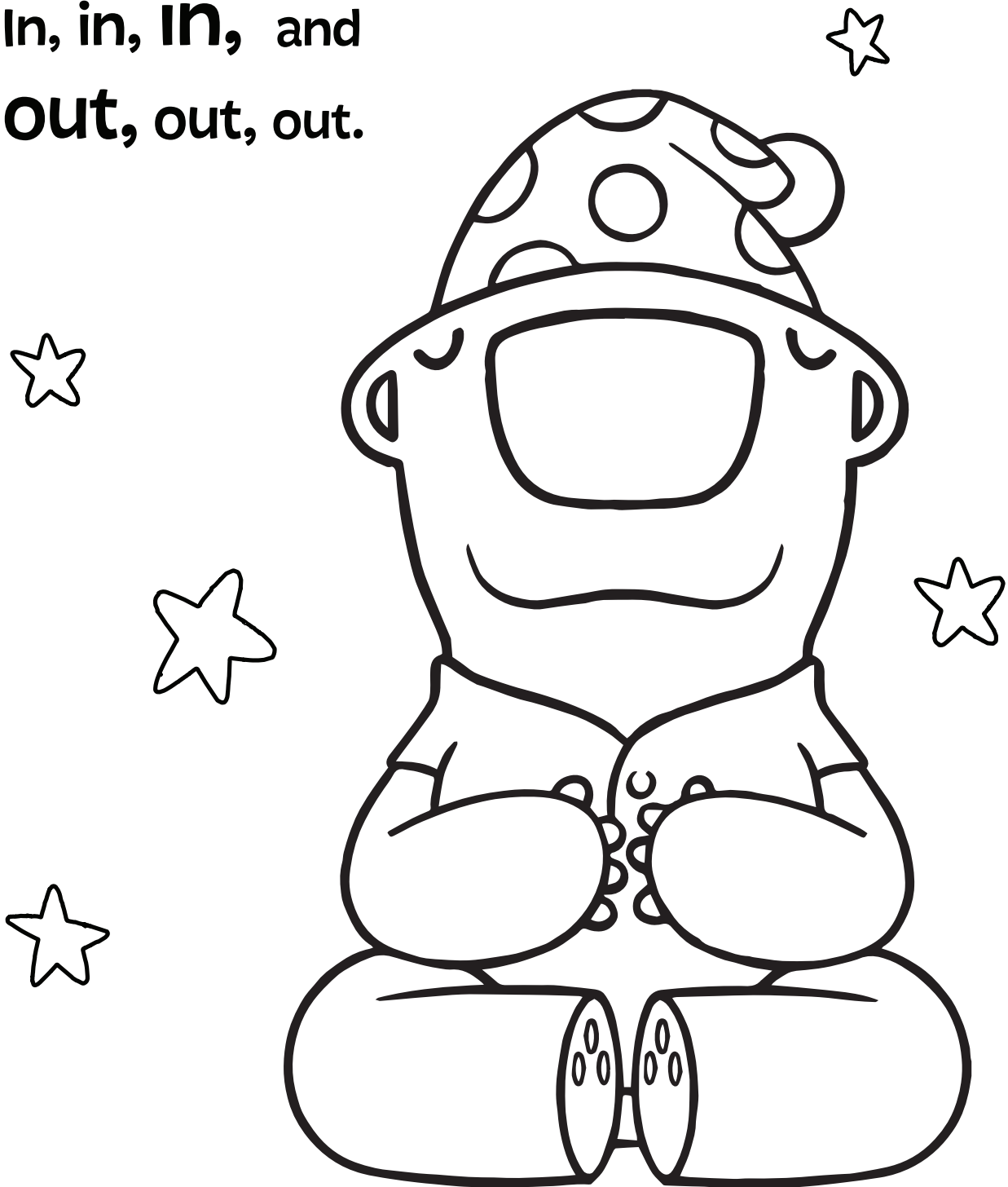
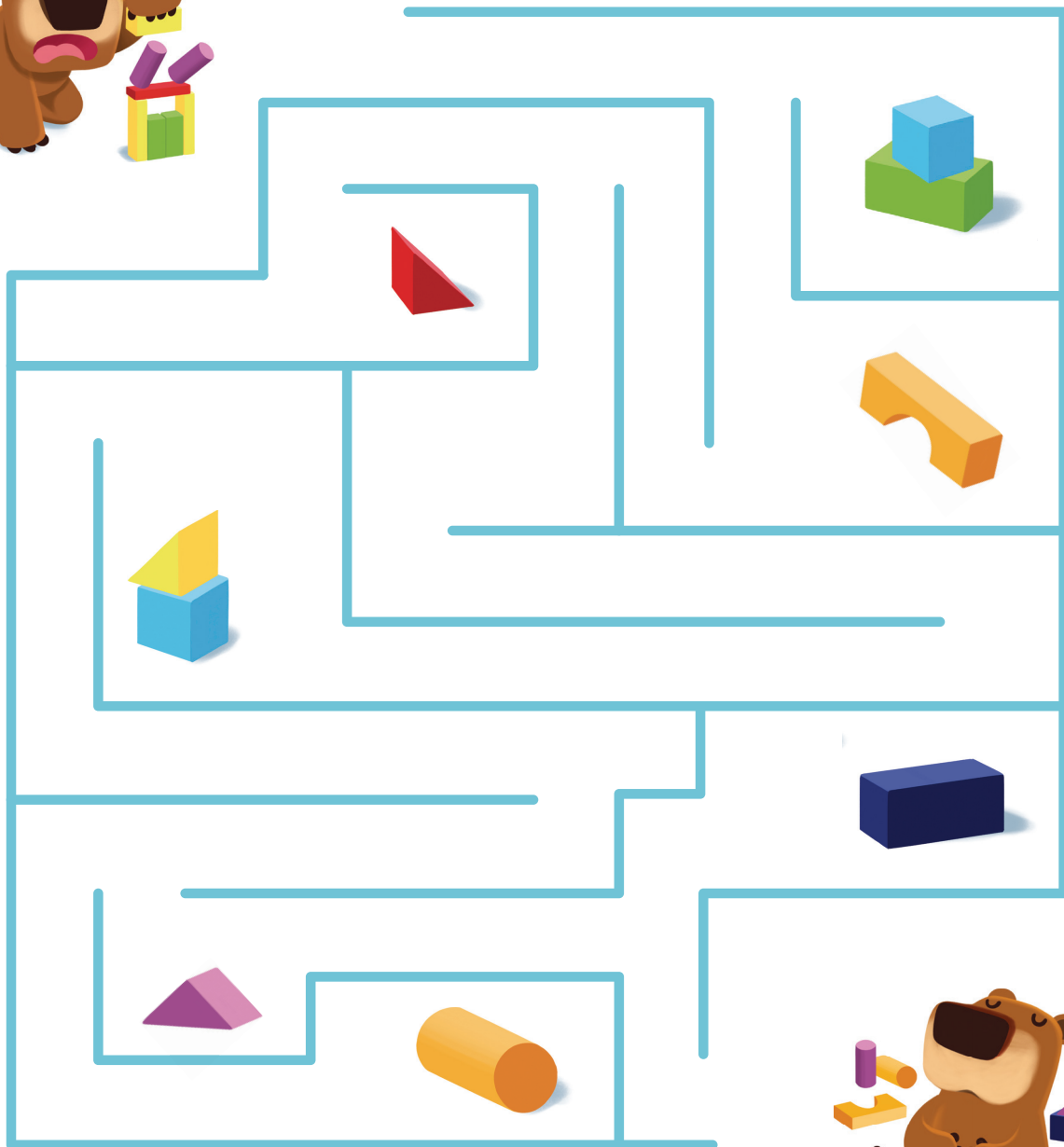

Just breathe, Bear.

In, in, **in**, and
out, out, out.



COMPLETE THE MAZE!

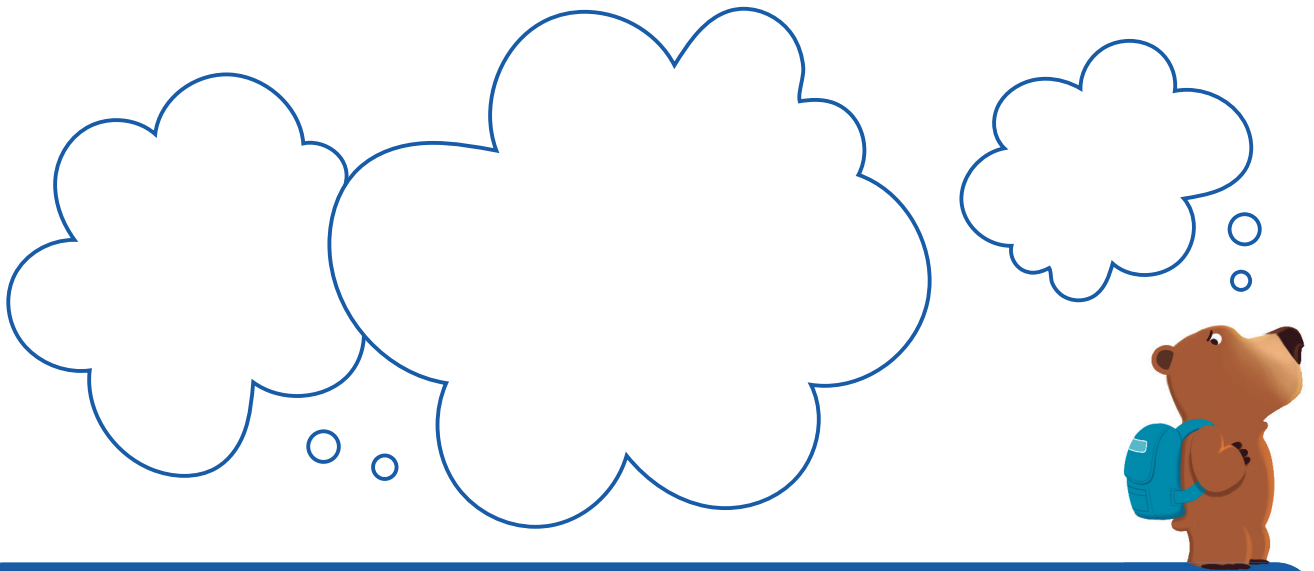
Help Bear to get past the blocks to feel happy and loved.



MINDFULNESS ACTIVITY:

What should we do if we feel like Bear?

Draw some things that make you feel worried, sad, angry, or scared.



Just breathe, Bear. In, in, in, and OUT, out, out.

Draw some things that make you smile, feel loved and happy.

