

GET TO KNOW MRS. TRUONG



- MY FAVORITE FOOD IS PASTA/RAMEN
- MY FAVORITE COLOR IS LIGHT BLUE
- MY FAVORITE GAME IS UNO
- MY FAVORITE WAY TO RELAX IS TO READ A GOOD BOOK
- MY FAVORITE BOOK IS HARRY POTTER
- MY FAVORITE SPORT IS BASKETBALL (GO WARRIORS!)



FEELING CALM & GROUNDED

5 4 3 2 1

GROUNDING TECHNIQUE

Name...

5

things that you can SEE



4

things that you can FEEL
(or TOUCH)



3

things that you can HEAR



2

things that you can SMELL



1

that you can TASTE



VERYSPECIALTALES.COM

THIS EXERCISE IS GREAT TO TRY WHEN YOU'RE FEELING ANXIOUS OR NERVOUS ABOUT SOMETHING. USE THE POSTER ON THE LEFT OR FOLLOW ALONG WITH THE VIDEO!

Coping Skill Spotlight

5...4...3...2...1 Grounding Technique





COPING SKILLS

WATCH THIS VIDEO TO
LEARN ABOUT 26 THINGS
YOU CAN DO WHEN YOU
FEEL SAD, MAD, OR UPSET -
ONE COPING SKILL FOR
EACH LETTER OF THE
ALPHABET TO HELP YOU FEEL
BETTER!

GROWTH MINDSET

OUR FRIEND MOJO DISCOVERS
A SECRET ABOUT HIS BRAIN -
THIS WILL HELP CHANGE HOW
YOU SEE YOUR BRAIN AND HOW
YOU SEE THE WORLD!





DEEP BREATHING

DID YOU KNOW THAT SITTING AND BREATHING
FOR JUST ONE OR TWO MINUTES CAN HELP YOU
FEEL CALM AND RELAXED? TRY IT OUT!

DANCE BREAK!

DO YOU FEEL TIRED IN THE MORNING?
IS IT HARD TO FOCUS AFTER LUNCH? TRY
A DANCE BREAK AND GET ENERGIZED!





EMOTIONS

WE ALL FEEL SO MANY DIFFERENT
EMOTIONS AT DIFFERENT TIMES! CAN
YOU GUESS WHAT EMOTION RILEY IS
FEELING?

COLORING

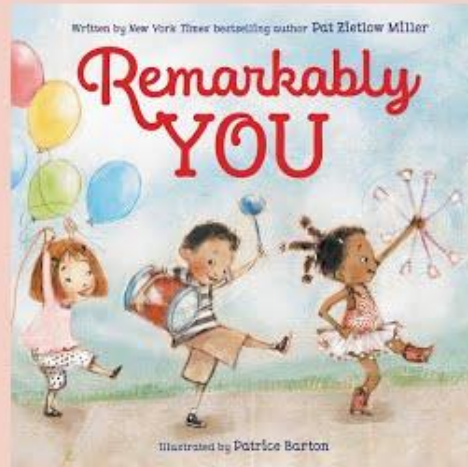
DID YOU KNOW THAT COLORING IS A GREAT WAY TO RELAX? YOU CAN ALSO HANG YOUR COLORING PAGE UP ON THE WALL WHEN YOU'RE DONE TO GIVE YOURSELF A POSITIVE REMINDER WHEN YOU'RE FEELING DOWN. CLICK ON THE COLORING PAGE ON THE RIGHT TO SEE MORE!



STORY TIME!

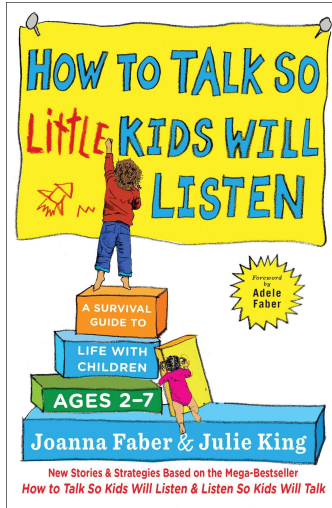
IT'S TIME FOR A BOOK! LISTEN
ALONG TO THIS READ-ALOUD
VERSION OF THE BOOK "REMARKABLY
YOU" AND SEE HOW YOU ARE
REMARKABLE JUST THE WAY YOU ARE.

READ ALOUD
FOR KIDS!



PARENTS: TO PURCHASE YOUR OWN COPY, CLICK [HERE](#).

BOOKS FOR PARENTS



NEW YORK TIMES BESTSELLER

NO-DRAMA DISCIPLINE

THE WHOLE-BRAIN WAY TO CALM THE CHAOS AND NURTURE YOUR CHILD'S DEVELOPING MIND

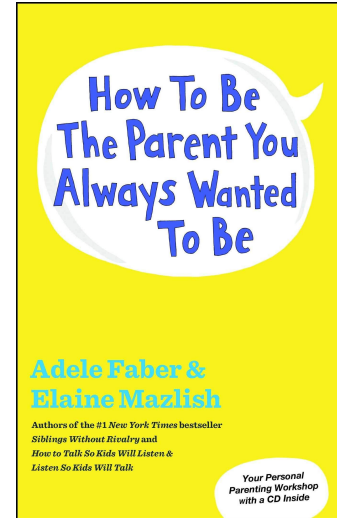
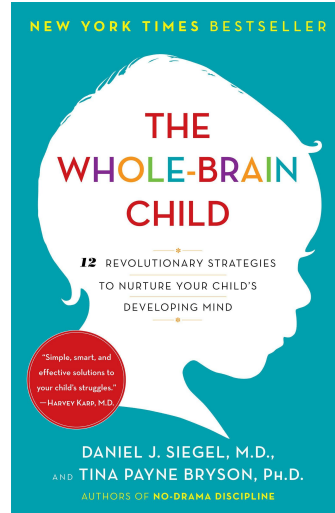


FROM THE AUTHORS OF
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D.

AND

TINA PAYNE BRYSON, PH.D.



Smart Parenting, Smarter Kids

"An entertaining and highly elucidating useful volume for the 21st-century parent."
—PUBLISHERS WEEKLY

The One Brain Book You Need to Help Your Child Grow Smarter, Healthier, and Happier

Techniques to Raise Your Child's IQ

What Kids Should Eat for Optimal Brain Growth and Health

How the Brain Learns to Listen, Speak, Read, Write, and Remember—and How to Help It

The Kinds of Exercise, Sleep, and Play That Make Kids Smarter, Happier, and Healthier

How to Teach Kids Attention, Social, and Digital Skills for Success

David Walsh, Ph.D.

Author of the National Bestseller *Why Do They Act That Way?*