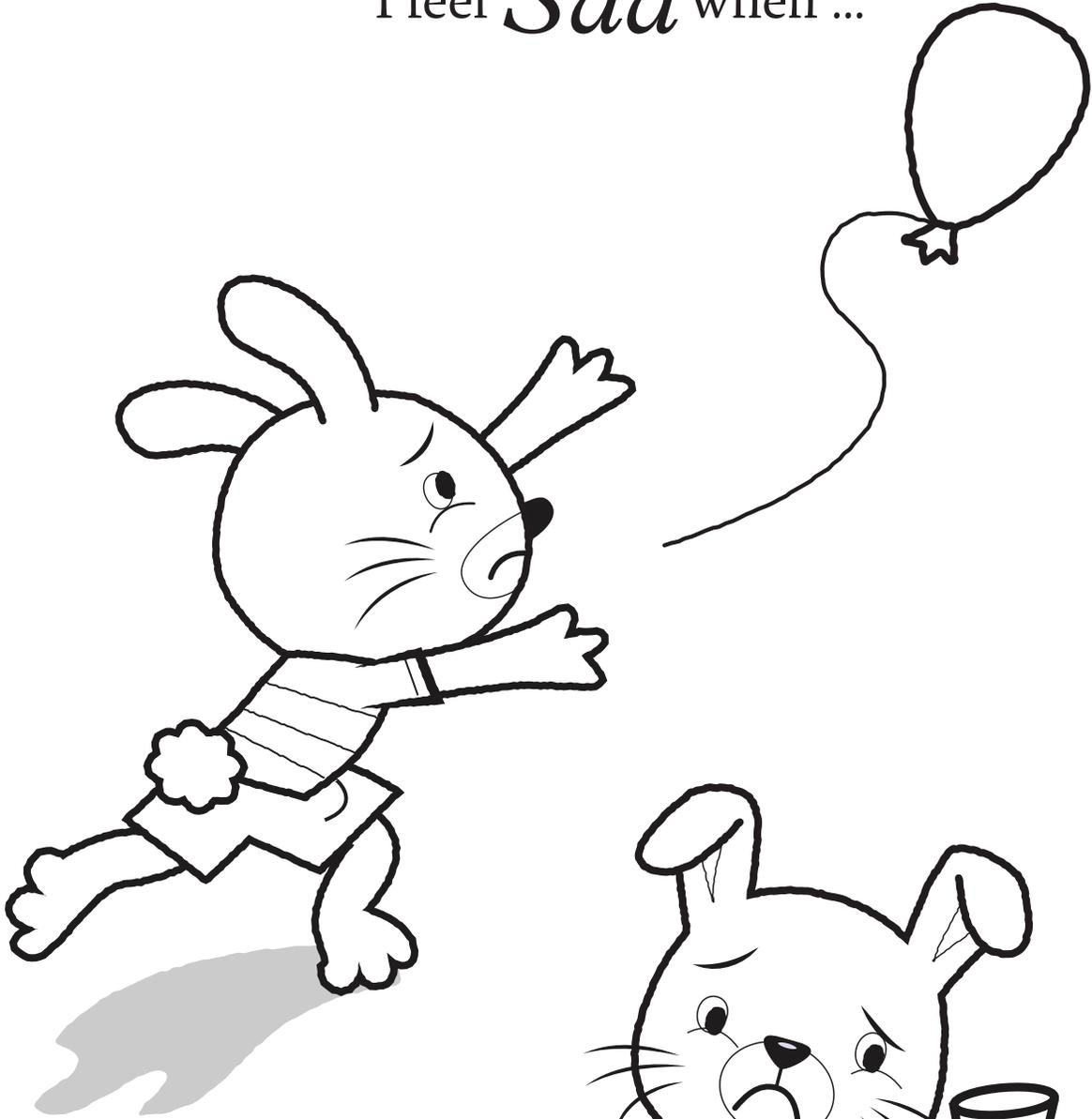
My body feels *Happy*.



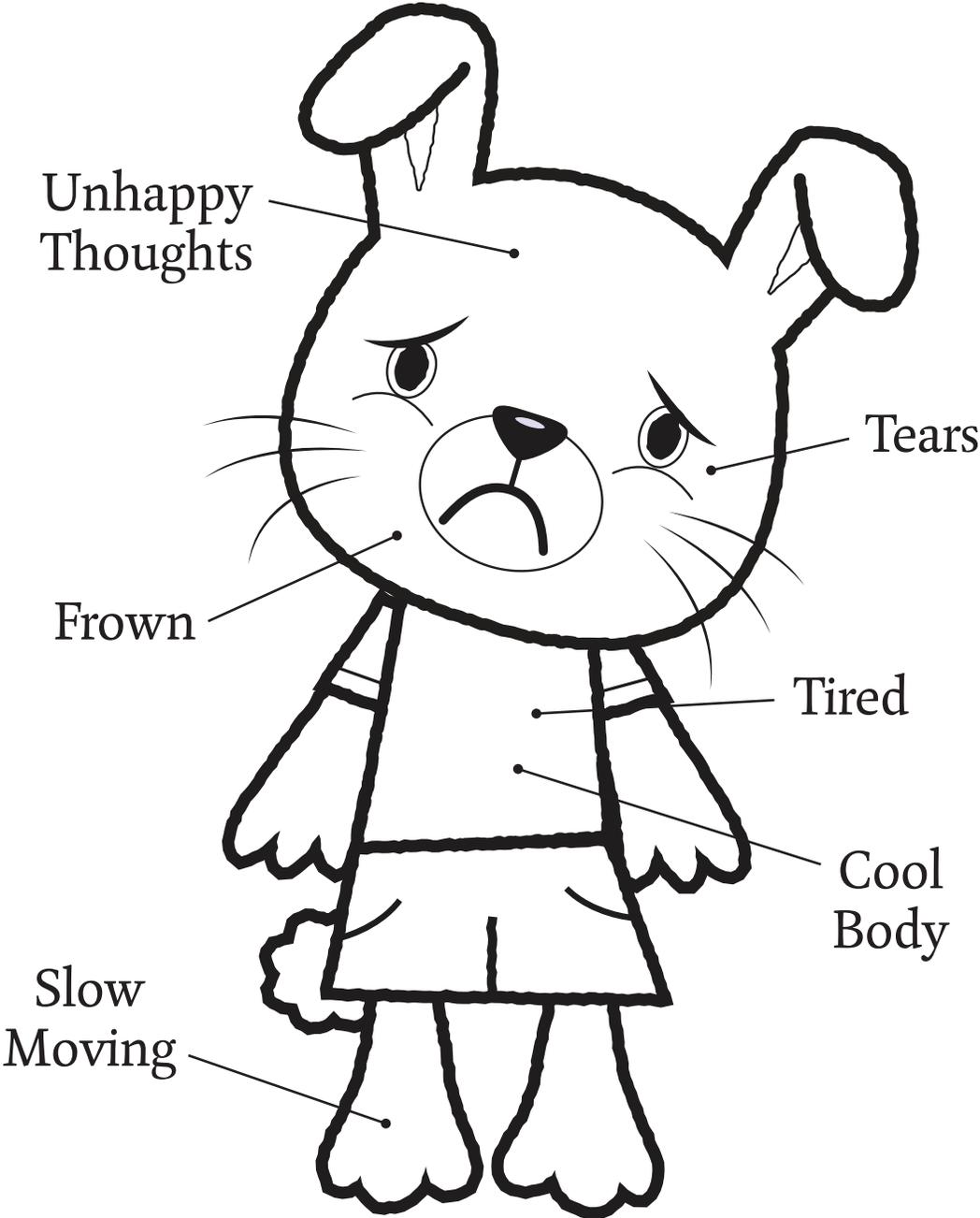
Sometimes they are *Rainy*.



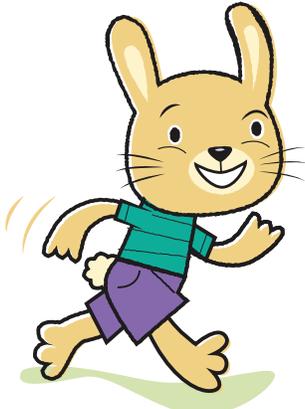
I feel *Sad* when ...



My body feels *Sad*.



When I am *Sad* I can ...



Take A Walk

Play A Game

DRAW YOUR FAVORITE

Think Of My
Favorite Place

DRAW YOUR FAVORITE



Do A Silly Dance

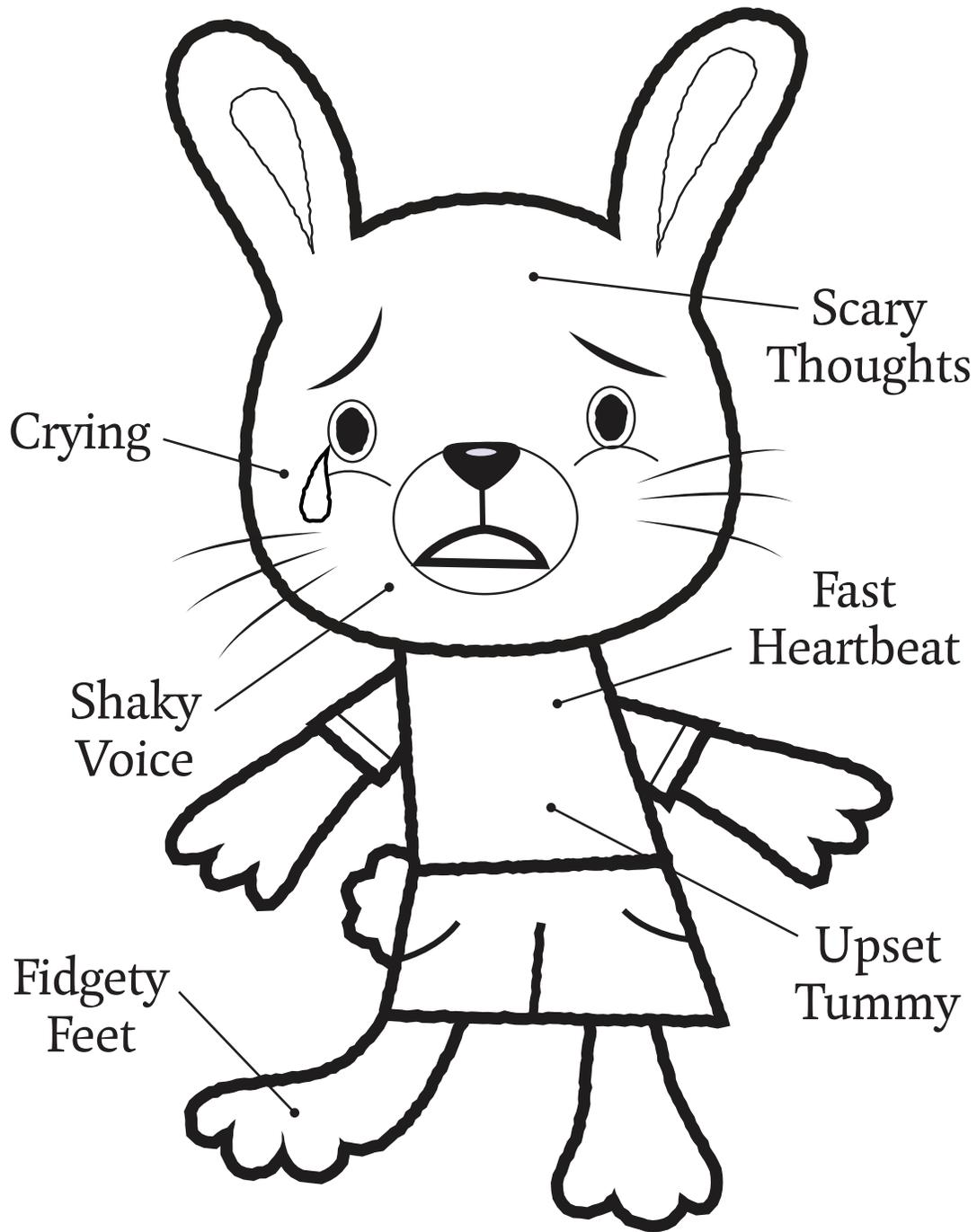
Sometimes they are *Stormy*.



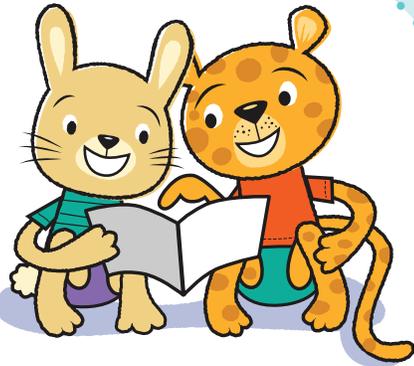
I feel *Scared* or *Worried* when ...



My body feels *Worried* or *Scared*.



When I am *Scared* I can ...



Sit With A Friend

Play With A Toy

DRAW YOUR FAVORITE

Draw My
Favorite Place

DRAW YOUR FAVORITE



Curl Up With
A Blanket

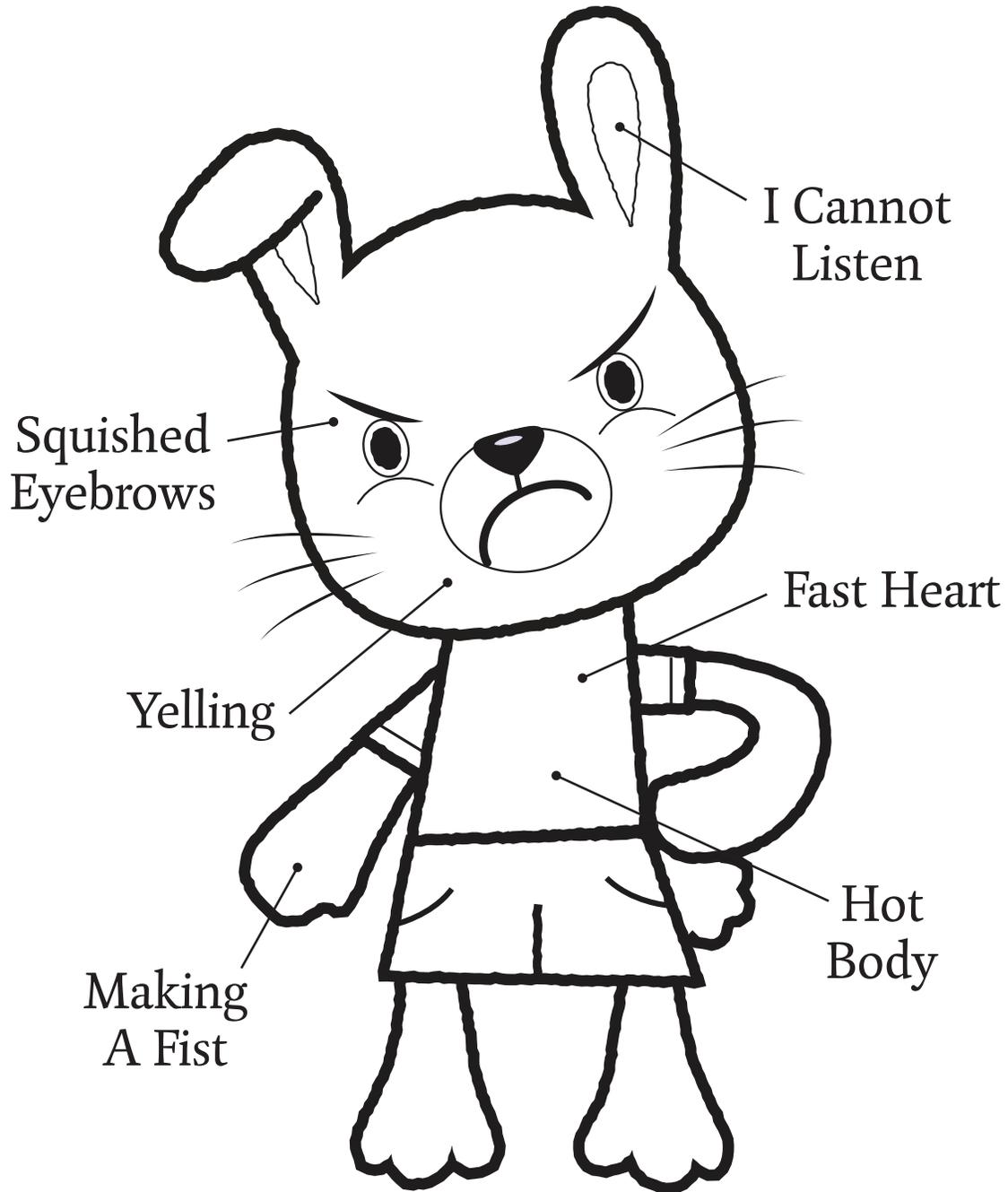
When I am *Mad* it feels like a volcano about to blow.



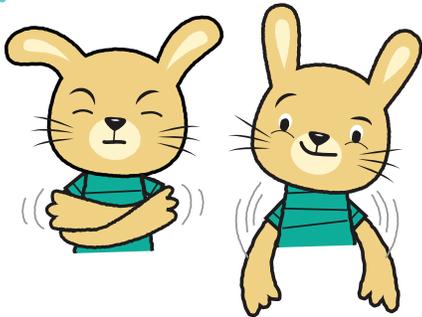
I feel *Mad* when ...



My body feels *Mad*.



When I am *Mad* I can ...



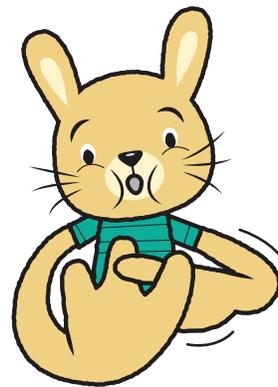
Squeeze And Let Go
Of My Arms

Draw My Feelings

DRAW A FEELING

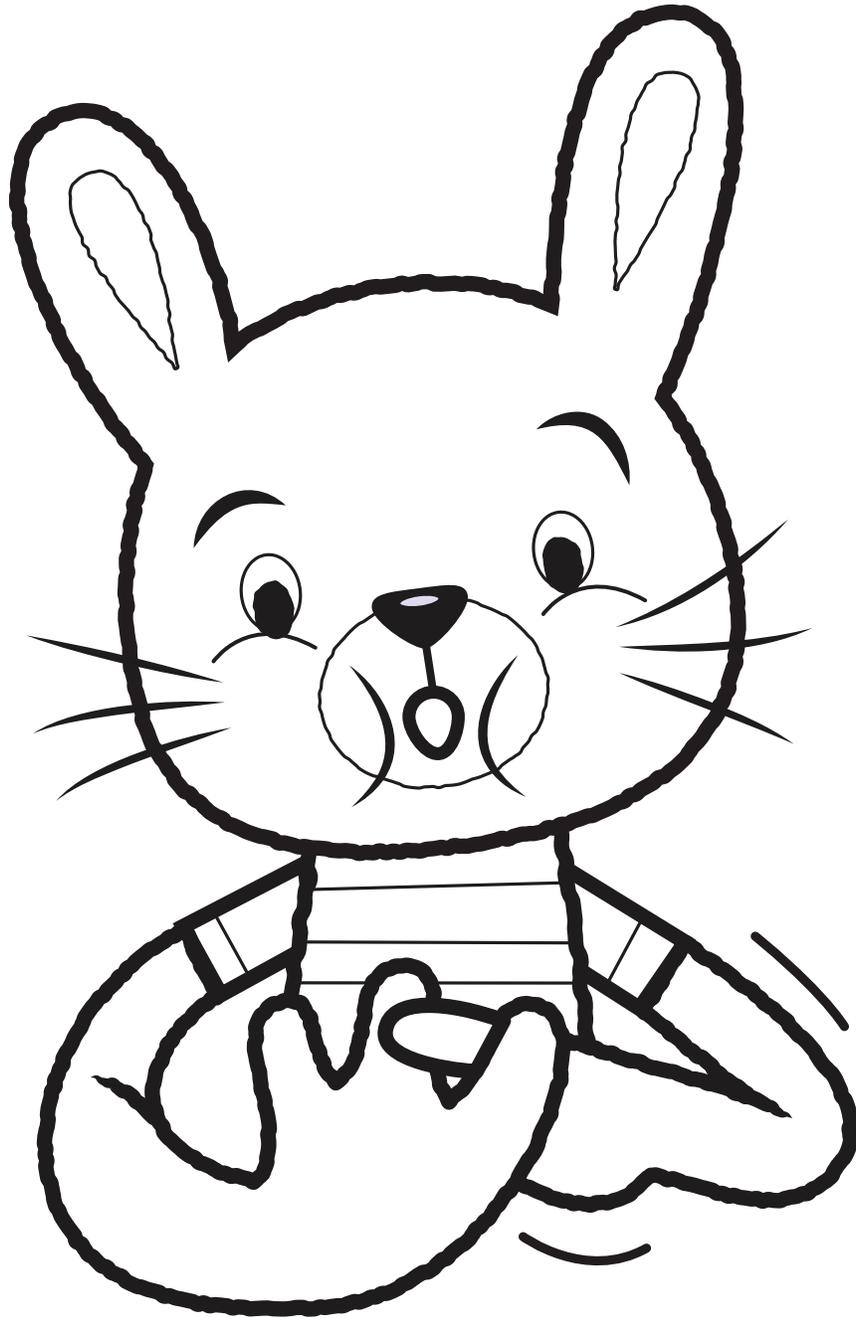
Take A Break
Or Walk

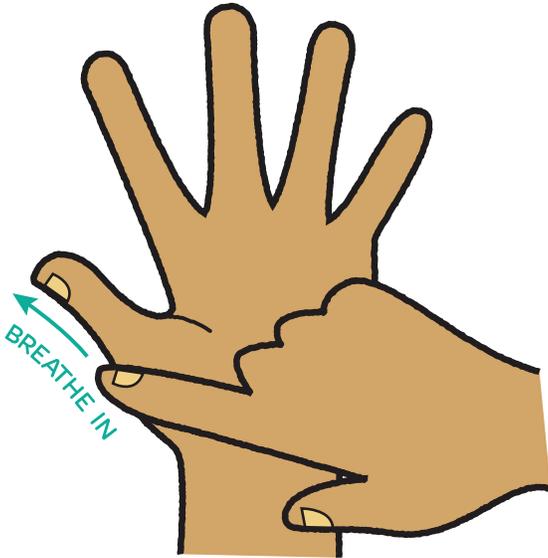
DRAW A FAVORITE ACTIVITY



Do Five Finger
Breathing

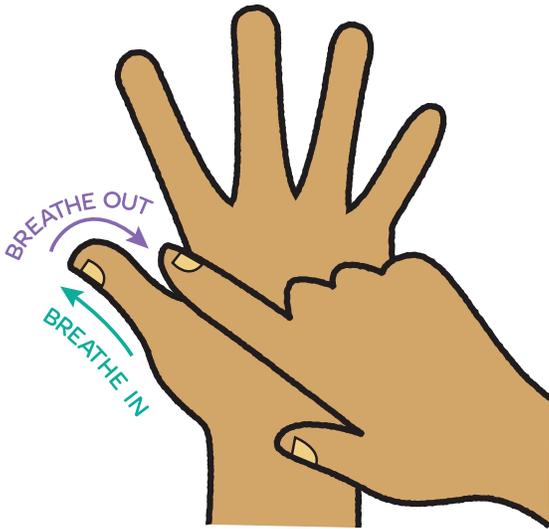
How to do five finger breathing.





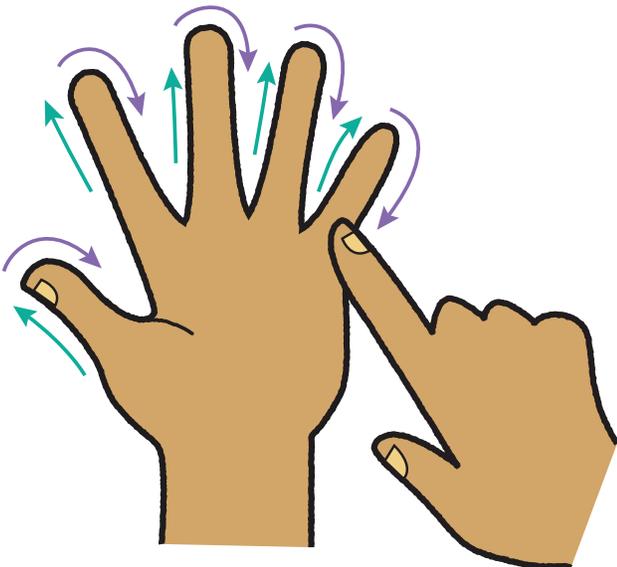
Start at the bottom of your thumb and trace your thumb up to the top while breathing in slowly through your nose and counting to 5.

- 1
- 2
- 3
- 4
- 5



Then trace down the other side of your thumb while blowing out slowly through your mouth and counting to 5.

- 1
- 2
- 3
- 4
- 5

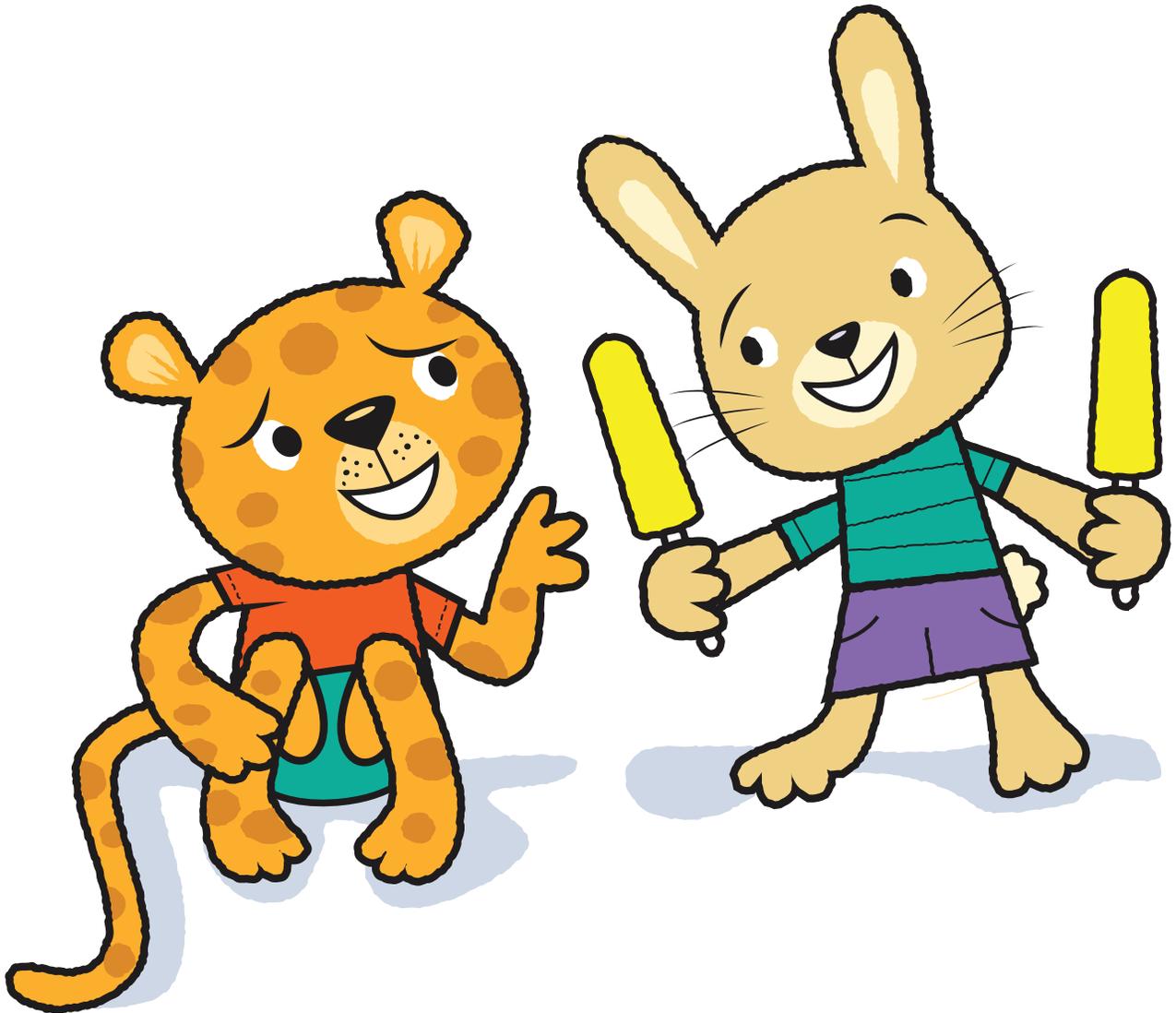


Keep doing this up and down each finger until you get to the bottom of your pinky!

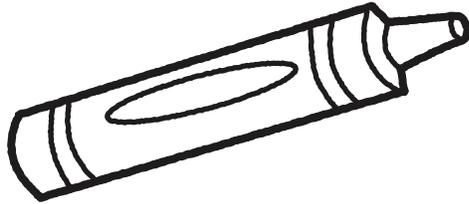
- 1
- 2
- 3
- 4
- 5

When my friend is *Sad*

I help them by ...



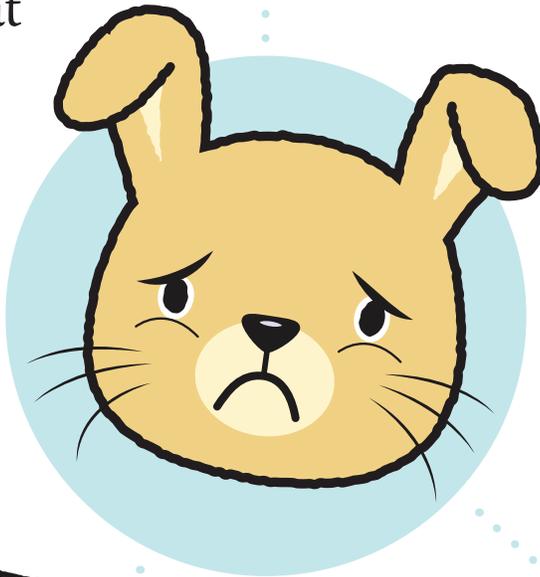
When I feel *Lonely* or *Sad*
I need ...



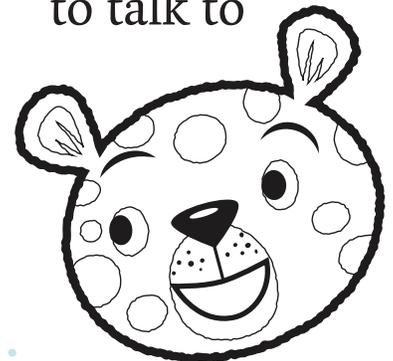
To draw or color
something that
makes
me happy



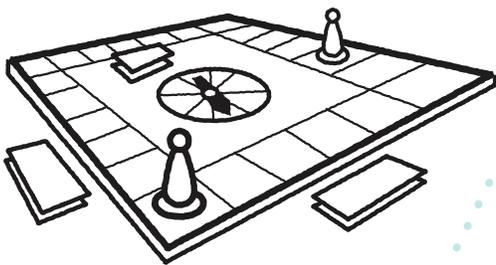
To think of my
favorite place



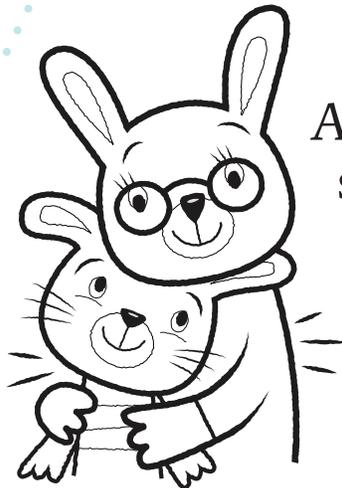
Someone
to talk to



To play a
game with
a friend



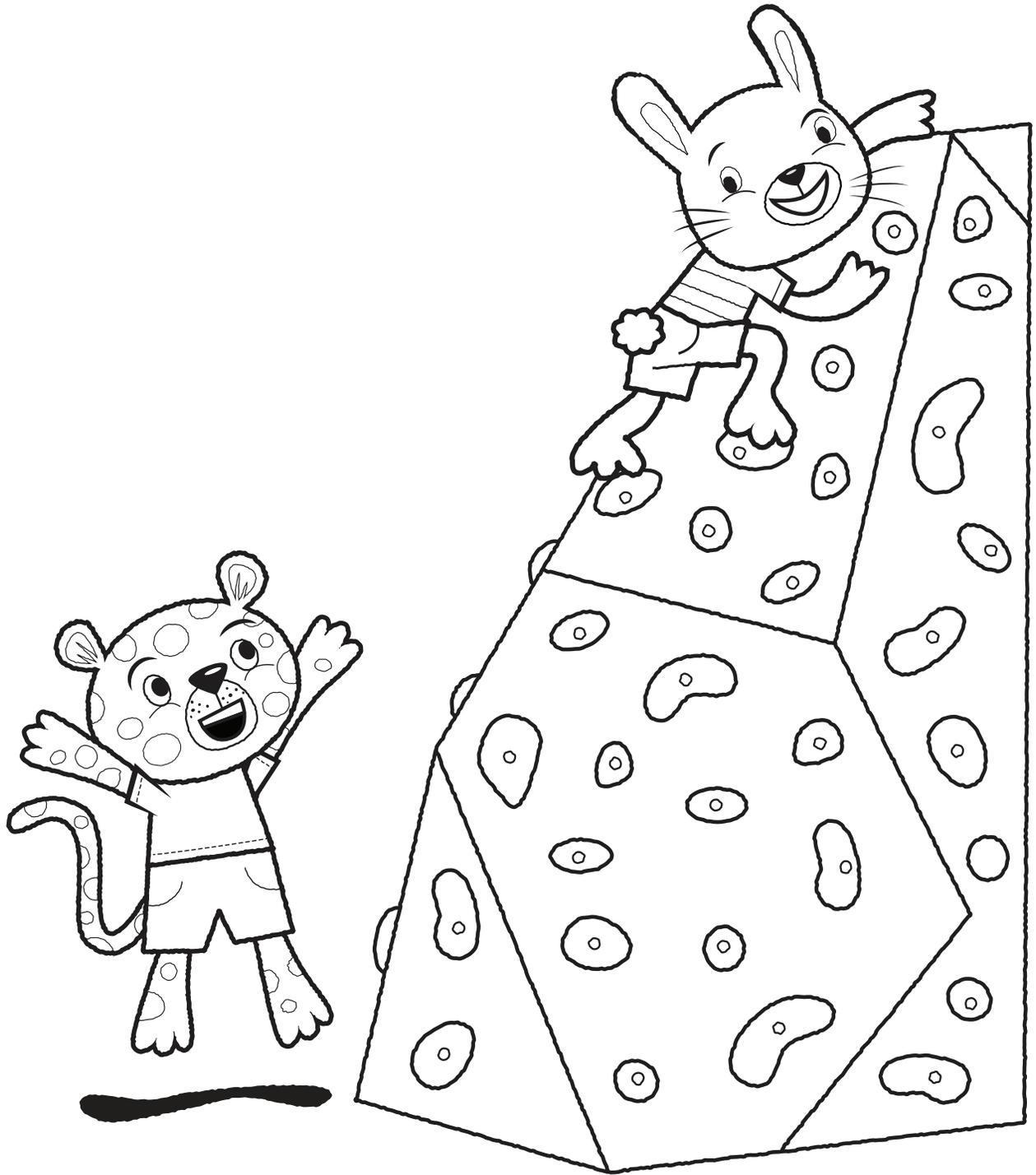
A hug from
someone
I love



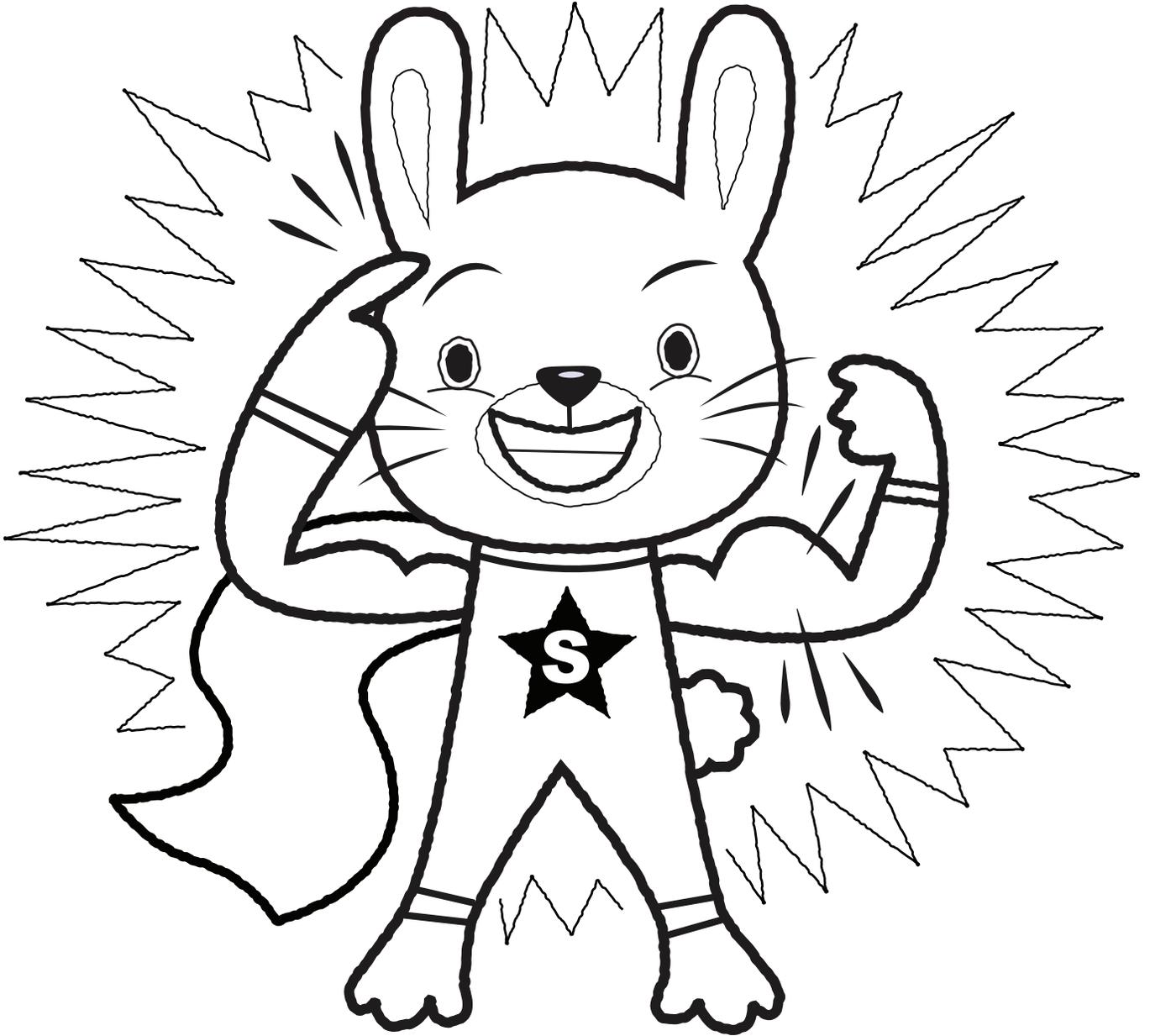
I am *Calm* and *Relaxed*.



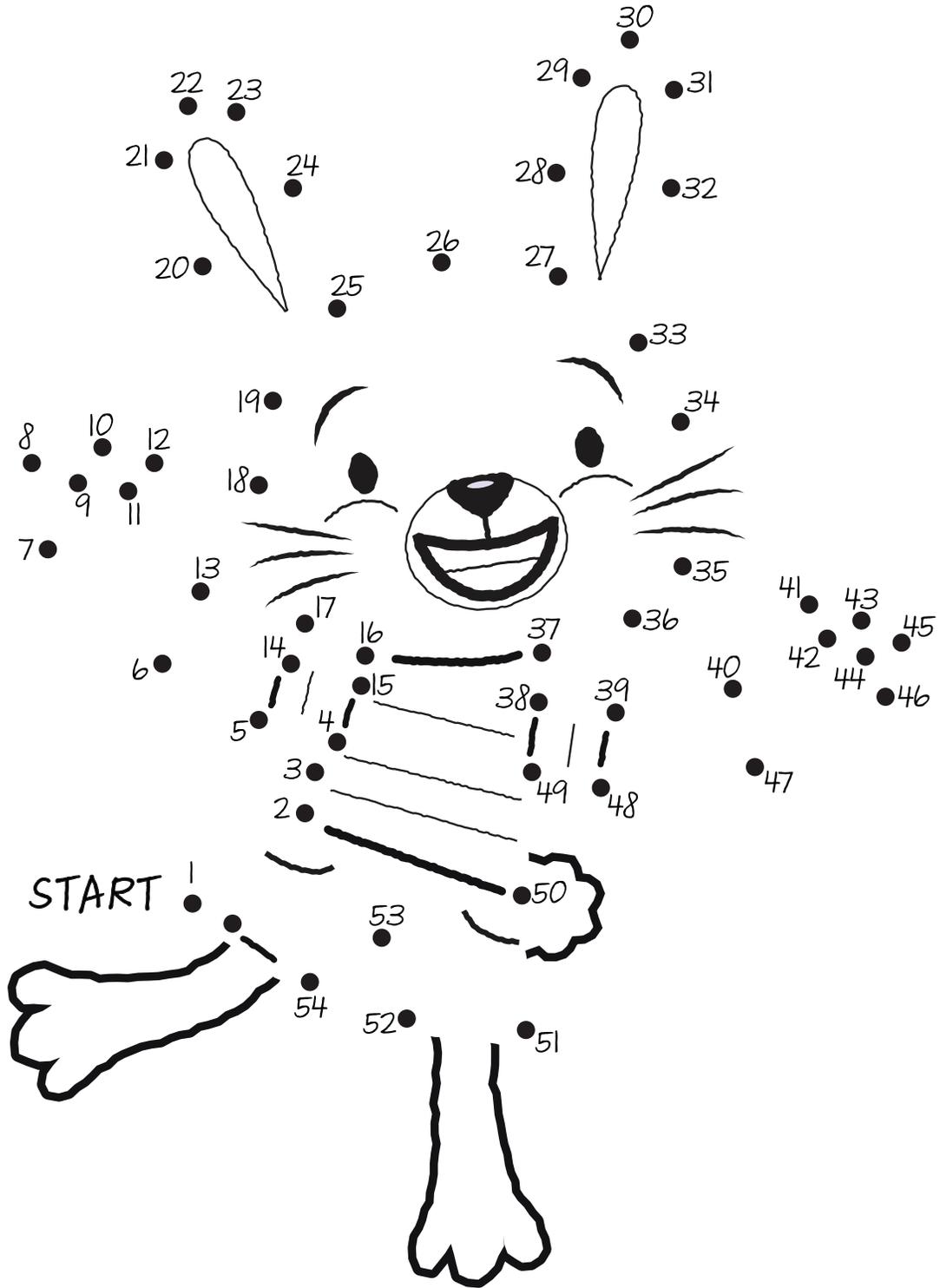
I can do hard things.



I am enough.
I am *Smart* and *Strong*.



Let's connect the dots.



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