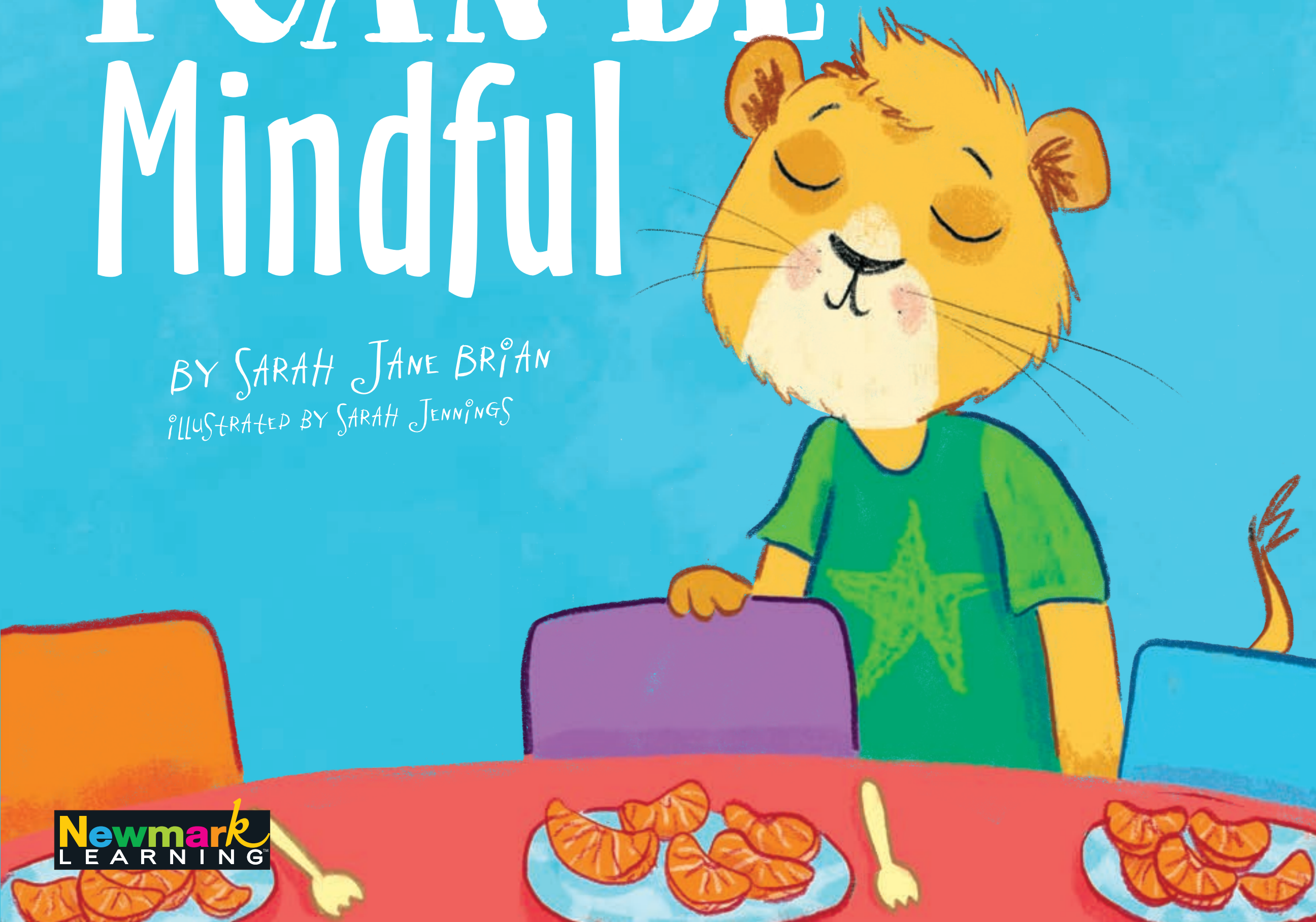


I CAN BE Mindful

BY SARAH JANE BRIAN
ILLUSTRATED BY SARAH JENNINGS





SET THEME:

I Am Self-Aware

Build Social and Emotional Intelligence

Use these tips to help children recognize stress and practice mindfulness:

- Discuss how our bodies and minds feel when we are nervous or scared:
 - We may breathe fast.
 - We feel our heart beating.
 - We have trouble sitting still.
 - It's hard to pay attention.
- Model and role-play feeling stressed or nervous.
- Prompt children to practice mindfulness by naming things they can see, hear, feel, smell, and taste.

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How to Read This Book with Children

- 1.** Read aloud the title. Model identifying things you can see, hear, feel, and smell all around you.
- 2.** Read aloud the book with children.
- 3.** Talk about Luis's feelings and actions as you read.
- 4.** Ask children to describe the strategies Luis uses in the story.
- 5.** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6.** Guide children to connect the story to their own experiences.



WAAAAAH!

WAAAAAH!

WAAAAAH!



“Remember, that sound means it is time for our fire drill,” said Ms. Kay. “A fire drill is when we practice leaving the building safely. Let’s all line up.”



The class came back inside after
the fire drill was over.

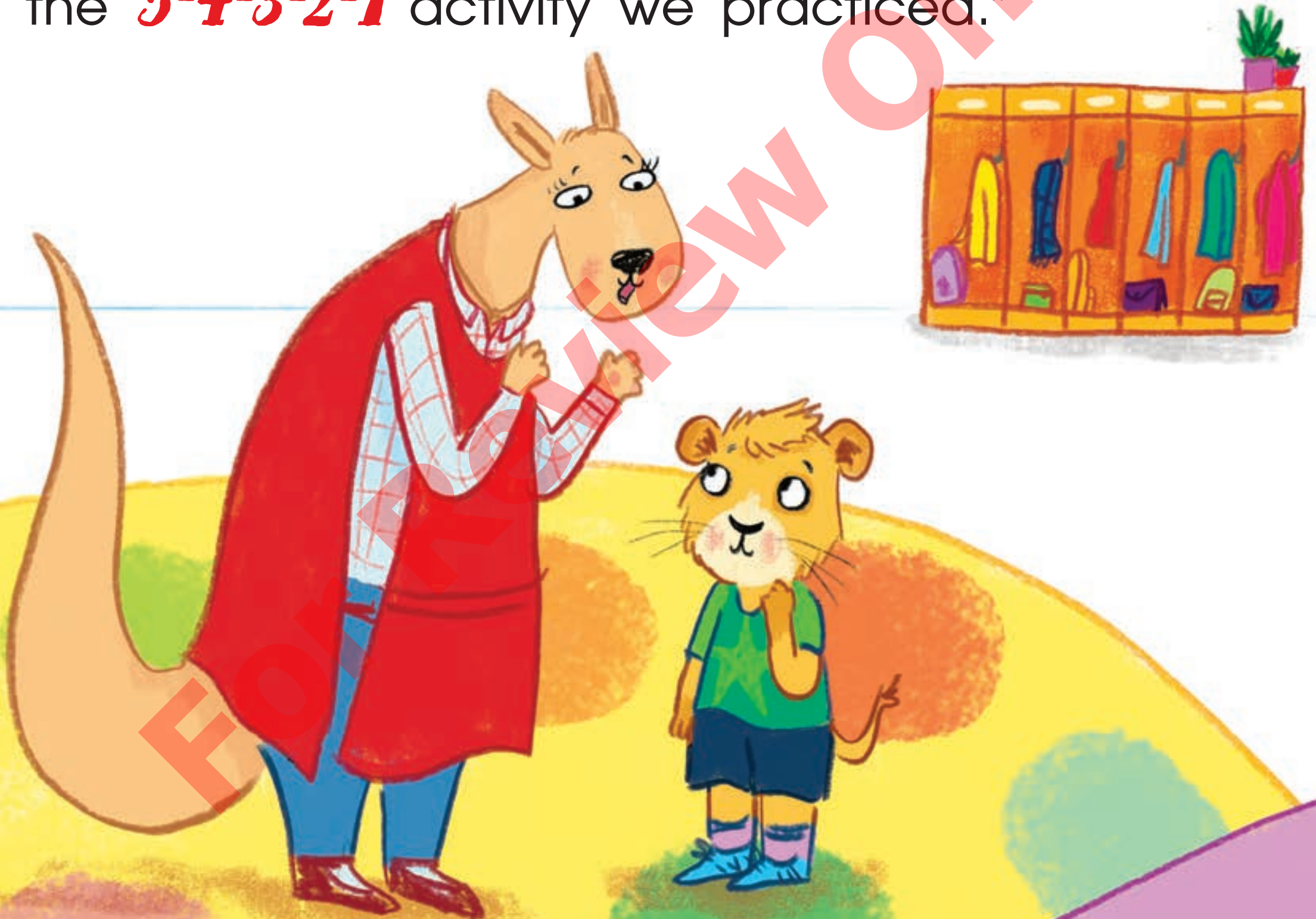
But to Luis, it didn't feel over.



“I still feel scared,” he told Ms. Kay.



“Your body and mind need some help to feel calm,” said Ms. Kay. “Maybe you could try the **5-4-3-2-1** activity we practiced.”



Luis thought about the five steps.

“First I need to say ***FIVE*** things
I can ***SEE***,” said Luis.



Real-World Wrap-Up

My Thoughts:

Is this child paying attention to sounds around him? How can you tell?



My Feelings:

How do you feel when you stop and notice what is all around you?

What do you do when you feel like you need to take a break?