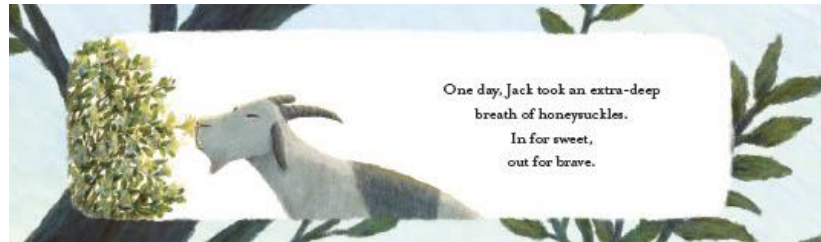


Honeysuckle Breath for Bravery



In *This Way, Charlie* Jack wants to help the new horse, Charlie, but feels nervous about making a new friend. Taking a deep breath of his favorite flower helps him. Taking deep breaths helps author Caron Levis when she wants to feel brave about making friends, trying new things, or just feels worried. Try it:

- Stand or sit in a balanced steady position. (You can try this lying on your back too!)
- Notice your feet (or bottom) connected to the ground (or chair.) Notice your head is surrounded by air.
- Close your eyes or pick a spot to let them rest in one place.
- Imagine in front of you is a sweet honeysuckle flower or any flower or sweet smell you like.
- Gently breath in the sweet smell through your nose and let it fill your whole stomach.
 - (option: keep one hand on your stomach to see how it moves out a little.)
- Breath out the air from your mouth while saying (out loud or in your head) “braaaaaaaave.”
- Repeat 3 times.
- Notice, how does your body feel?
- Let your breath go back to however it wants to be today, and know that anytime you need to feel a bit calmer or braver, you can take another Honeysuckle Breath, it’s always with you.

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FAVORITE FIELD

Jack and Charlie feel safe at Open Bud Ranch and peaceful in their favorite sunny field. Caron and Charles used real places and their imaginations to inspire the calming colors, shapes, sounds, and scents of the ranch. Imagining or drawing a favorite place is one way we can help our bodies and minds feel peaceful and calm, anytime we want! Try it:

- Close your eyes or pick a spot to rest them on.
- Where is a place you feel safe and peaceful?
 - Choose a real place you know, an imaginary one, or a mix.
 - There’s no right or wrong. The important part is that this place makes you feel good!
- What colors do you see? What shapes? What sounds are there? Scents? Other people? Animals? Objects?
- Draw it! Give it a special name. (ex. Caron’s Cozy Corner)
- Share your place with a friend or in a group in person or online. (Your trusted adult will help decide.)
- Imagine your place when you are feeling worried, frustrated, or anytime you want to feel peaceful.

