

# TALK! MOVE! IMAGE! SMILE!

## Book List

Storybook Yoga (choose books support resilience)	
The I'm not Scared Book	Todd Parr
It's Okay to Make Mistakes	Todd Parr
The Don't Worry Book	Todd Parr
The Feelings Book	Todd Parr
EQ	
*Spotless Spot	Alexandra Bowser
*A Peanut Sat on a Railroad Track	Elixabeth Kriston
*If You're Peaceful and You Know It: A Little Breathing Book for BIG Feelings	Sucy Lederer
Imagination	
Pete the Cat's Groovy Imagination	Kimberly and James Dean
Imagine	Allison Lester
*Imagination	Brian Baker
A Kid's Book about Imagination	Levar Burton
The Power of Henry's Imagination	
Superheroes and Superpowers	
Autism is my Superpower	Cecily Forde
The Big Book of Superpowers	Susanna Isern
What's My Superpower?	Aviaq Johnson
James and the Missing Superpower	Rachel Berringer
Resiliency	
Invincible, Not Invisible	Elizabeth Kriston
The Tiny Seed	Eric Carle
A Perfectly Messed Up Story	Patrick McDowell
Dear Zoo	Rod Campbell
I am Courage: A Book of Resilience	Susan Verde

# R-A-I-N Medication and Sensory Experience

R = **RECOGNIZE** the thought, emotion, or sensation AND label it (*I feel sad; I feel mad*); naming it makes it less scary!

A = **ALLOW** it to be there (*It's ok to feel way this right now; Everyone feels this way sometimes*); don't try to fix it...it's just an emotion...it will pass just like the rain.

I = be **INTERESTED** in how your body feels or what your brain is thinking but DON'T get caught up in the story or feel bad about how you feel (*My stomach is jumpy; I don't like this feeling*)

N = be **NICE** to yourself; tell yourself *It will be ok*; ask yourself what or who do you need right now to help you? (*I need a hug; I need to talk to my teacher*)

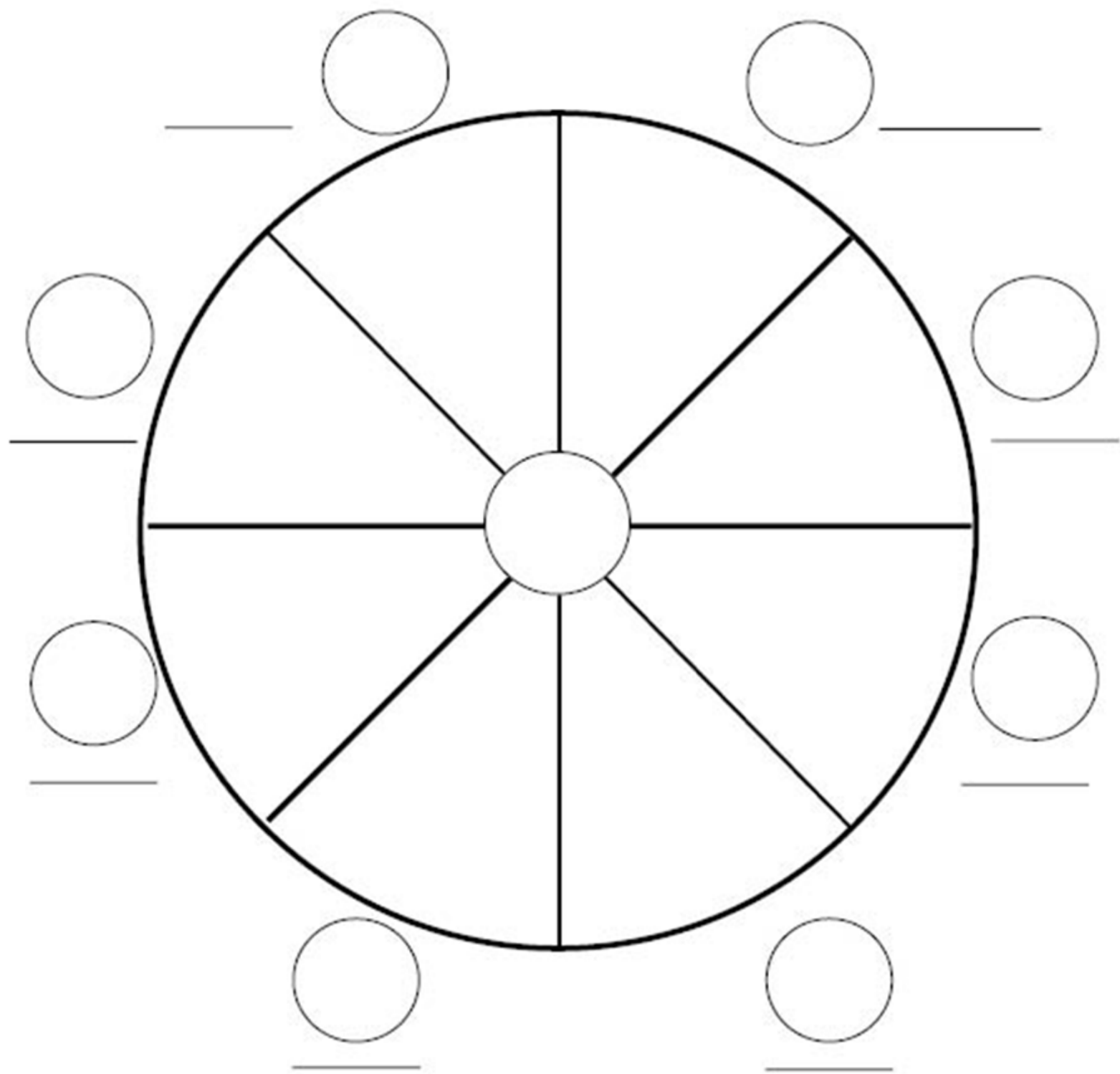
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## R-A-I-N SENSORY EXPERIENCE: LET'S DO IT TOGETHER!!!

- **WIND** (Deep breaths/out through round lips)
- **RAIN** (Pitter patter finger tips/ full hands pound)
- **LIGHTNING** (Clap overhead)
- **THUNDER** (Stomp feet)
- **TWISTER**
- **RAIN SLOWS**
- **PUDDLE JUMPS** (Berkner "boots" song)
- **SUN**
- **RAINBOW**
- **BLUE SKY** (Emotions pass like rain)



# FEELINGS WHEEL



# EMOTIONS ICONS



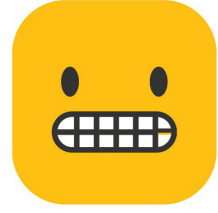
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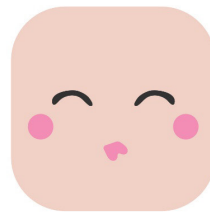
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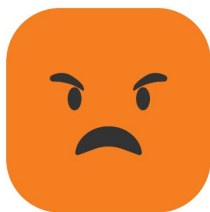
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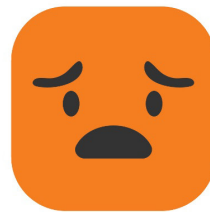
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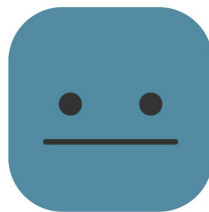
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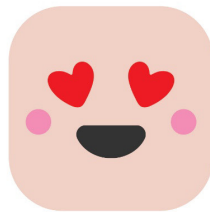
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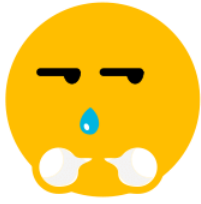
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# SUPER ME



MY SUPERPOWERS  
ARE

MY SUPERHERO  
NAME IS

MY SIDEKICK IS

MY ARCHENEMY  
IS

# DOODLE MONSTERS!

My Doodle Monster's NAME is

My monster likes to eat

My monster lives in a

MY monster has lots of different body parts!

A \_\_\_\_\_ head

A \_\_\_\_\_ body

Two \_\_\_\_\_ eyes

Two \_\_\_\_\_ ears

A \_\_\_\_\_ mouth

Two \_\_\_\_\_ wings

A \_\_\_\_\_ nose

Two \_\_\_\_\_ horns

And \_\_\_\_\_

Words that describe how my monster moves

This is what makes  
my monster **HAPPY**

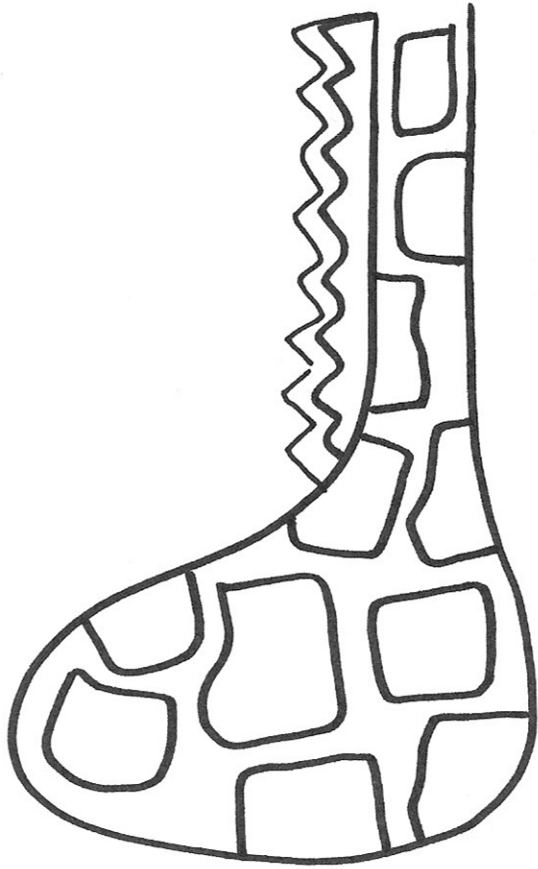
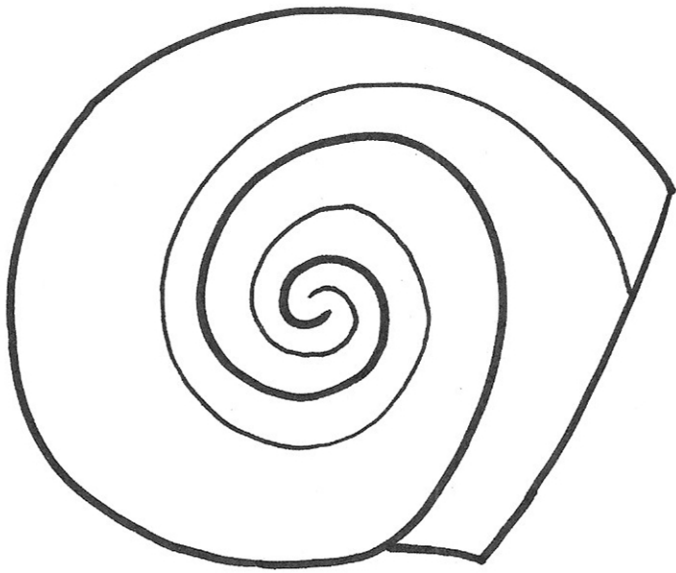
This is what makes  
my monster **MAD**

This is what makes  
my monster **SAD**

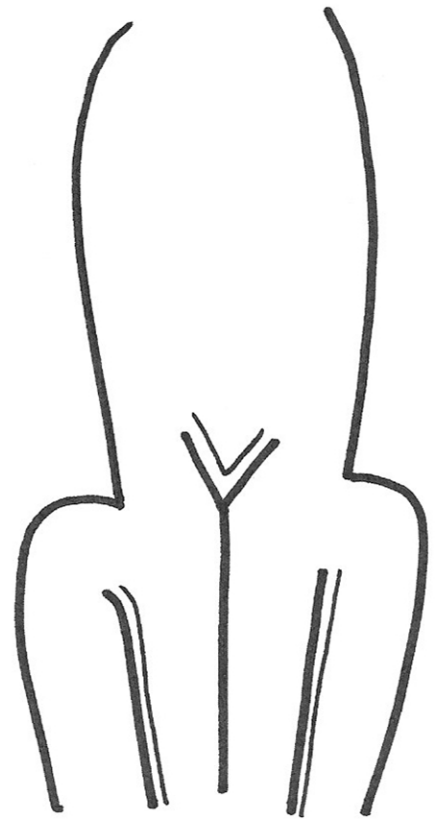
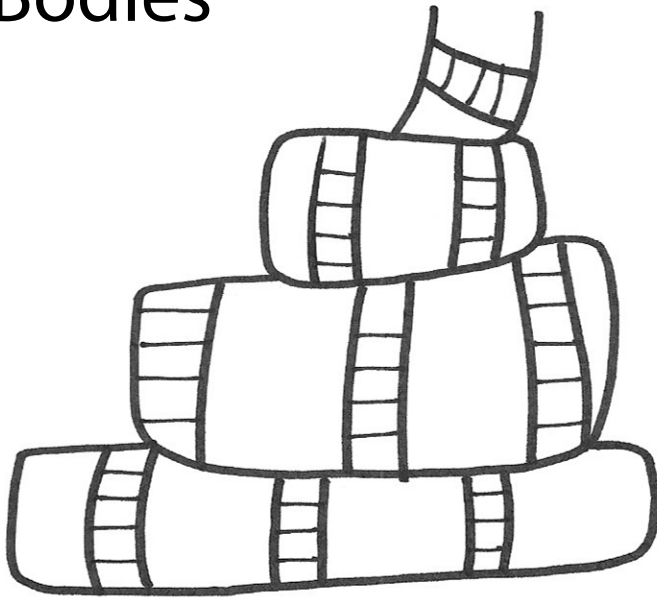
This is what makes  
my monster **AFRAID**

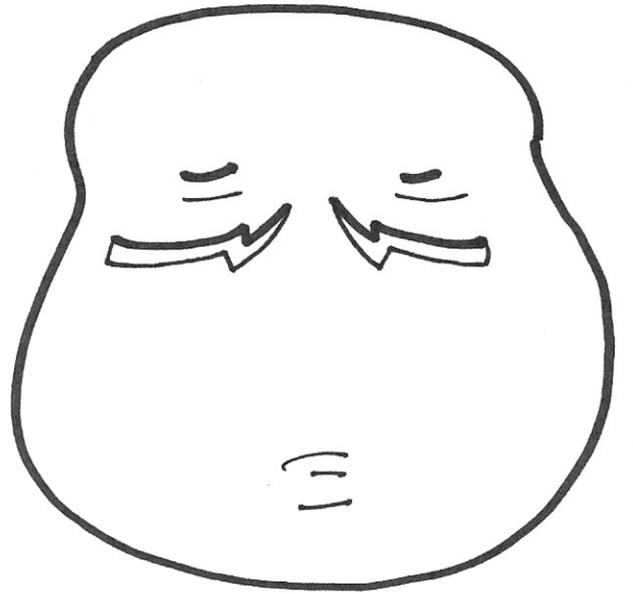
# MY DOODLE MONSTER



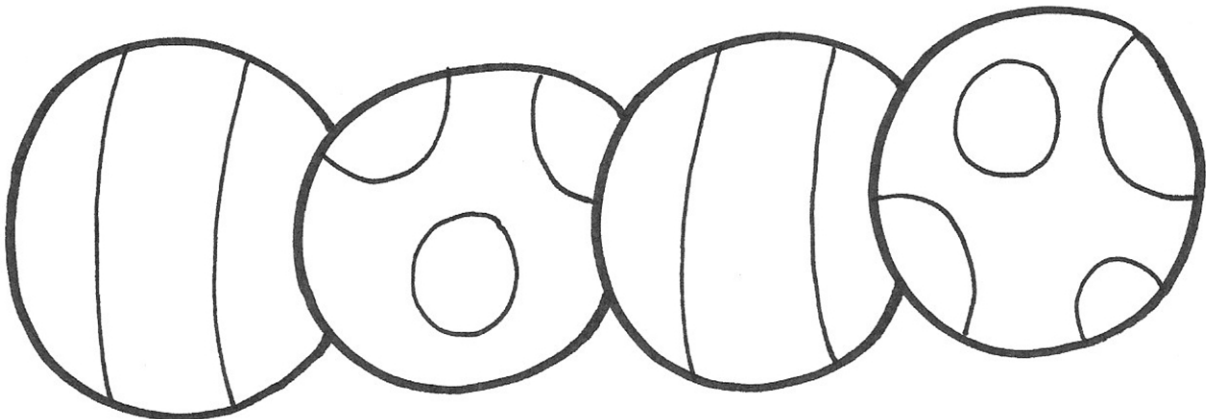
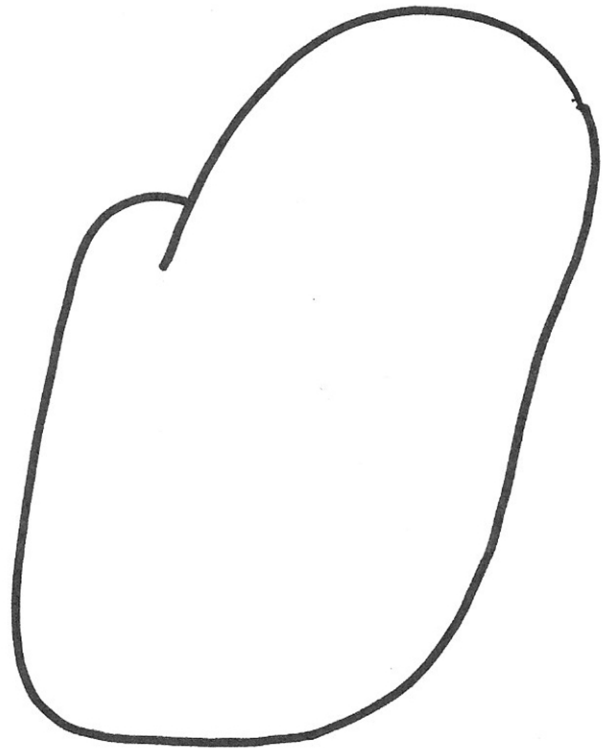


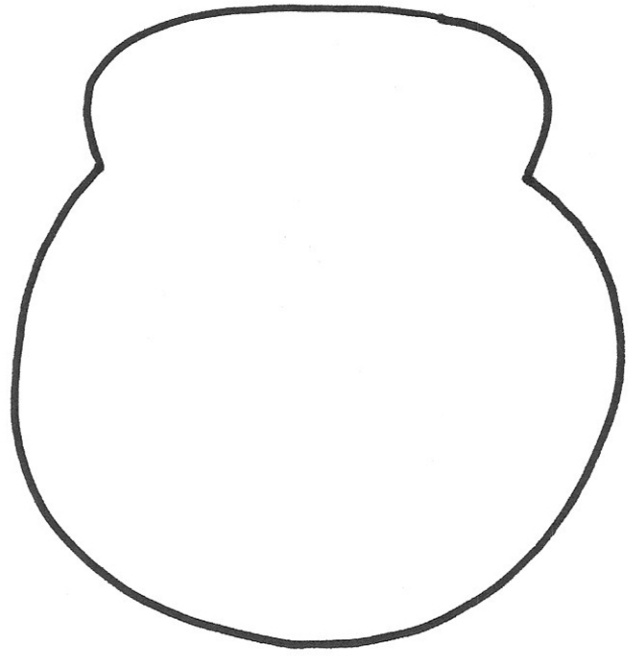
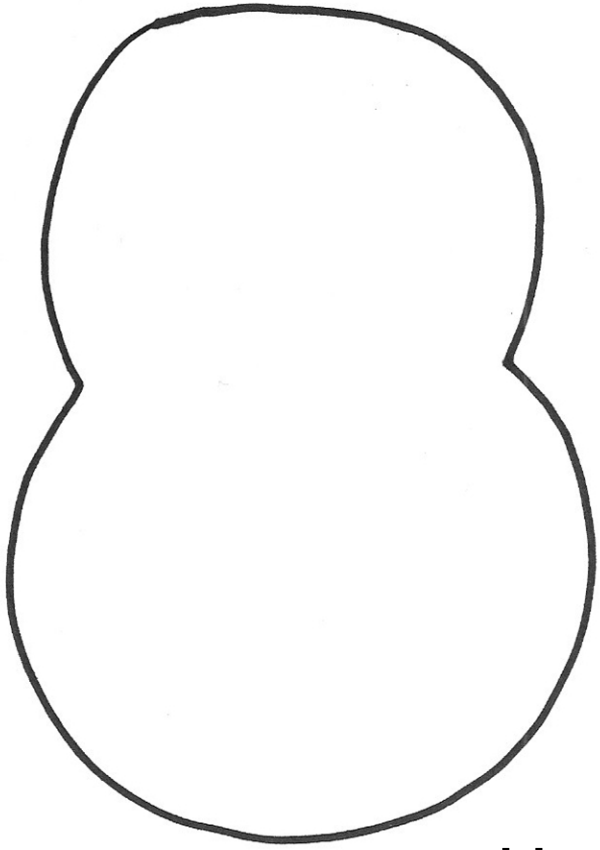
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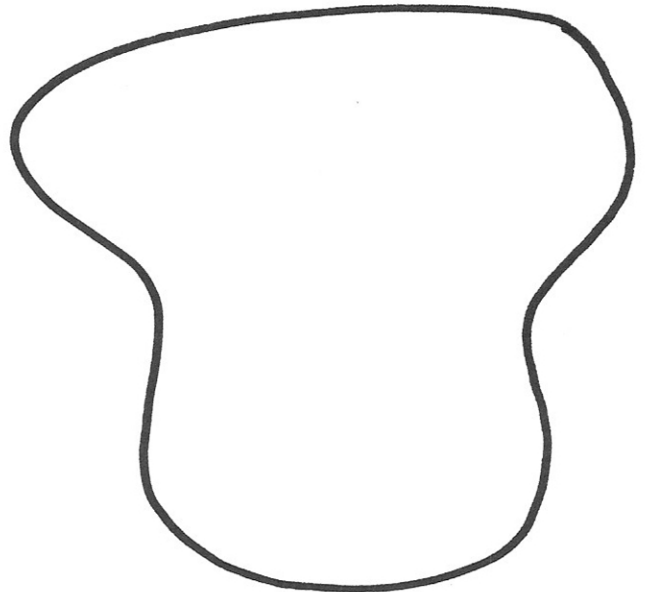
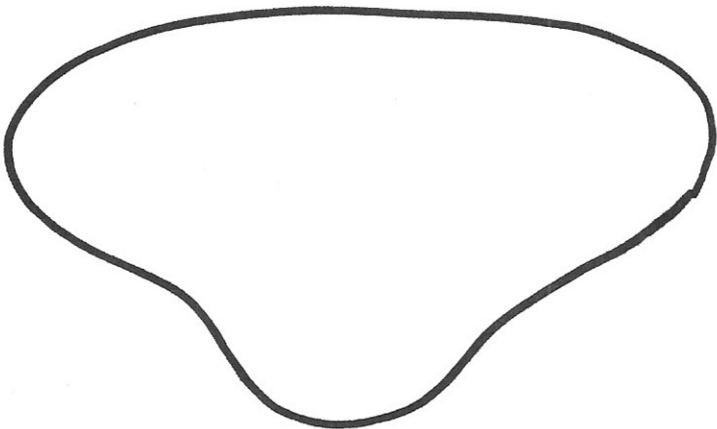
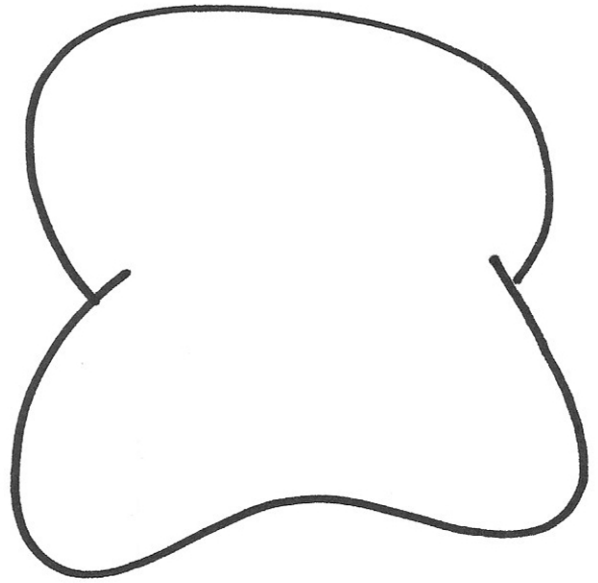
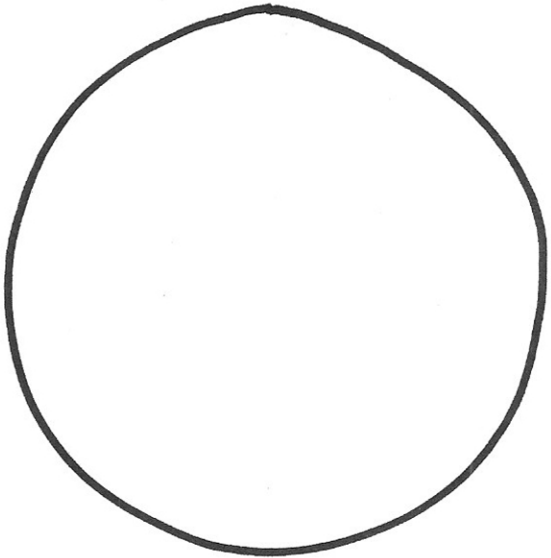


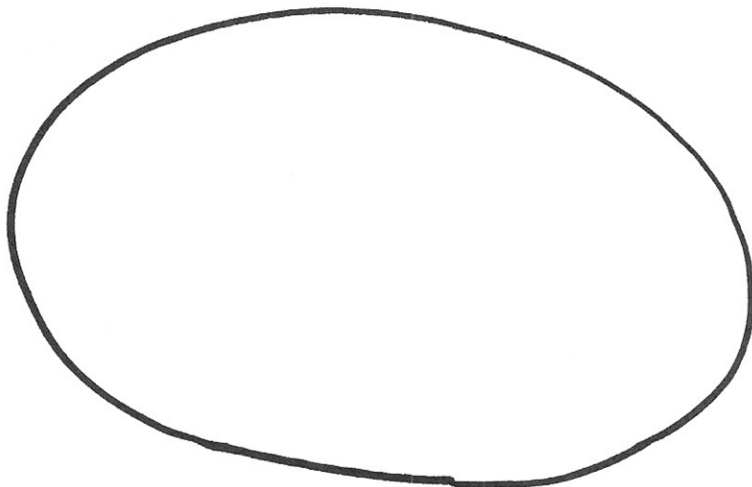
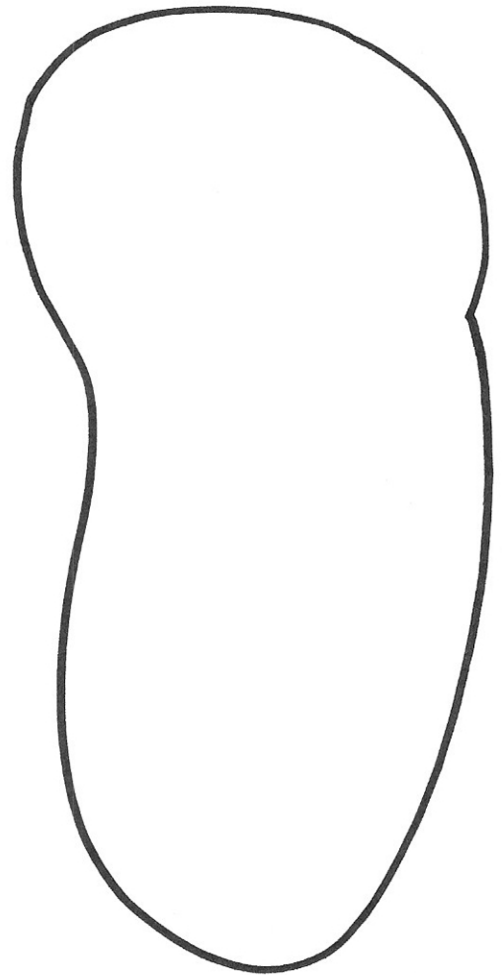
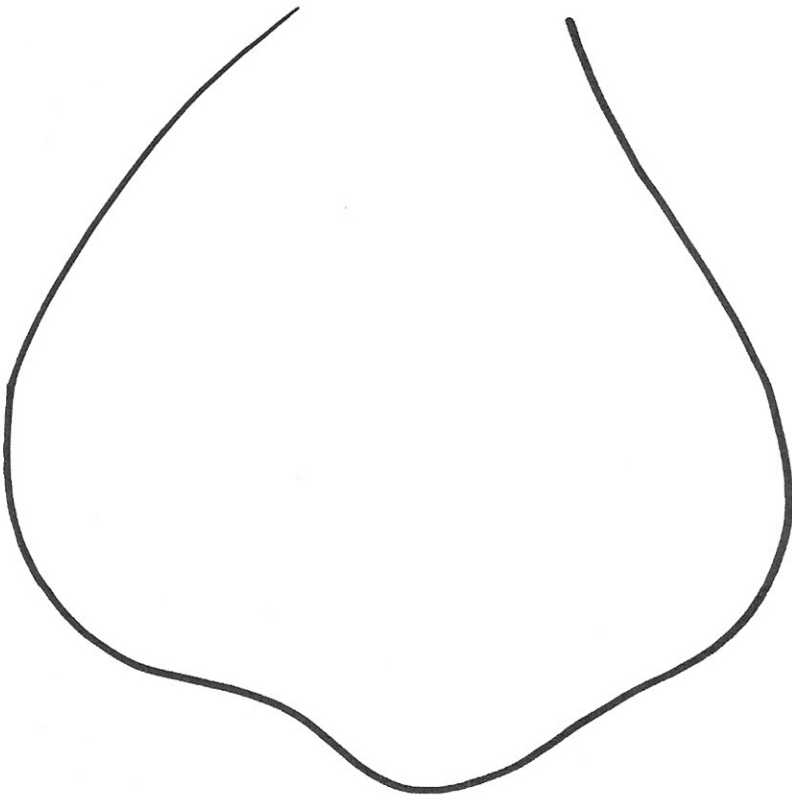
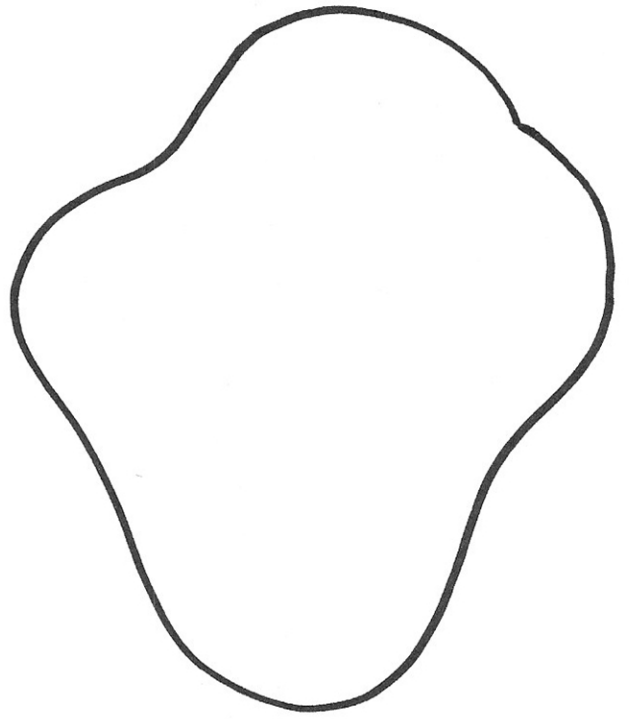
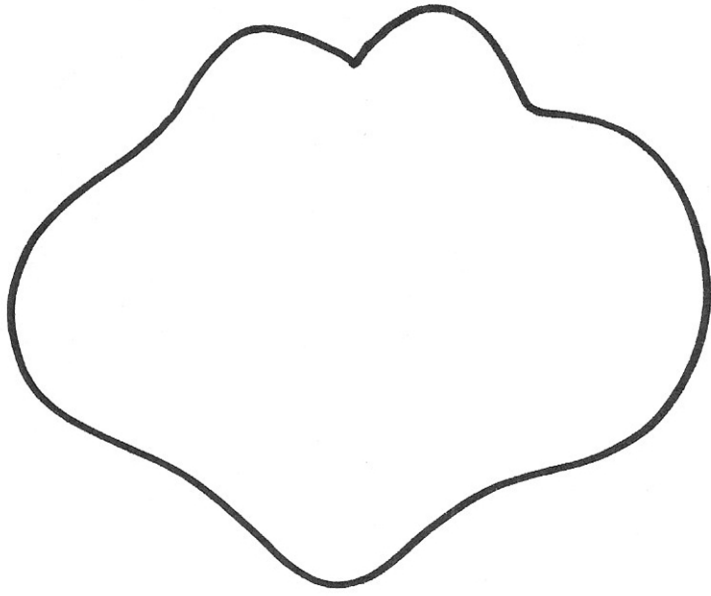
## Bodies





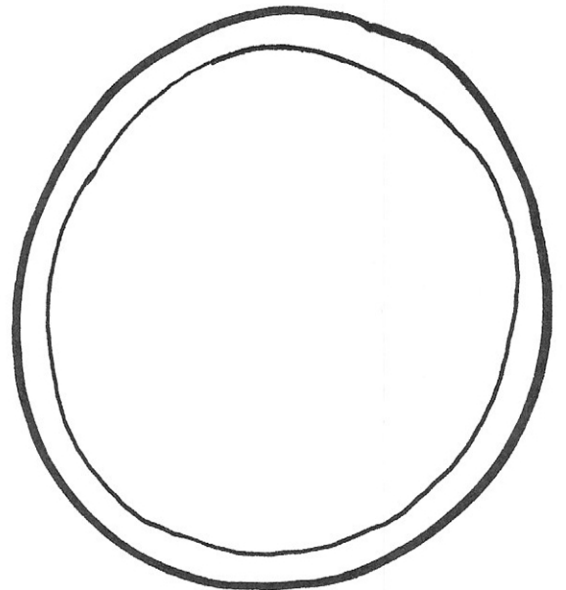
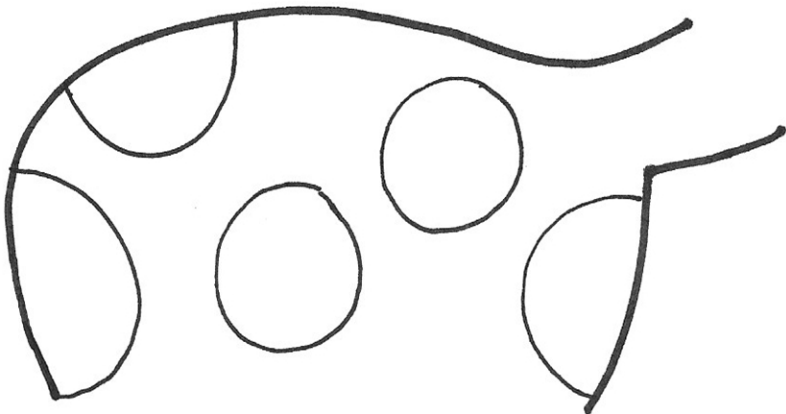
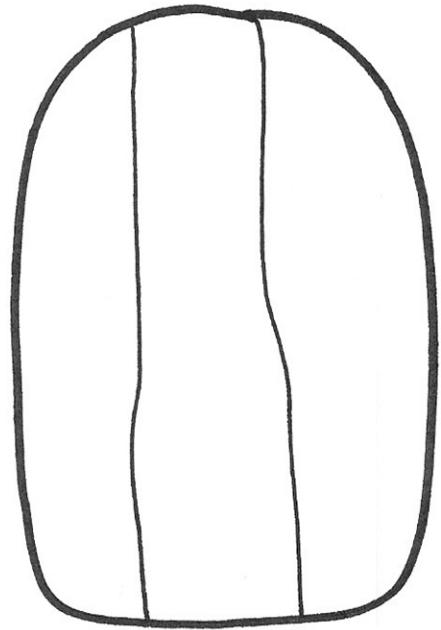
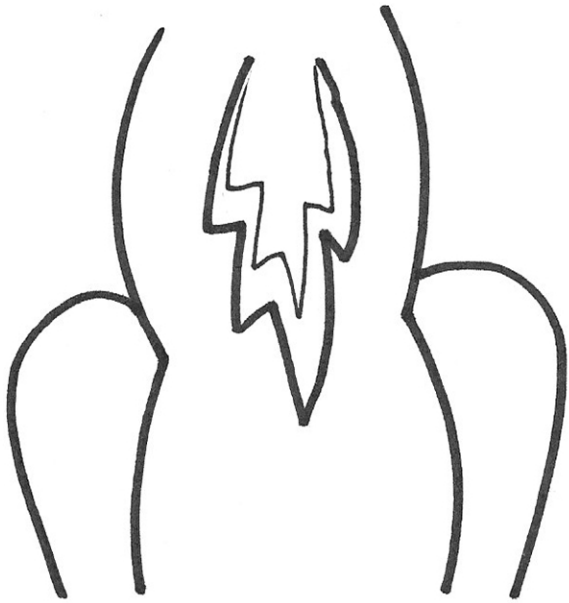
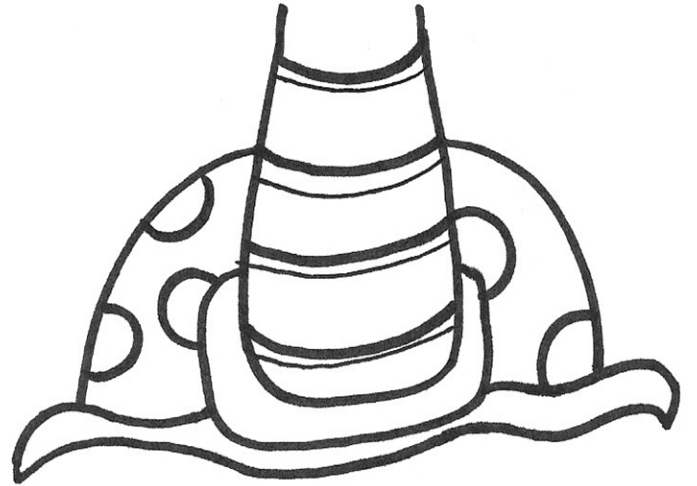
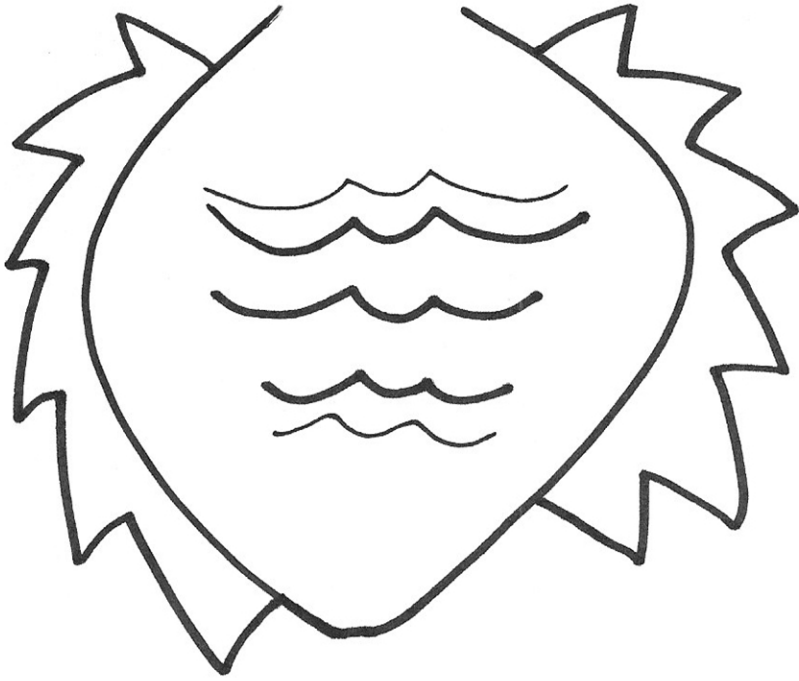
Heads



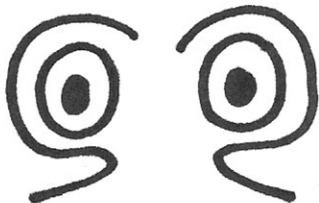
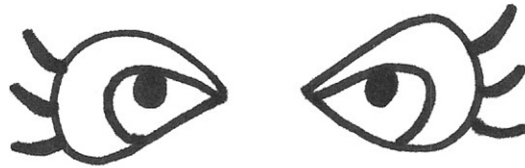
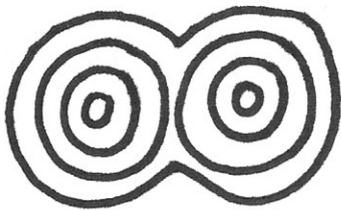
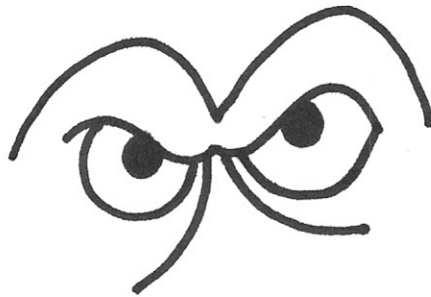
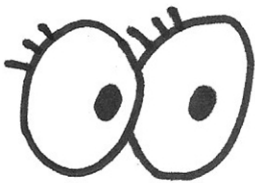
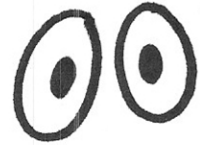
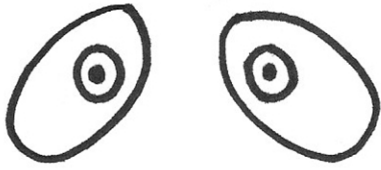


Heads

# Bodies



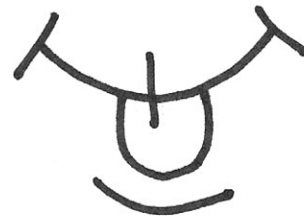
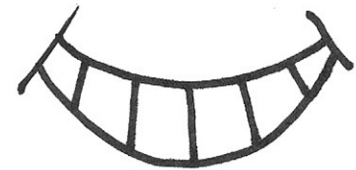
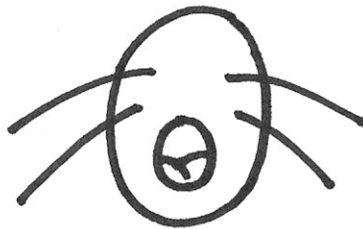
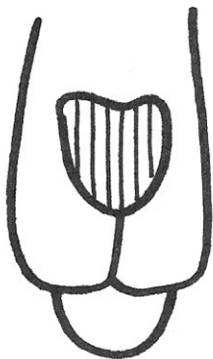
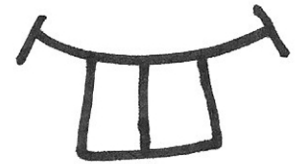
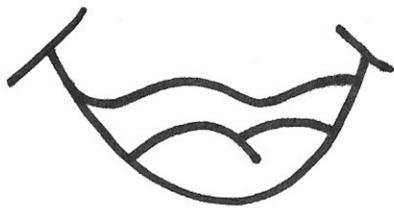
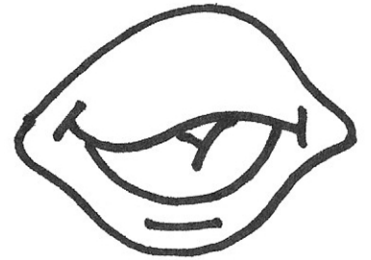
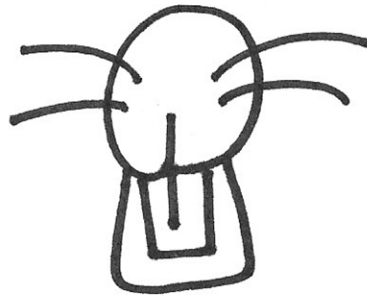
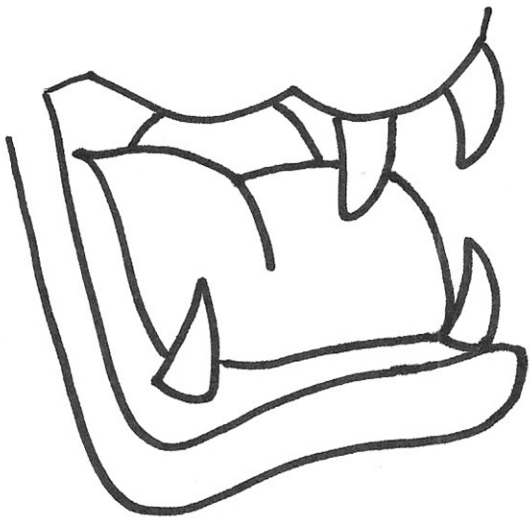
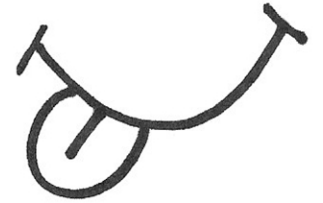
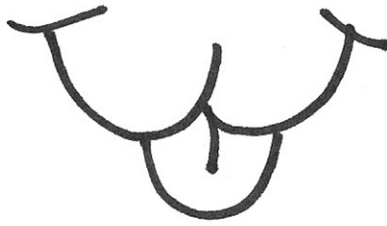
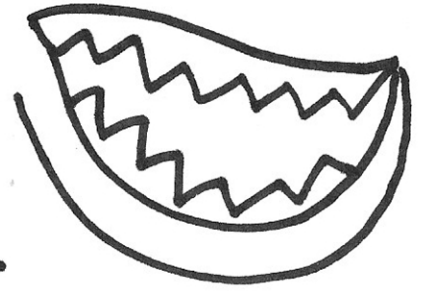
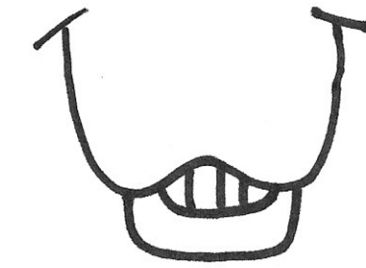
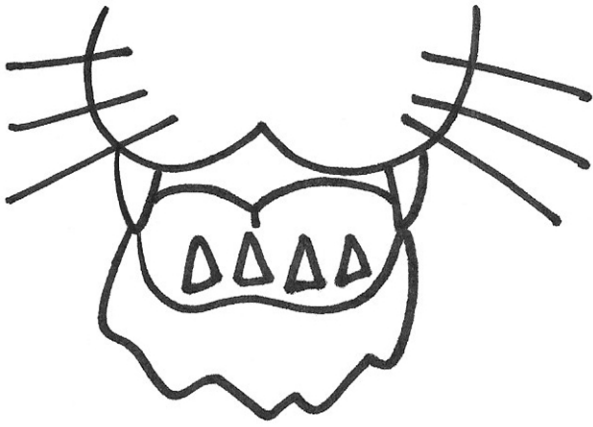
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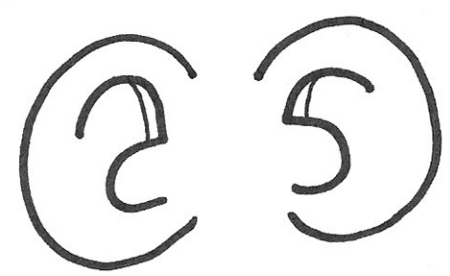
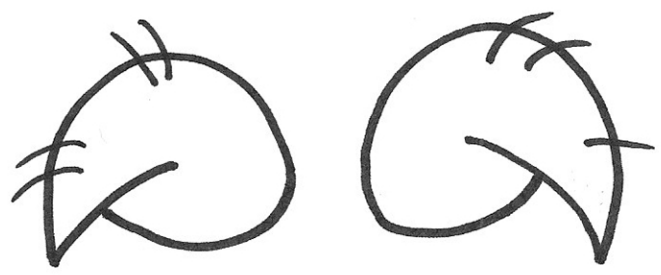
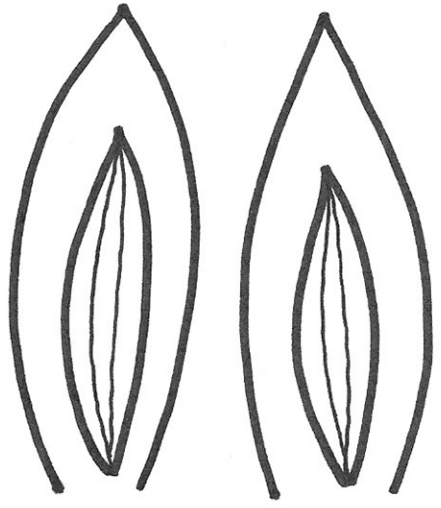
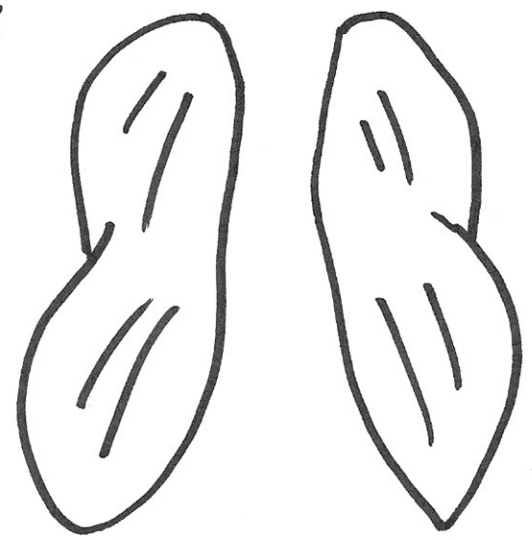
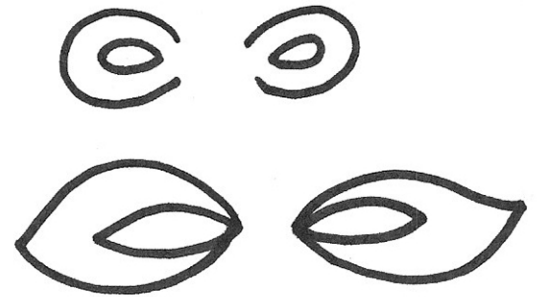
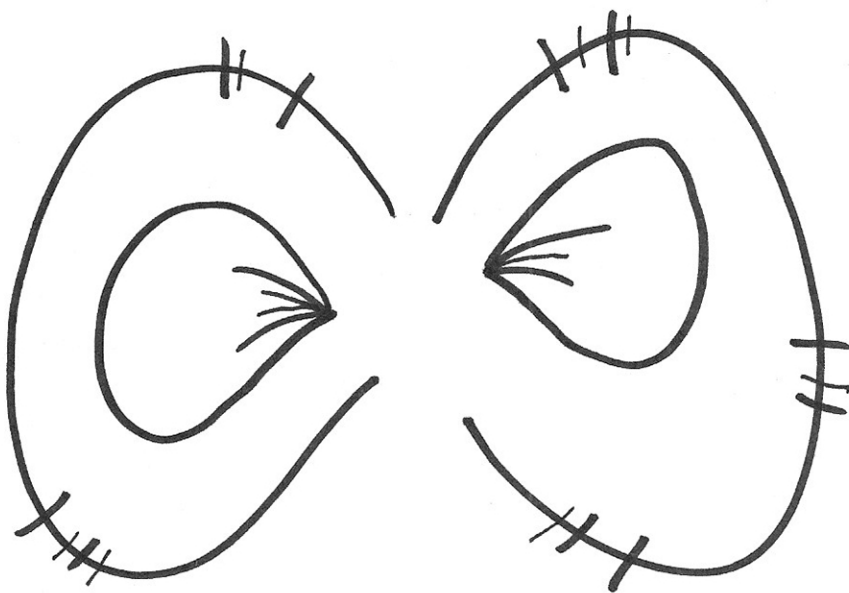


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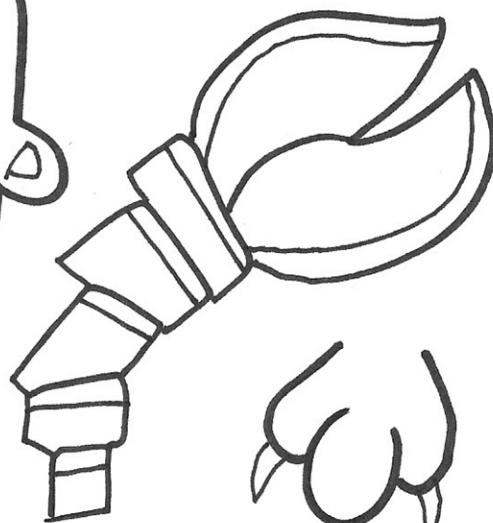
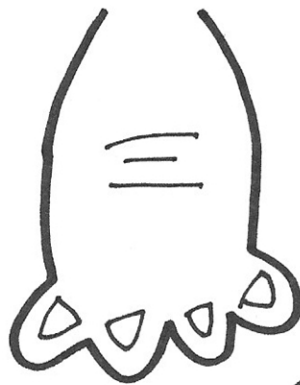
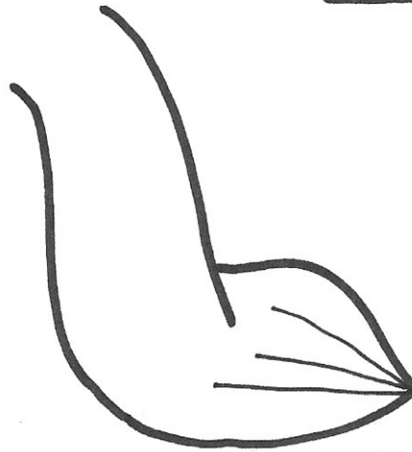
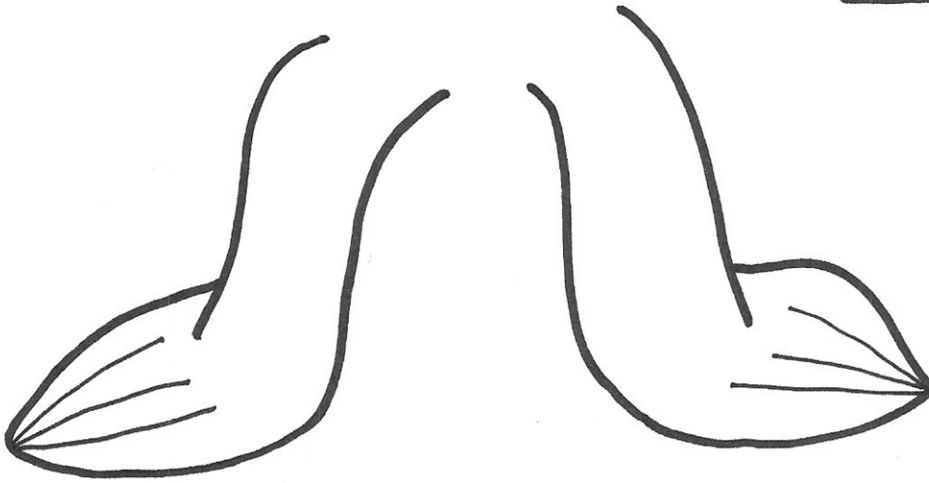
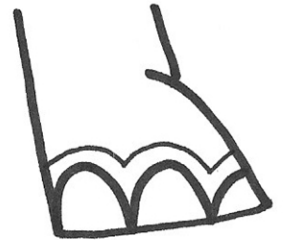
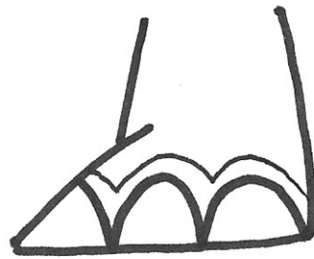
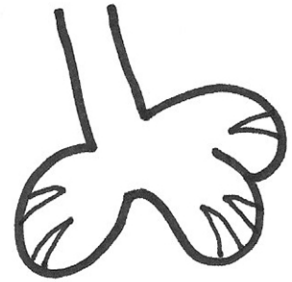
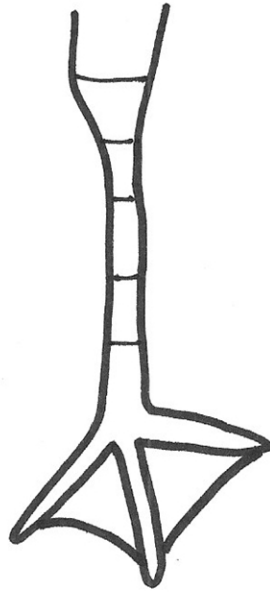
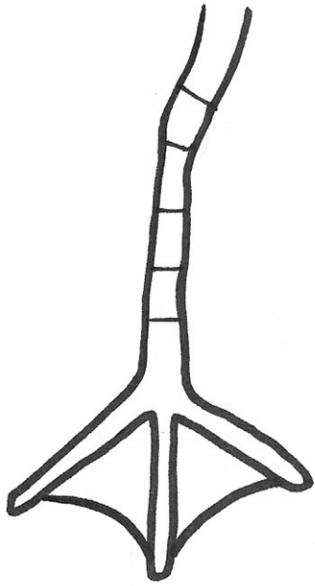
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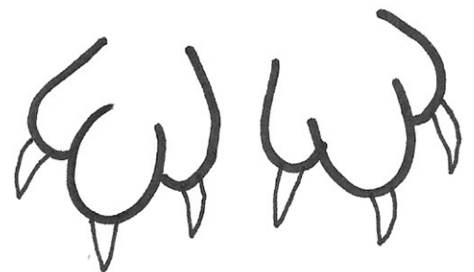




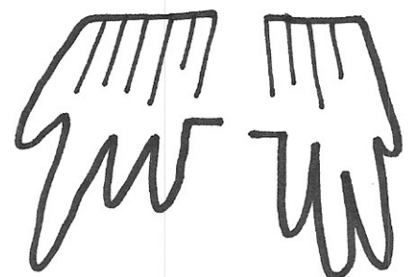
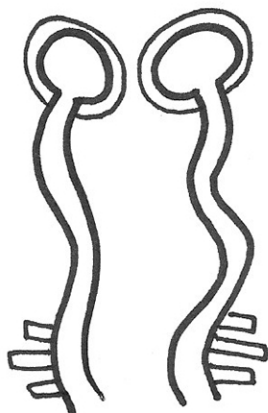
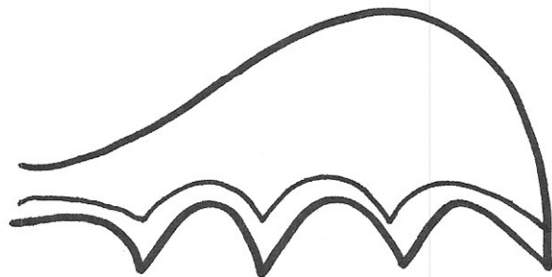
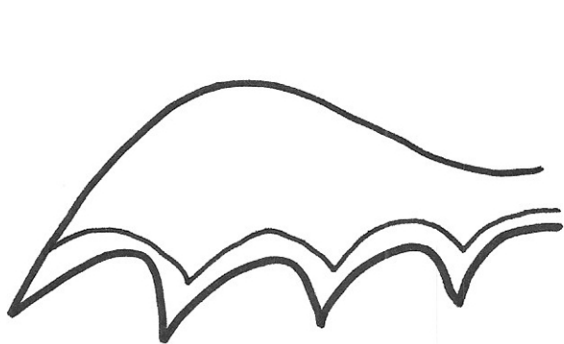
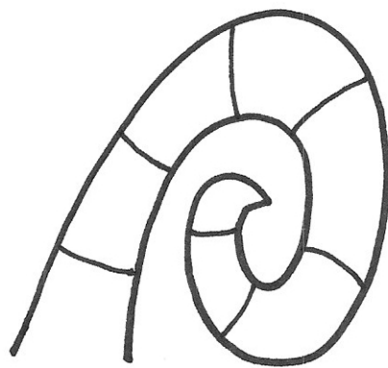
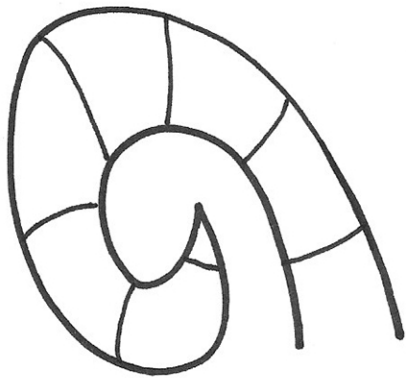
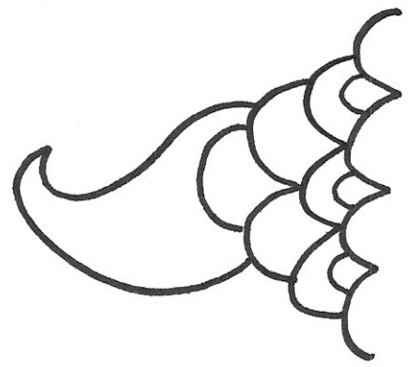
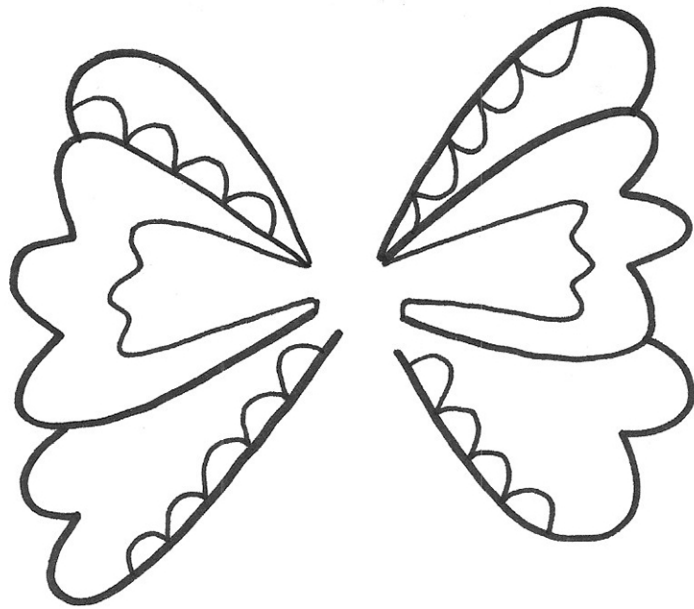
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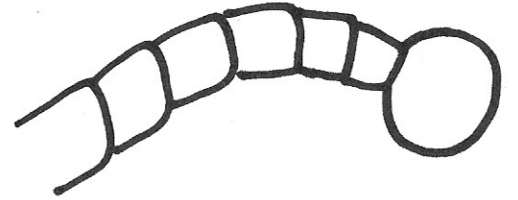
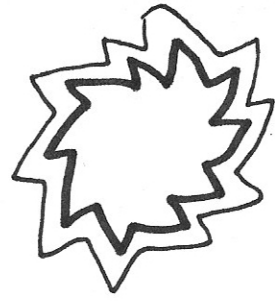
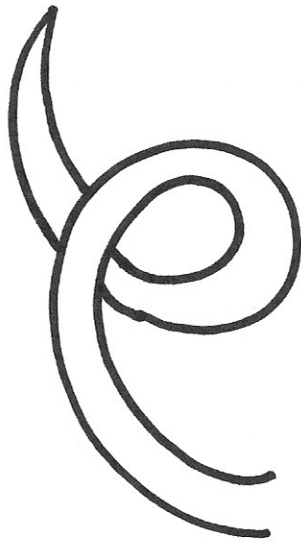


Legs & Feet



Horns  
and  
Wings





Tails

