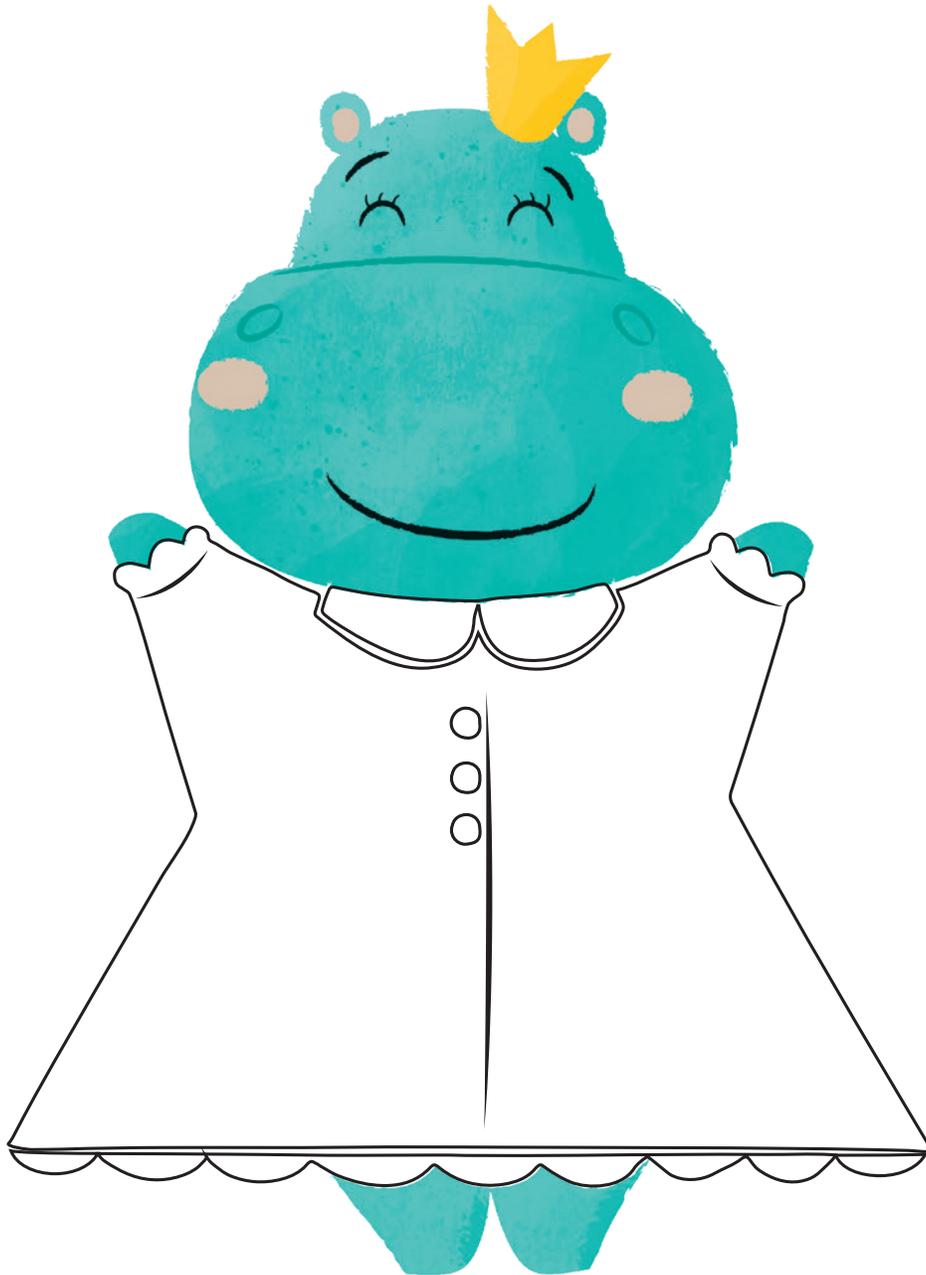


Color the Tossy-Turny Princess's New Pajamas!

The Tossy-Turny Princess has invited all of her friends to a slumber party, and she wants a special pair of pajamas for the occasion. Color in the nightgown below to create pajamas fit for a princess.



Also Available



THE TOSSY-TURNY PRINCESS AND THE PESKY PEA

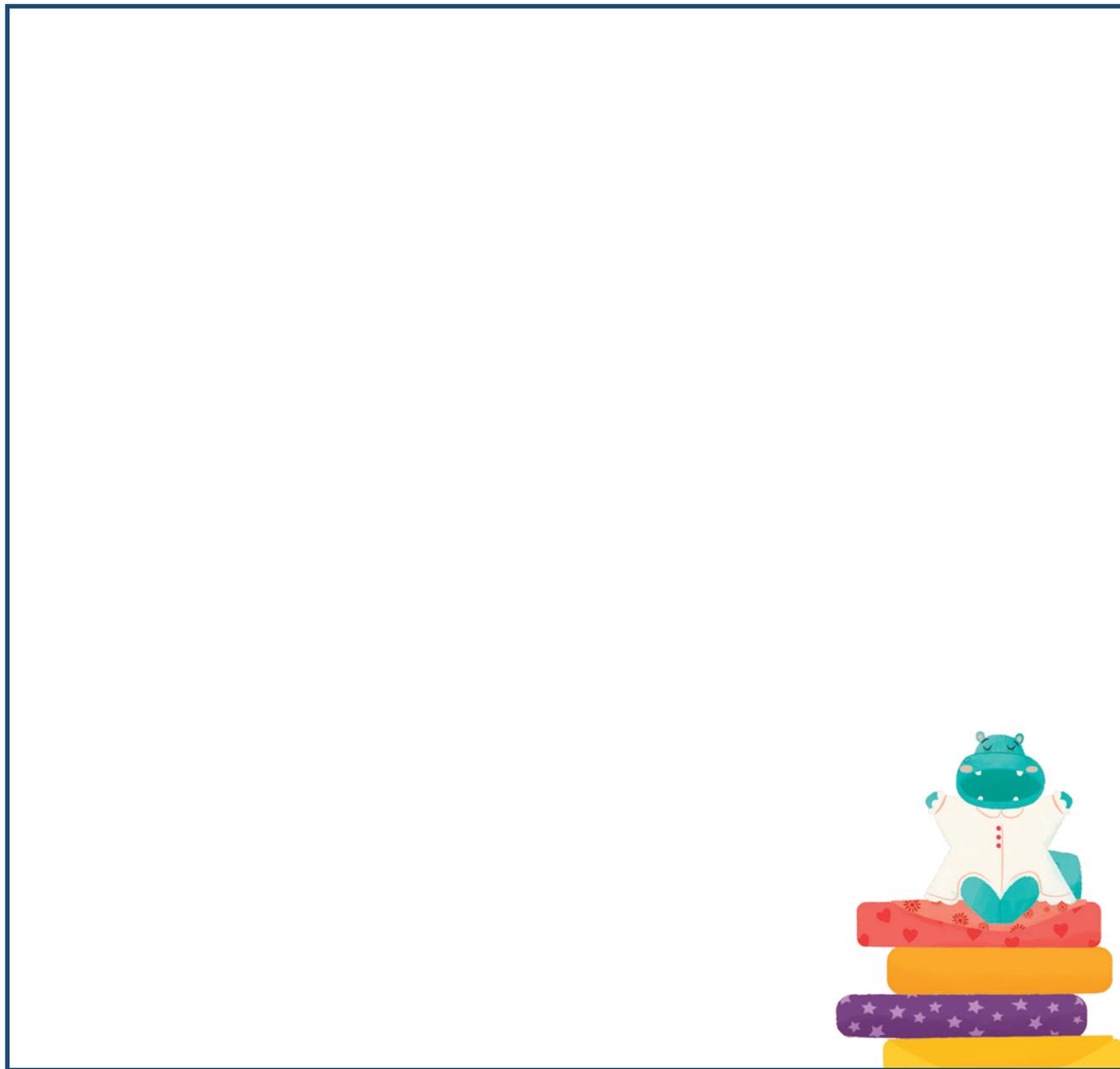
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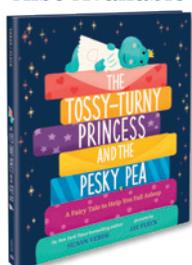


Help the Tossy-Turny Princess Fall Asleep!

When the Tossy-Turny Princess can't fall asleep, she asks her friends for help. Think about the things you do to fall asleep—do you think any of those ideas would help the princess? Write or draw some ideas below.



Also Available



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Try Some Yoga and Meditation!

The Tossy-Turny Princess learns that yoga and meditation can help her fall asleep. With a group or on your own, try out some of the ideas in the story. Do they help you feel calm or sleepy? Do some work for you better than others?



Lizard Pose

Place your palms on the ground and reach your legs back behind you. Raise your bottom up and step your right foot outside your right pinky finger. Be sure your right knee is directly above your heel and not in front of it. Keep your chin lifted, and look ahead for a few deep, slow breaths, then repeat using your other leg.

Linking Breath and Movement

Start with your arms hanging by your sides and begin breathing in through your nose very slowly. Then breathe out for the same amount of time. Now add your arms: lift them slowly up and over your head in time with your breath—and then slowly lower them as you breathe out. Do this for at least five rounds of breath, or until you feel calmer.



Legs Up the Wall Pose

Start by sitting up against the wall sideways, with one hip and shoulder touching the wall. Next, lie down, turn toward the wall, and put your legs up against it. Try to get your bottom as close to the wall as possible and your back flat on the floor. Close your eyes and stay here for at least three to five minutes.

Let Go of Your Worries

Think of each of your worries as a pebble. Imagine placing each one in a beautiful, flowing river, and then watch them go downstream until they disappear. Make sure you take some deep, slow inhales and exhales through your nose as you do this.



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