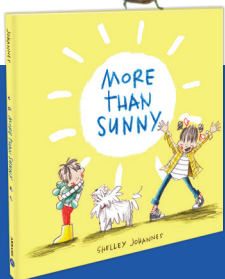
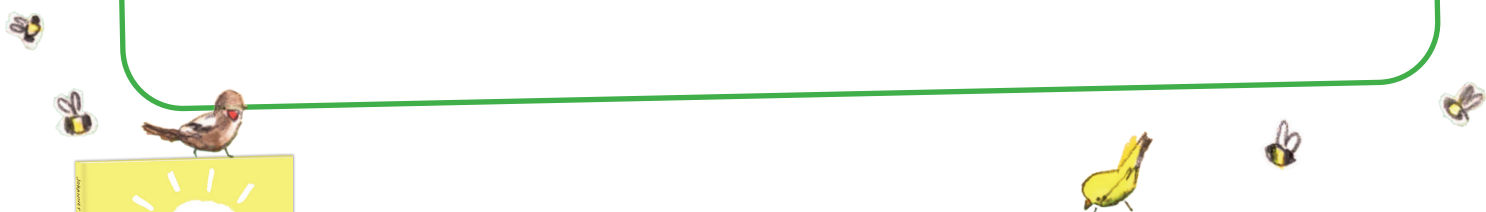
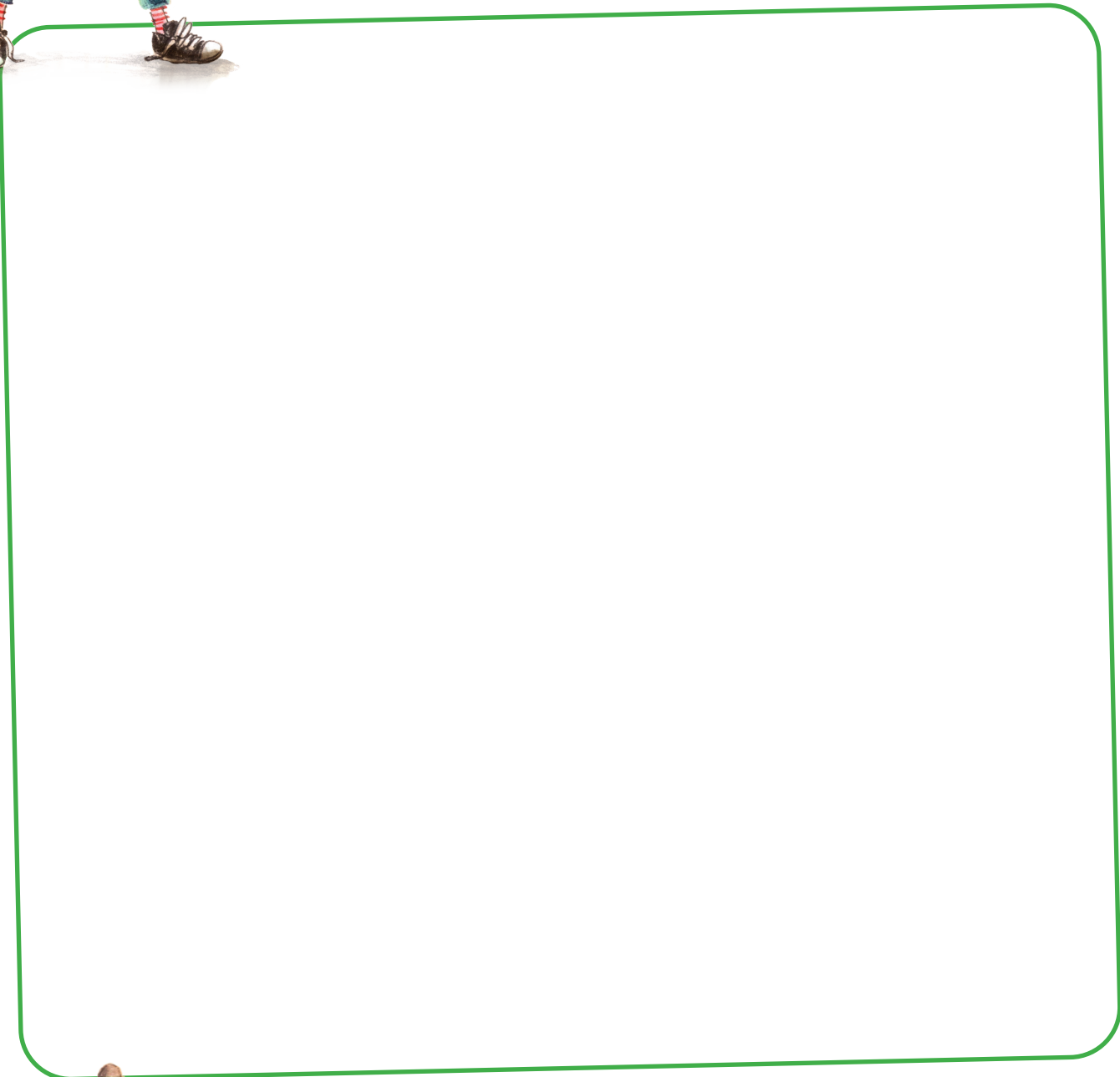




Drawing Activity



Rain or shine, warm or cold, inside or outside,
no matter what you like, draw a picture
that illustrates your best day ever!



MORE THAN SUNNY

by SHELLEY JOHANNES

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Connect the Dots Activity



Connect the dots to complete the picture!



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TODAY IS A GOOD DAY

Guided Meditation

Use this script to lead others in a short meditation practice.



Begin by standing tall with your arms by your side. Do whatever is comfortable for you. Close your eyes and take a slow, deep breath in through your nose. Slowly release the breath and continue to breathe nice and slow.

We are going to start by imagining that you are a tree. Imagine your legs are the trunk of the tree and they are reaching down deep into the ground. They're holding you straight and tall. You are such a strong tree!

Now reach your hands up above your head, stretching your arms and toward the sky like the branches of a tree. Spread your fingers wide and wiggle them, sending energy all the way to your fingertips.

Use that energy and begin wiggling your toes. Now get ready to shake your whole body for ten seconds. Are you ready? Alright, let's shake it out.

1... 2... 3... 4... 5... 6... 7... 8... 9... 10...

Freeze wherever you are!

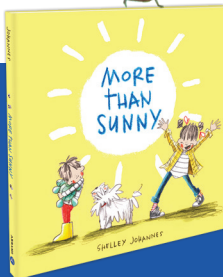
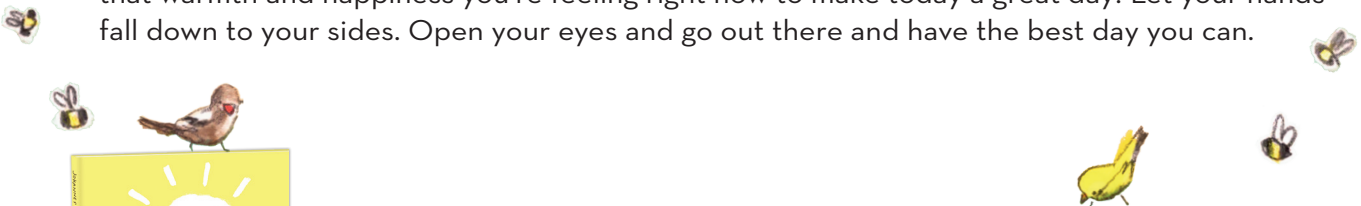
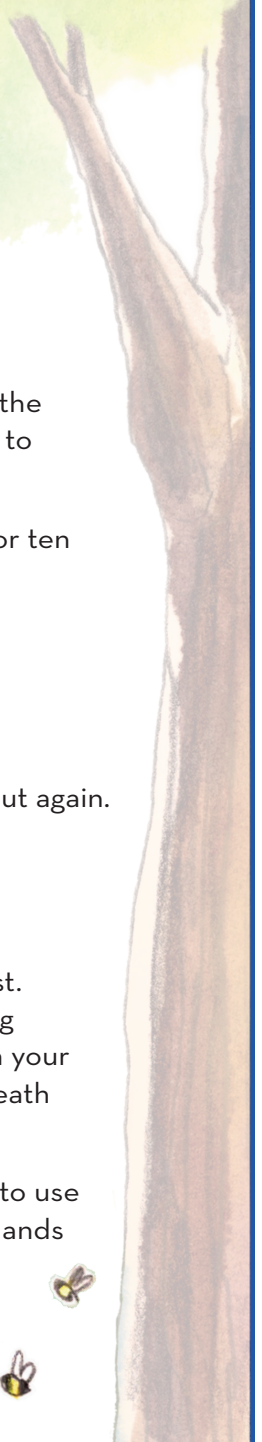
Let's do that again. Stretch your arms high into the sky like you can touch the clouds. Spread your fingers wide and slowly begin to wiggle your fingers and toes. Let's shake it out again.

1... 2... 3... 4... 5... 6... 7... 8... 9... 10...

And freeze!

Stand really still with both of your hands on your heart. Feel it beating inside of your chest. Now let's imagine there's a beautiful blue sky above your head and the warm sun is shining down on you. Can you feel the warm sun? Imagine that warmth spreading energy through your body from the top of your head all the way down to the tips of your toes. Take a deep breath in and let it out, feeling the warm sun over your whole body.

Take another deep breath in and as you breathe out, think of all of the ways you're going to use that warmth and happiness you're feeling right now to make today a great day! Let your hands fall down to your sides. Open your eyes and go out there and have the best day you can.



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