

Yeti

Resource Guide

Yeti's stories remind children to slow down and be mindful of the world around them. With practice, the valuable skill of mindfulness can help regulate emotions and reduce anxiety.

Key Themes

Mindfulness

Slowing down and paying attention with all of our senses, to what is happening right now

Emotional Regulation

Noticing when we have big feelings and then calming our bodies down

Building Connections

Feelings of love and affection for people, places and things we care about

Mind-Body Connection

Our thoughts and emotions are connected to how our body acts and feels

Concentration

Focusing on one thing at a time with a clear mind

Discussion Questions

What are some things that you need to concentrate or focus on during your day?
Eating during meals, cleaning up toys during clean up, listening to a story during storytime, etc.

What are some times when it would be helpful to slow your mind and body down?
Bedtime, naptime, at school, when I'm worried about something, etc.

Activity

You can practice slowing down and concentrating on mindfulness just like Yeti!
Together with your child answer the following questions one at a time:
What do you see? What do you hear? What do you feel? What do you taste? What do you smell?

Affirmation

I am here in this moment.