

Pre9

Rana Kordzari

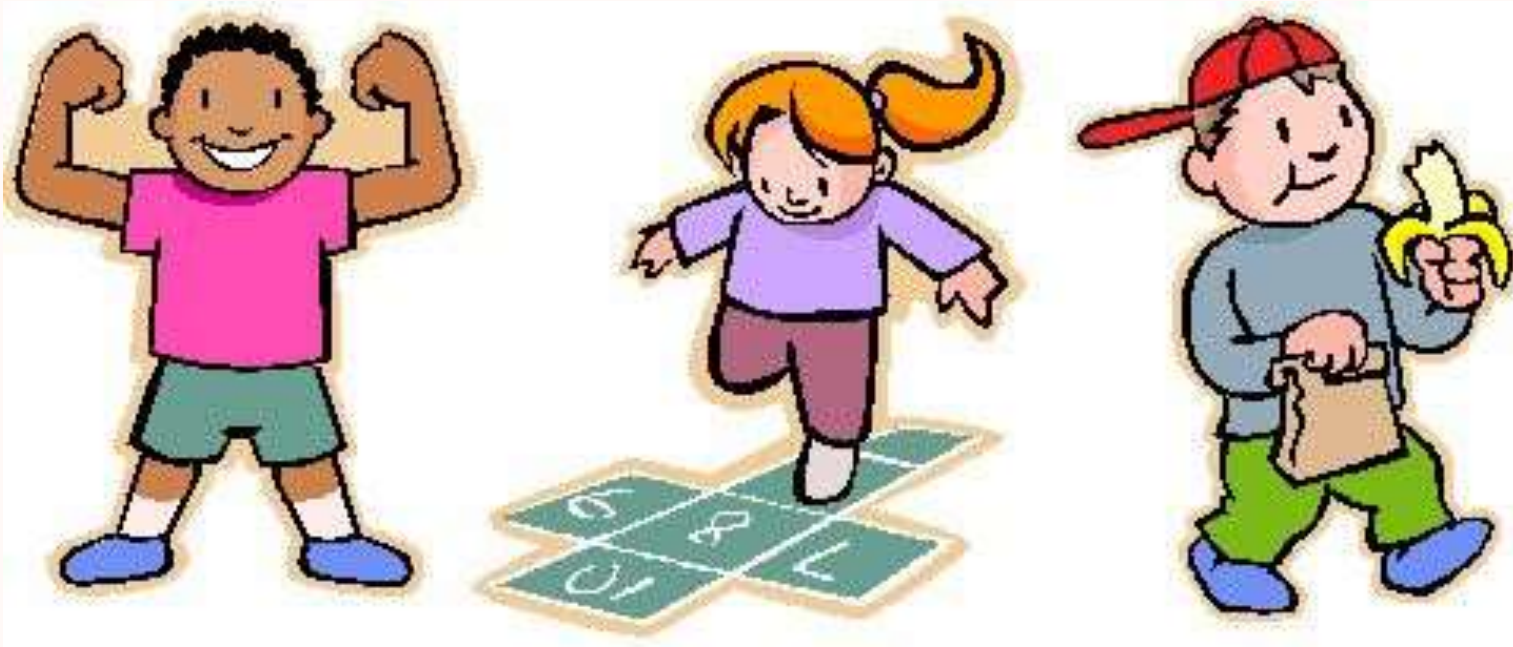
Happiness



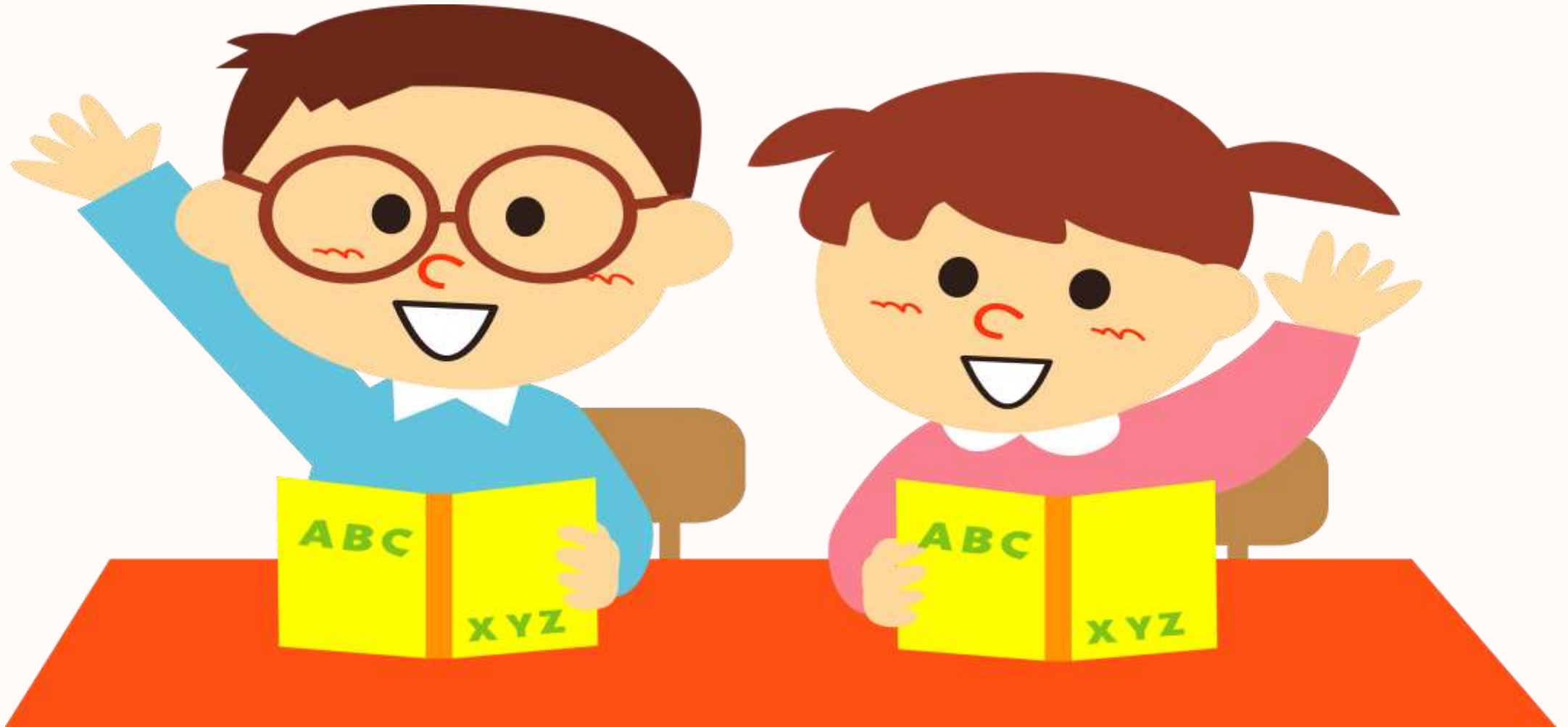
Children should be always happy. Do you know why?



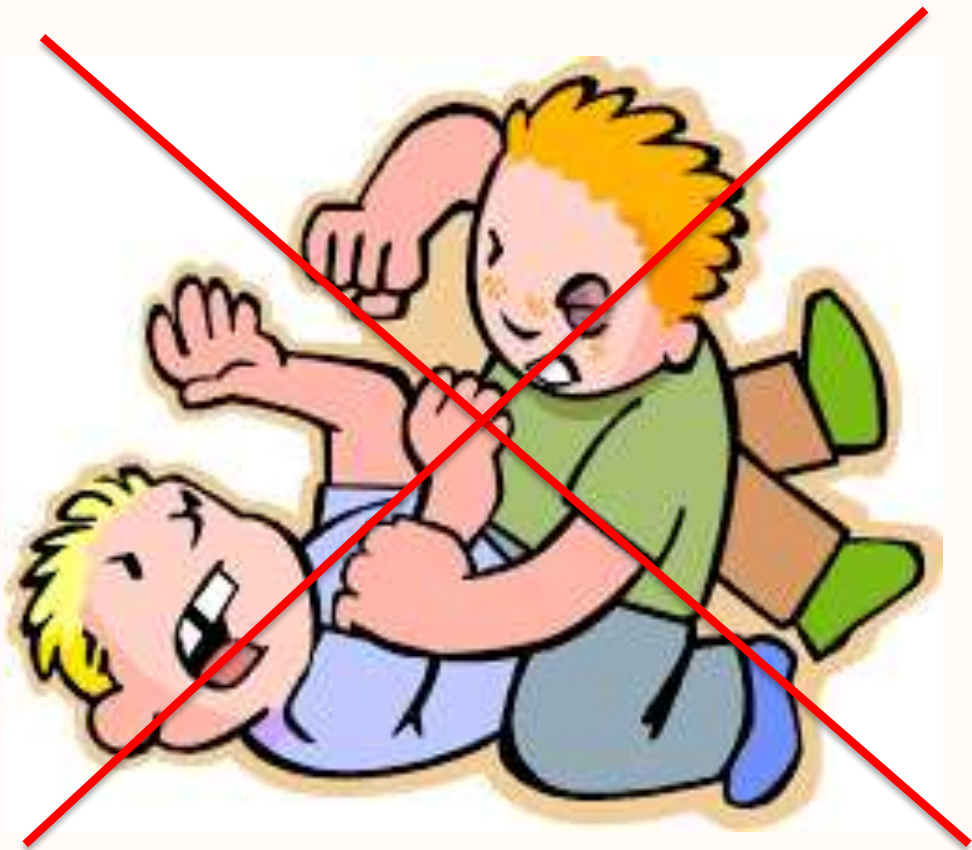
Happy kids are healthier



Learn better



behave better



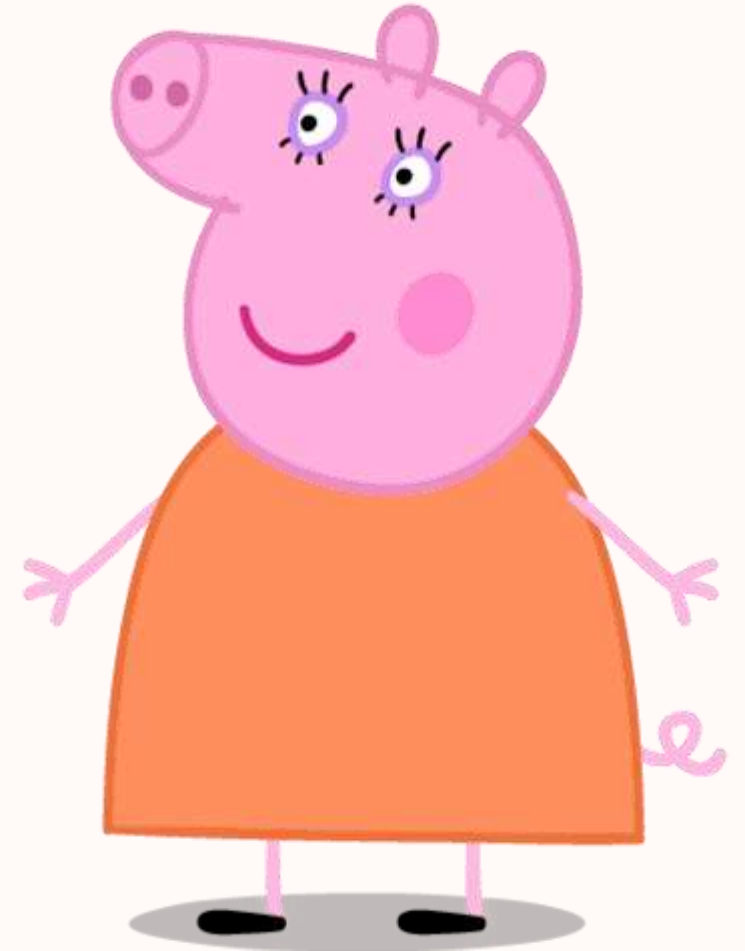
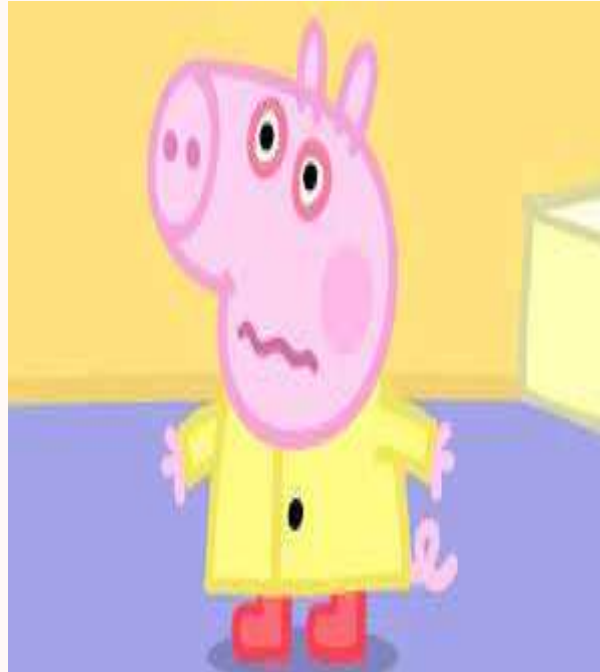
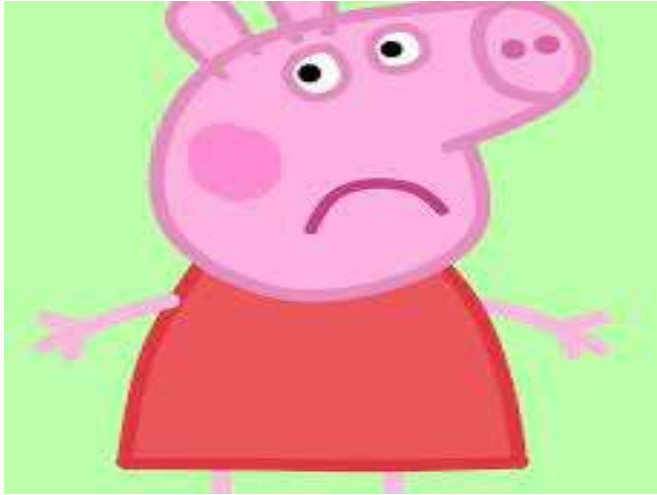
Happy kids are more creative



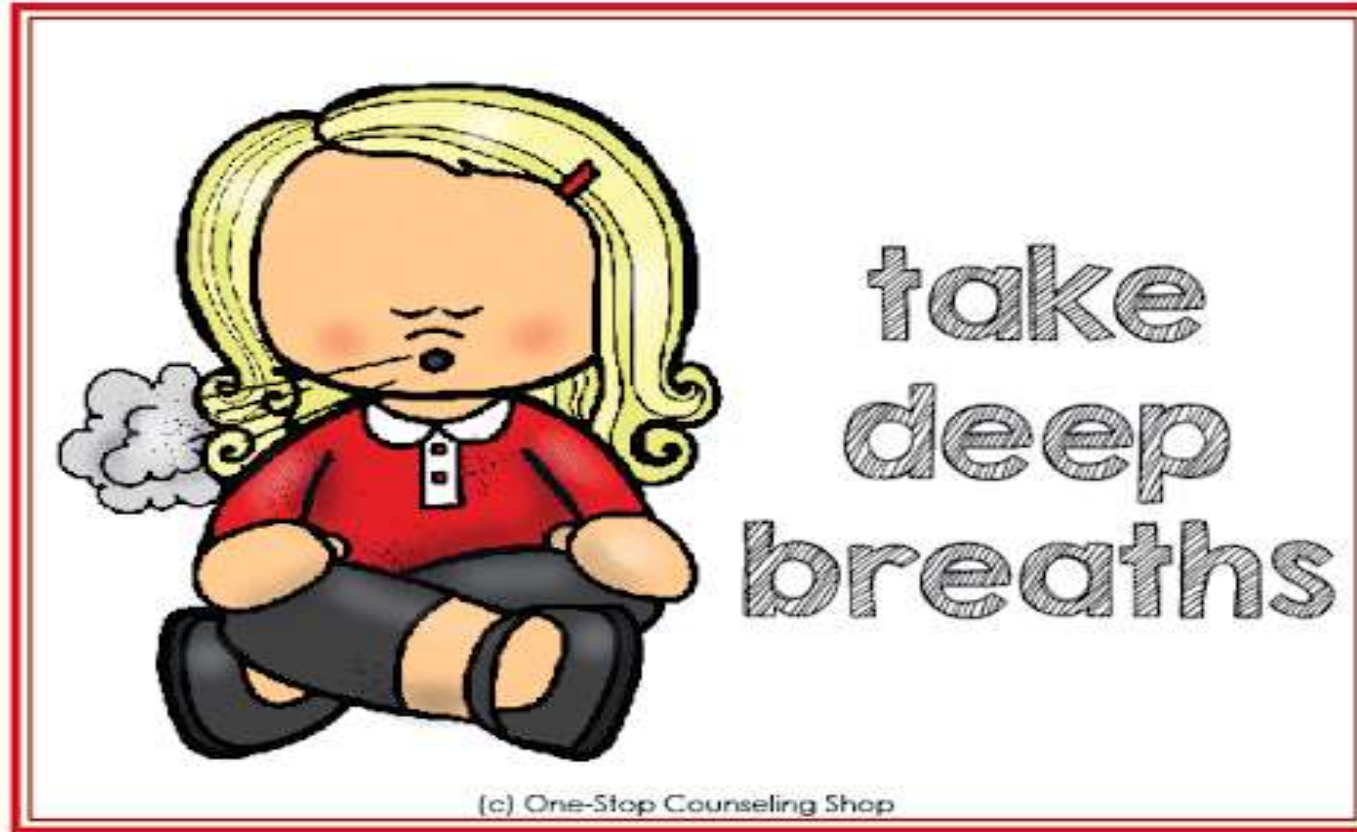
So be happy



What can I do if I feel mad, tired or sad?



Take some deep breath



(c) One-Stop Counseling Shop

Try 5 finger breathing



FIVE FINGER BREATHING

- ★ Sit or stand comfortably with your back straight.
- ★ **Open the palm of one hand as wide as you can.**



- ★ Now with the pointer finger of the opposite hand, slowly trace your fingers while breathing.
- ★ Breathe in and trace up one side of your thumb, 1, 2, 3. Breathe out and trace down the other side of your thumb, 1, 2, 3.
- ★ Repeat for all five fingers

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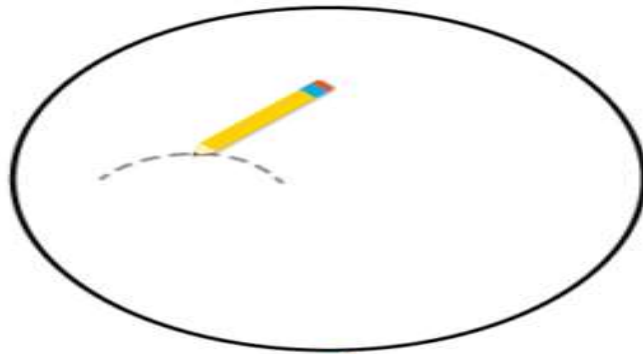


If You're Happy

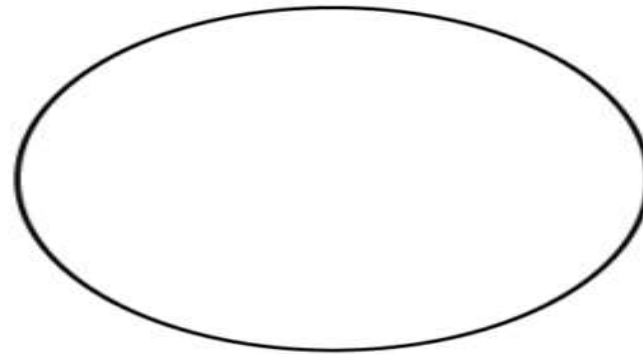
From *Super Simple Songs - One*

My name is _____

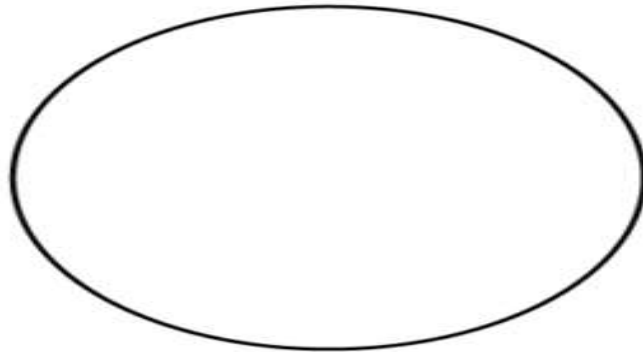
Draw. Trace.



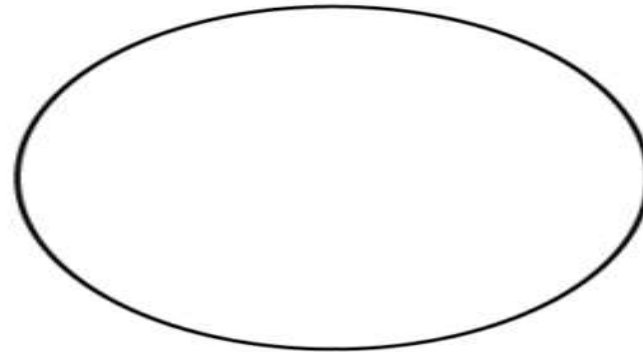
happy



sad



Mad



sleepy

