WIGGLE YOUR FINGERS AND TOES
LIKE WARM SPAGHETTI.
ARCH YOUR BACK JUST LIKE A CAT.

Do you know that this can help you relax?
BREATHE IN belly way out.

BREATHE OUT belly way in.
CLOSE YOUR EYES AND VISIT YOUR SPECIAL PLACE.

Where are you?
WHAT TREASURES DID YOU FIND TODAY?
Umbalakikiki
1-2-3
Place your feeling in the tree.
PUSH YOUR BELLY BUTTON TO ACTIVATE YOUR POWER

You have the power to change your channel.
STOP!
What are you feeling?
Why are you feeling this way?

THINK!
What is the best way to deal with this feeling?

GO!
Go do it.
What makes you a good friend?

- sharing toys
- making others laugh
- helping others

What makes you **YOU** a good friend?
YOU ARE silly/strong/friendly
LIKE A name an animal
WHAT’S THAT YOU HEAR?

TAKE THE TIME TO REALLY LISTEN EACH DAY.
REPEAT AFTER ME!

CLAP!
STOMP!
WHISTLE!