

**Can you count
how many
animals you can
see in the room?**



**Can you spot
three blue things
hiding nearby?**



**Wiggle your toes
and tell me what
they feel like.**



**Pretend you're a sleepy
koala.**

**Close your eyes,
relax your
shoulders,
take slow
gentle breaths.**



**Take a big breath
in and blow it out
like you are
blowing up
a balloon.**



**Pretend you
are holding
a candle.
Blow it out
very slowly.**



**Can you make
up a song with
only three
words in it?
Go!**



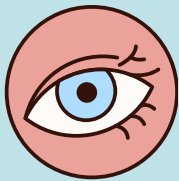
**Squeeze my
hand as hard
as you can for
5 seconds,
then let go like
a jellyfish!**



Close your eyes and
imagine you are
somewhere fun.
Where are you
and what can
you see?

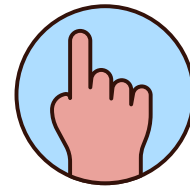


Let's count
the leaves
on an
upside-down
tree from
10 down to 1 together!



Senses

Name 5 things you
can see.



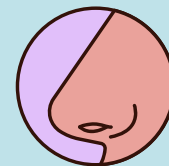
Senses

Name 4 things you can
feel.



Senses

Name 3 things you
can hear.



Senses

Name 2 things you
can smell.



Senses

Name 1 thing you can
taste.



Look outside

Name 3 things you
can see in the sky.

Close your eyes and imagine you are somewhere fun. Where are you and what can you see?

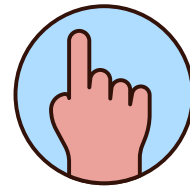


Let's count the leaves on an upside-down tree from 10 down to 1 together!



Senses

Name 3 things you can hear.



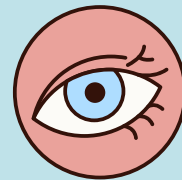
Senses

Name 4 things you can feel.



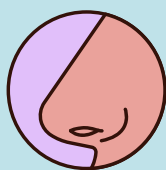
Senses

Name 1 thing you can taste.



Senses

Name 5 things you can see.



Senses

Name 2 things you can smell.



Look outside.

Name 3 things you see in the sky.