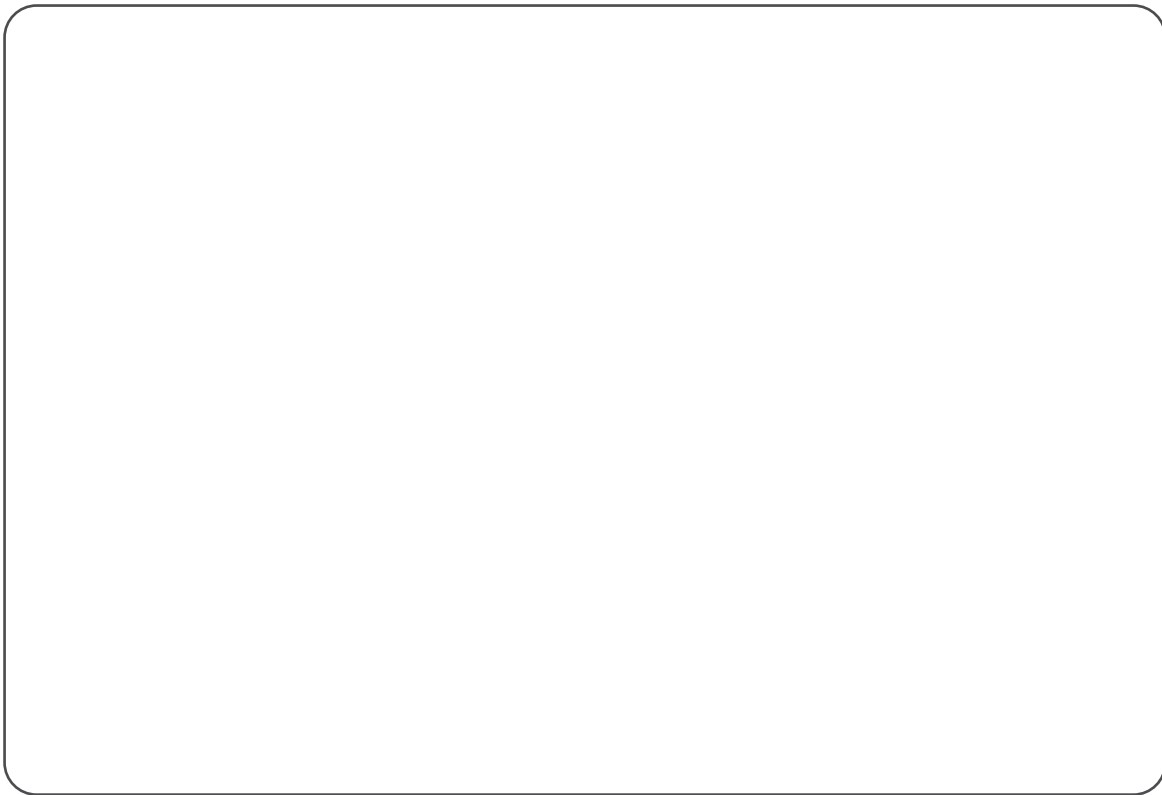


# School Affirmation Banner

Directions: Write your name on the line. In the box, draw a picture of yourself. Cut out the banner and find a special place to hang it up. Repeat the affirmation each day while you're getting ready for school!



\_\_\_\_\_



From home to school,  
in my heart I know  
I can try new things  
I will learn and grow.



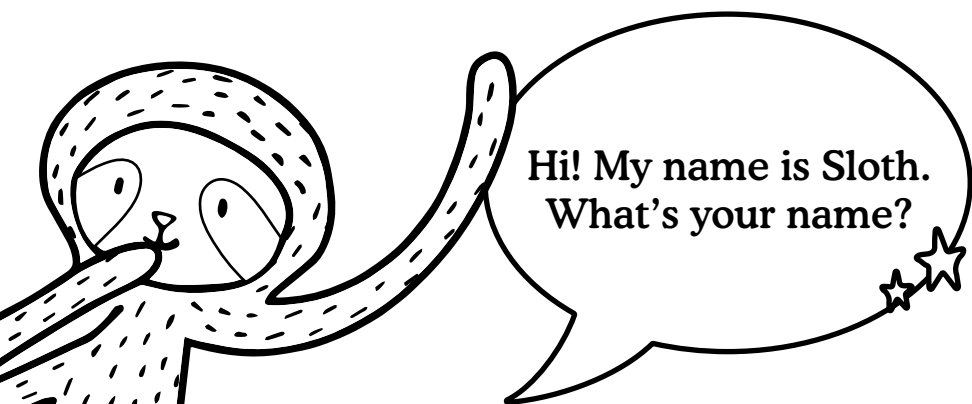
# “I Am...” Activity

Directions: In each of the four spaces below, write a word that describes you (kind, brave, silly, etc.). Use this to help you shout out just how wonderful you are!



# Meeting and Greeting New Friends at School

When you meet a new friend, you can say Hello and introduce yourself!



☆ ☆

Hi! My name is \_\_\_\_\_

It's nice to meet you!

When you meet a new friend you can ask them questions to get to know them better!



My favorite color is \_\_\_\_\_.

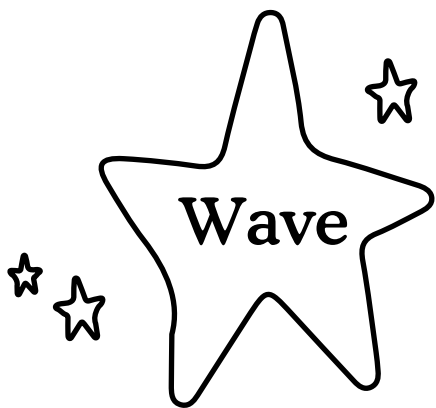


I like to play \_\_\_\_\_.



My favorite animal is \_\_\_\_\_.

There are many different ways to greet someone, from new friends to old ones! Circle your favorite way to greet someone new, with YELLOW. Circle your favorite way to greet a really good friend with GREEN. You get to choose what's best for you!

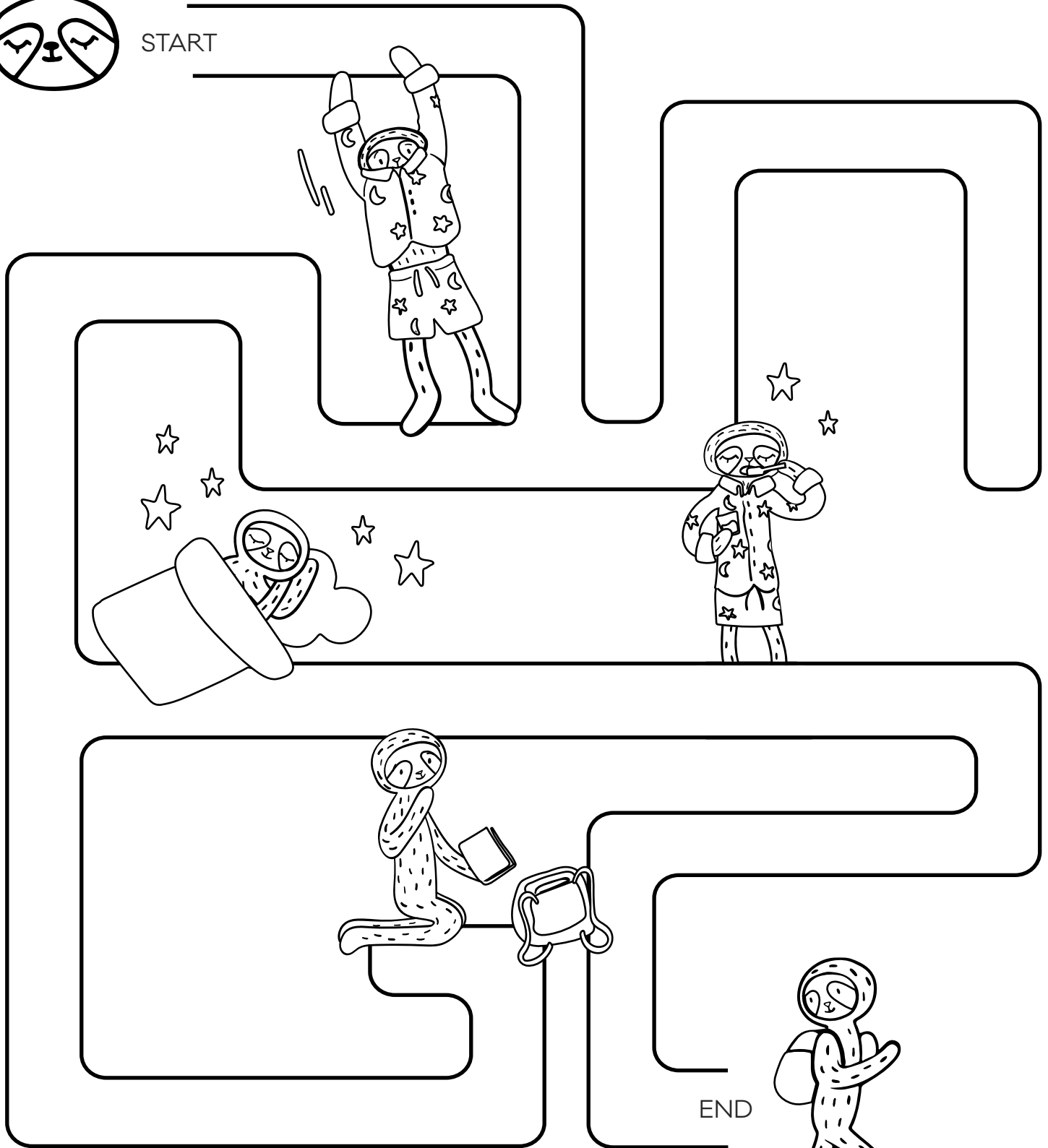


# Sloth Goes to School

Follow Sloth's morning routine to help him find his way to school.



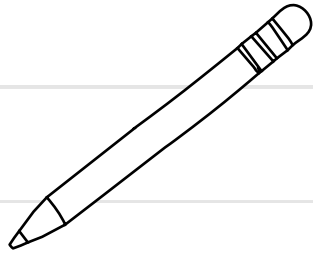
START



END

# Sloth's Search and Find

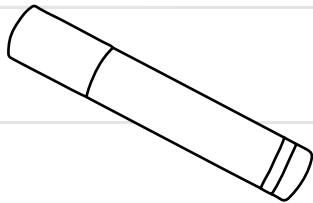
Help Sloth pack his backpack for the first day of school. Use the Back-To-School Supplies list to find all the things Sloth needs to pack.



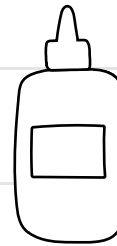
6 Pencils



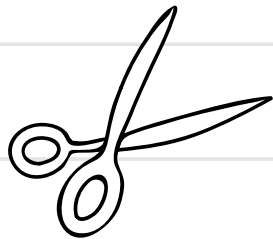
5 Crayons



4 Markers



3 Glue Bottles



2 Sets of Scissors

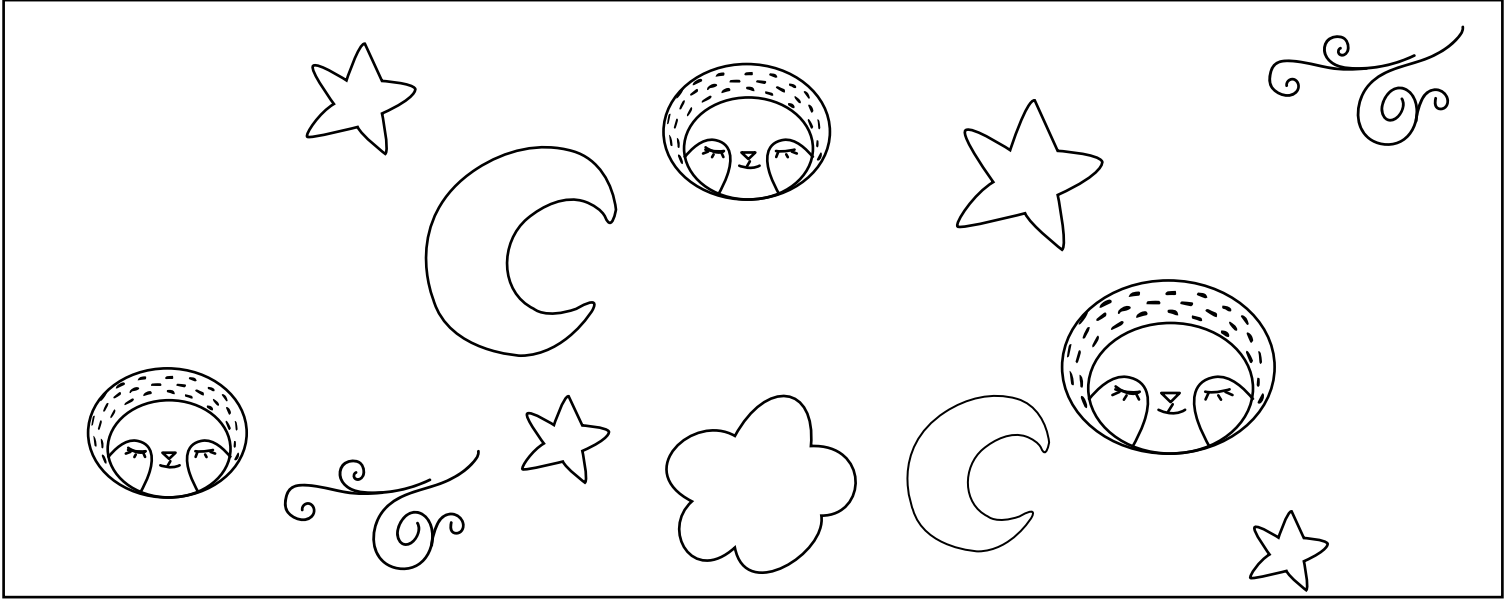


1 Paint Set

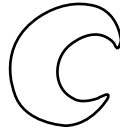
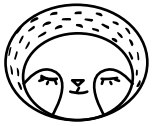


# Counting

Help Slumber Sloth count!








Count each type of item in the box, and then write the number here:



\_\_\_\_\_

Color in the rectangles to show how many of each item you found.

4					
3					
2					
1					
					

# Alphabet Tracing

Practice writing the alphabet by tracing each of the letters below.

aaaaa bbbbb

ccccc ddddd

eeeeee ffffff

ggggg hhhhh iiiii

jjjjj kkkkk lllll

mmmmm nnnnn



# Alphabet Tracing

Practice writing the alphabet by tracing each of the letters below.

o o o o p p p p

q q q q r r r r

s s s s t t t t

u u u u v v v v

w w w w x x x x

y y y y z z z z

# Alphabet Tracing

Practice writing the alphabet by tracing each of the letters, then write it yourself in the empty space.

a b c d

e f g h

i j k l

m n o p

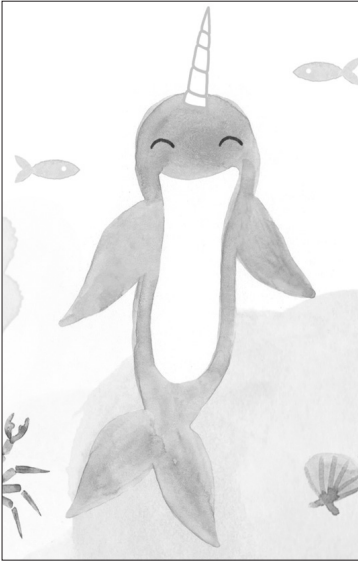
q r s t

u v w x

y z

# Letter Tracing

Trace the letters of each of the characters below. Then try to write the word by yourself.



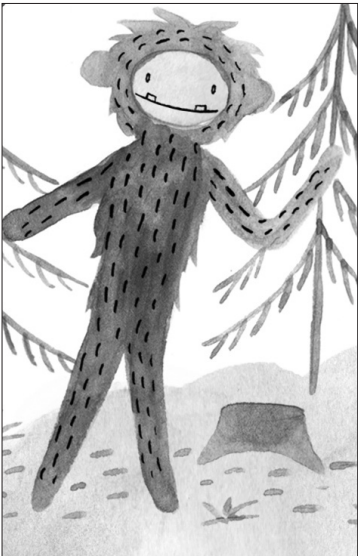
Narwhal

Narwhal



Alpaca

Alpaca



Bigfoot

Bigfoot

# Letter Tracing

Trace the letters of each of the characters below. Then try to write the word by yourself.



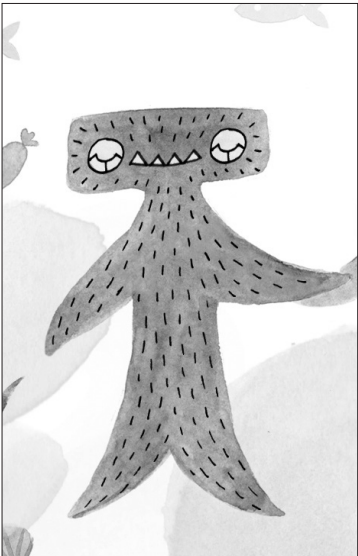
Unicorn

Unicorn



Yeti

Yeti



Hammerhead

Hammerhead

# Matching

Match each face with the feeling it shows.



WORRIED

CALM

MAD

TIRED

HAPPY

# Matching

Match each face with the feeling it shows.



SAD

SILLY

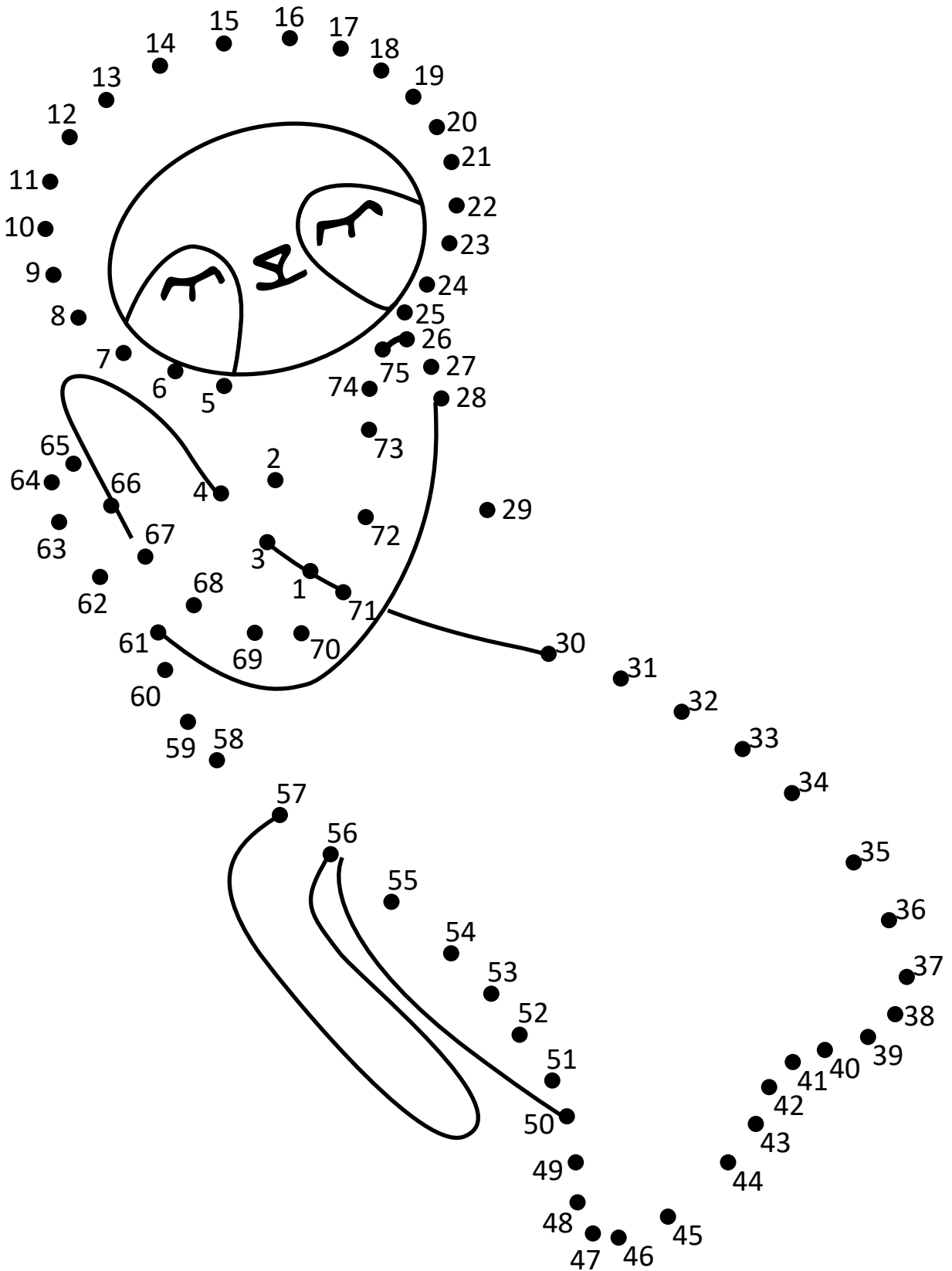
SHY

SCARED

EXCITED

# Dot to Dot

Follow the dots in order to find the character.



# Word Search

Find all of your favorite Slumberkins characters in the word search below! Words can be found across, up & down, and diagonally. You can cross the names off of the list as you find them to help stay on track.

ALPACA  
BIGFOOT  
FOX

HAMMERHEAD  
HONEYBEAR  
NARWHAL

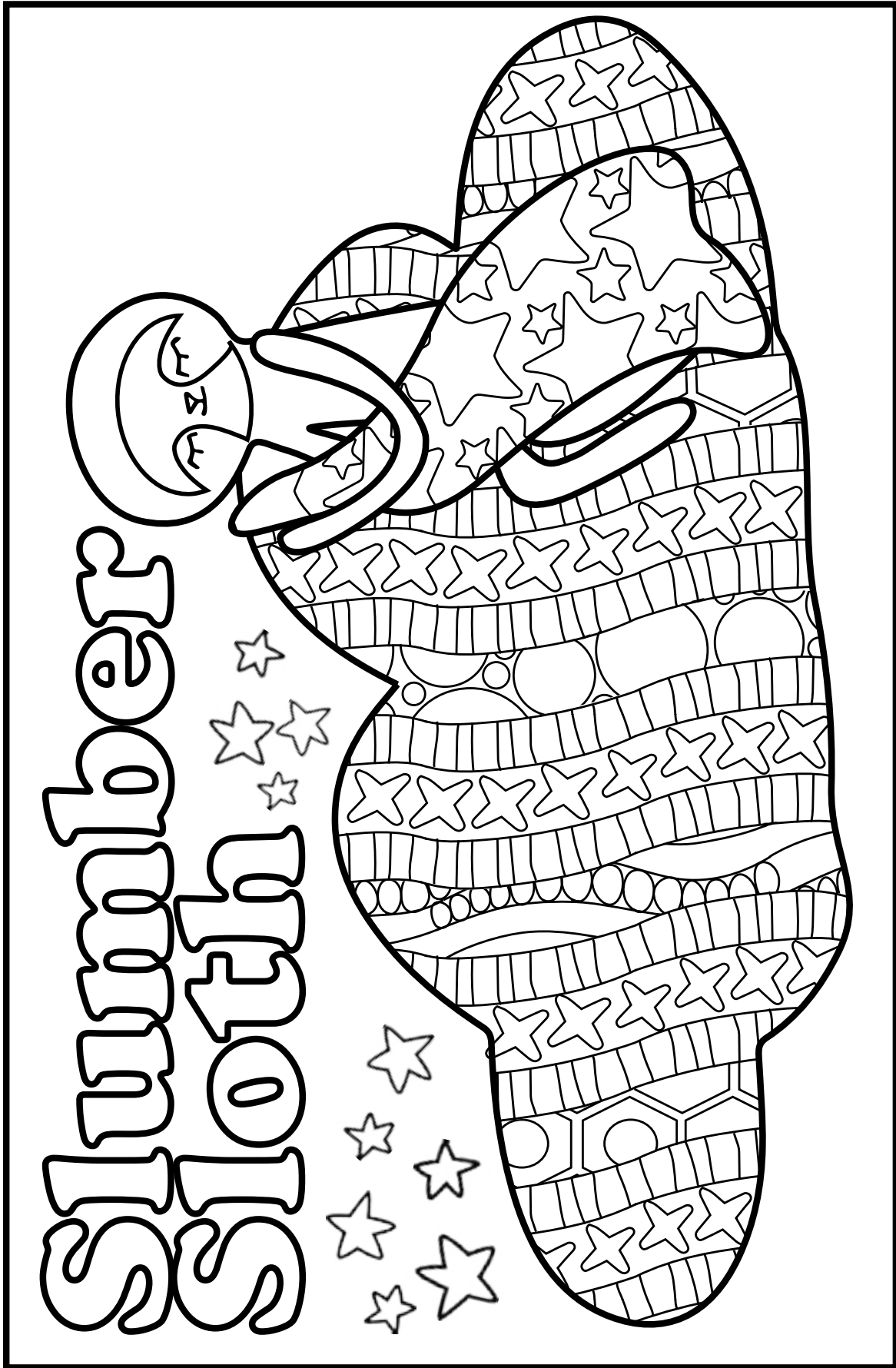
SLUMBERSLOTH  
SPRITE  
THEFEELS

UNICORN  
YETI

N A R W H A L S D E P R A N U  
J E S B A L P A C A X H C W T  
O G U R M H V M N L W O O T D  
T B H N M U A I B I G H R M P  
X W P C E N C E Y F T O O C E  
R D S P R I T E C O R N T I E  
A O L N H W L S L X M E W P R  
I T U E E T M S C E P Y E T I  
N H B I A Y R I H U X B Q I Y  
P E L Z D E A R G L N E C E S  
S F Y O B I G F O O T A S K U  
D E S M W N P U S U V R I T D  
T E U N I C O R N P R O B W N  
M L R A Q M I M V E L E A V T  
S S X E O C U B H Y O S Z N E

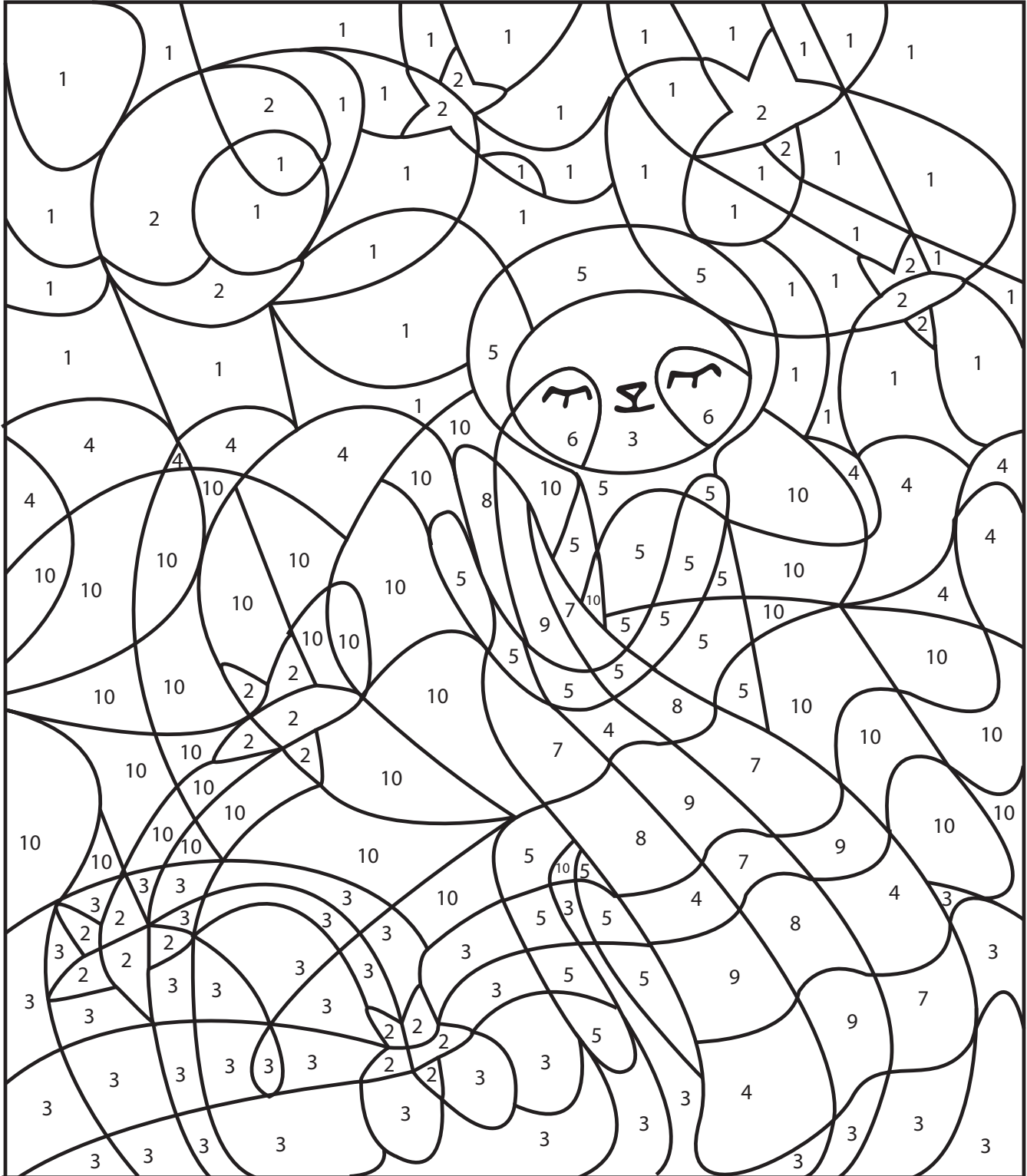


Advanced Coloring



# Color By Number

Who's hiding in this picture? Use the key below to color the image and find out!



1. Dark Blue

2. Yellow

3. White

4. Light Blue

5. Light Brown

6. Tan

7. Light Purple

8. Light Pink

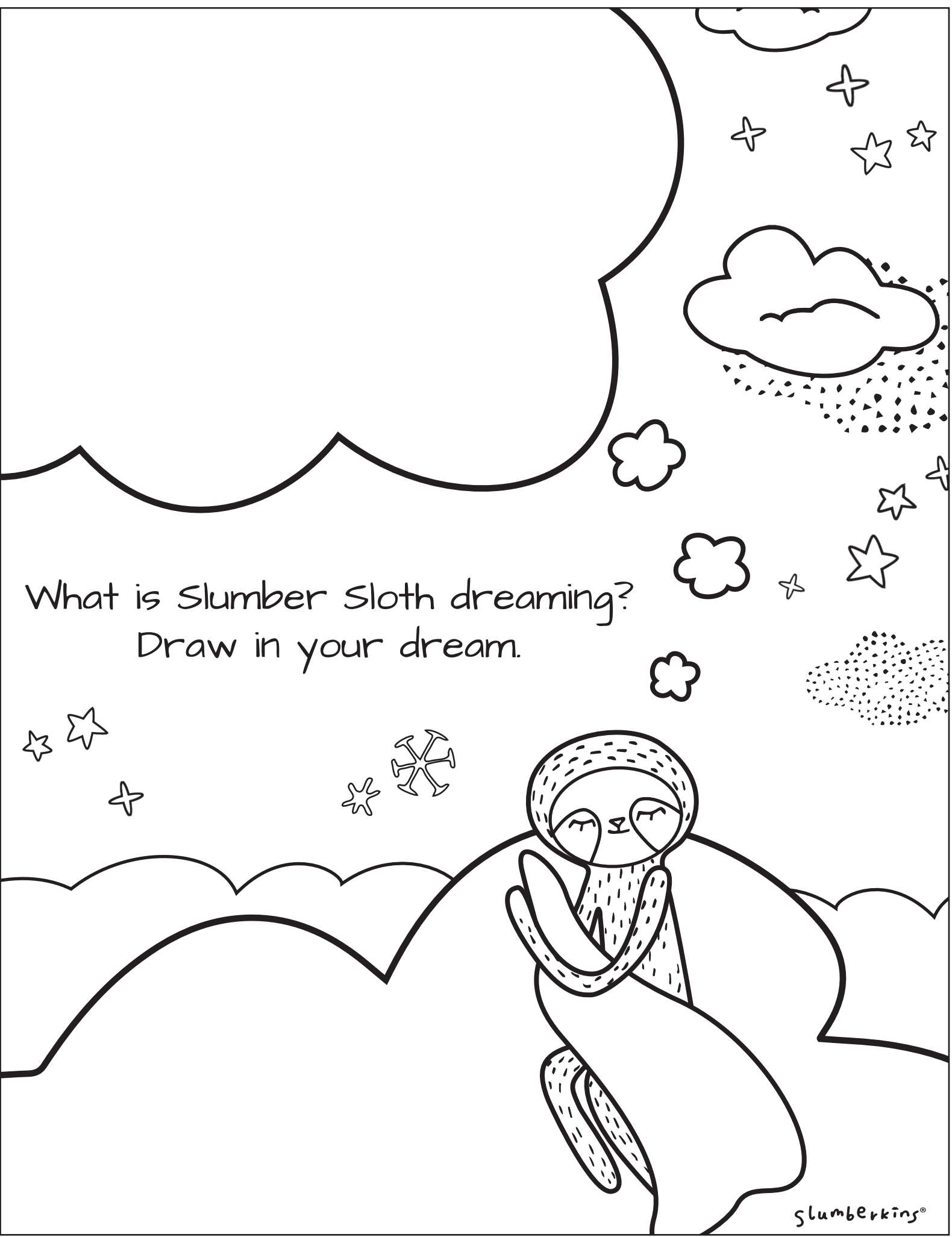
9. Light Green

10. Gray

Take a deep breath with  
Slumber Sloth.



What is Slumber Sloth dreaming?  
Draw in your dream.



# Calm Down Activities

Try some of these activities to calm your child when they're upset or are getting ready for bed.

## Quiet Reading

Try sitting on the floor near an upset child and quietly reading a book aloud. After several pages they will likely be curious enough to check it out. If your child is already calm, snuggle up and read a book together.

## Warm Bath

Run a warm bath. The sound of the water running will likely pique their interest and provide a soothing soundscape. Add bubbles, epsom salts, or essential oils for an extra level of comfort. Getting dressed into cozy pajamas directly out of the bath is icing on the cake!\*

## Rice & Beans

Pour several cups of uncooked rice, beans, or legumes into a large bowl or deep pan and add some spoons or small measuring cups. Let your child spend time pouring the rice between the cups and letting it fall between their fingers. Add some lavender or a few drops of essential oils if you have some on hand. Keep the rice in a marked, resealable plastic bag to use for the next time.\*\*

## Color Me Calm

Coloring is a calming activity for many people. If you spend time coloring with your child, you may find that it is calming for both of you!

## Baby Burrito

Even big kids can be calmed by swaddling. Find a large blanket or sheet and snugly wrap your child as though swaddling a baby.\*

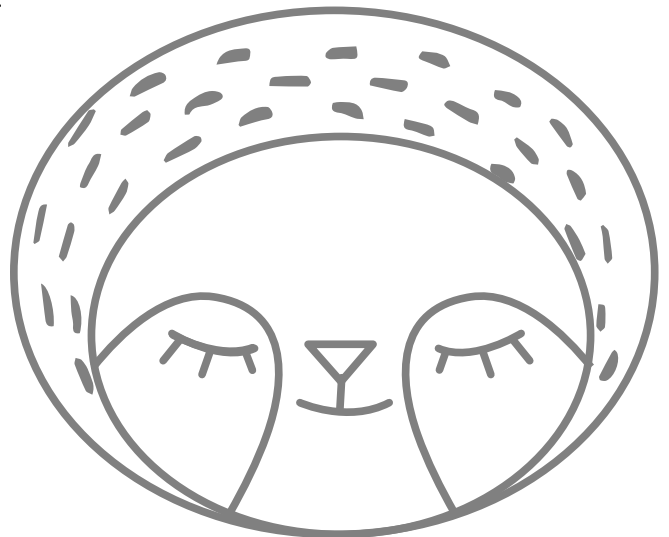
## Deep Breaths

Demonstrate for your child taking a deep breath while counting to five with your fingers. Then demonstrate blowing out that breath while counting to five with your fingers.

Continue doing this while slowing down the pace of your count. You may want to add stretches to this exercise: Start in a squatting position with your hands and feet flat on the floor and slowly stand up and lift your hands way above your head while inhaling, slowly returning to the squatting position while exhaling.

## Hug it Out

The personal connection and physical pressure of a hug can be very soothing. Try soft pats on the back, slowly rocking side to side, and quiet whispers in your child's ear during a good long hug.

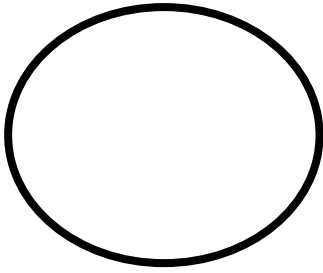


\*Do not leave children unattended in a bath or while swaddled.

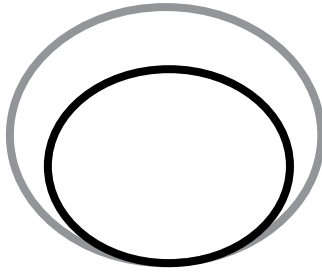
\*\*Choking hazard. Use caution with young children.

# Learn to Draw

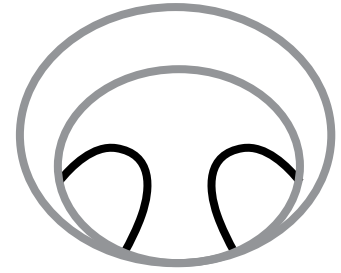
Follow the steps below to learn to draw Slumber Sloth!



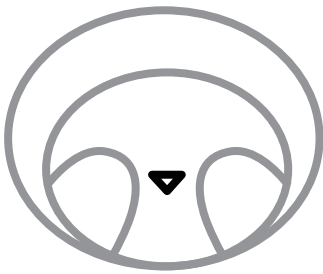
Step 1: Draw an oval.



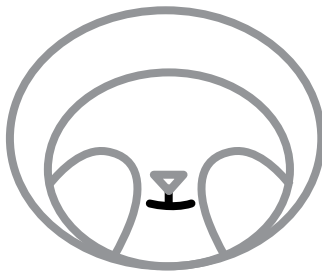
Step 2: Draw a smaller oval for the face.



Step 3: Draw two eye patches.



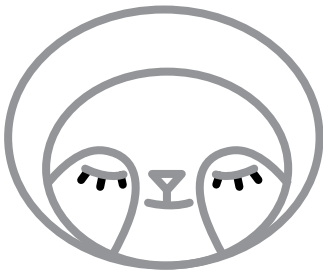
Step 4: Draw a triangle for the nose.



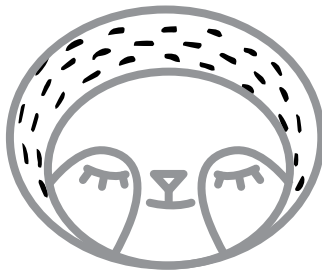
Step 5: Add the mouth lines.



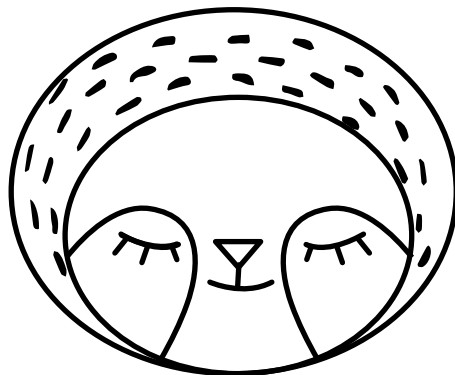
Step 6: Draw two curved lines for eyes.



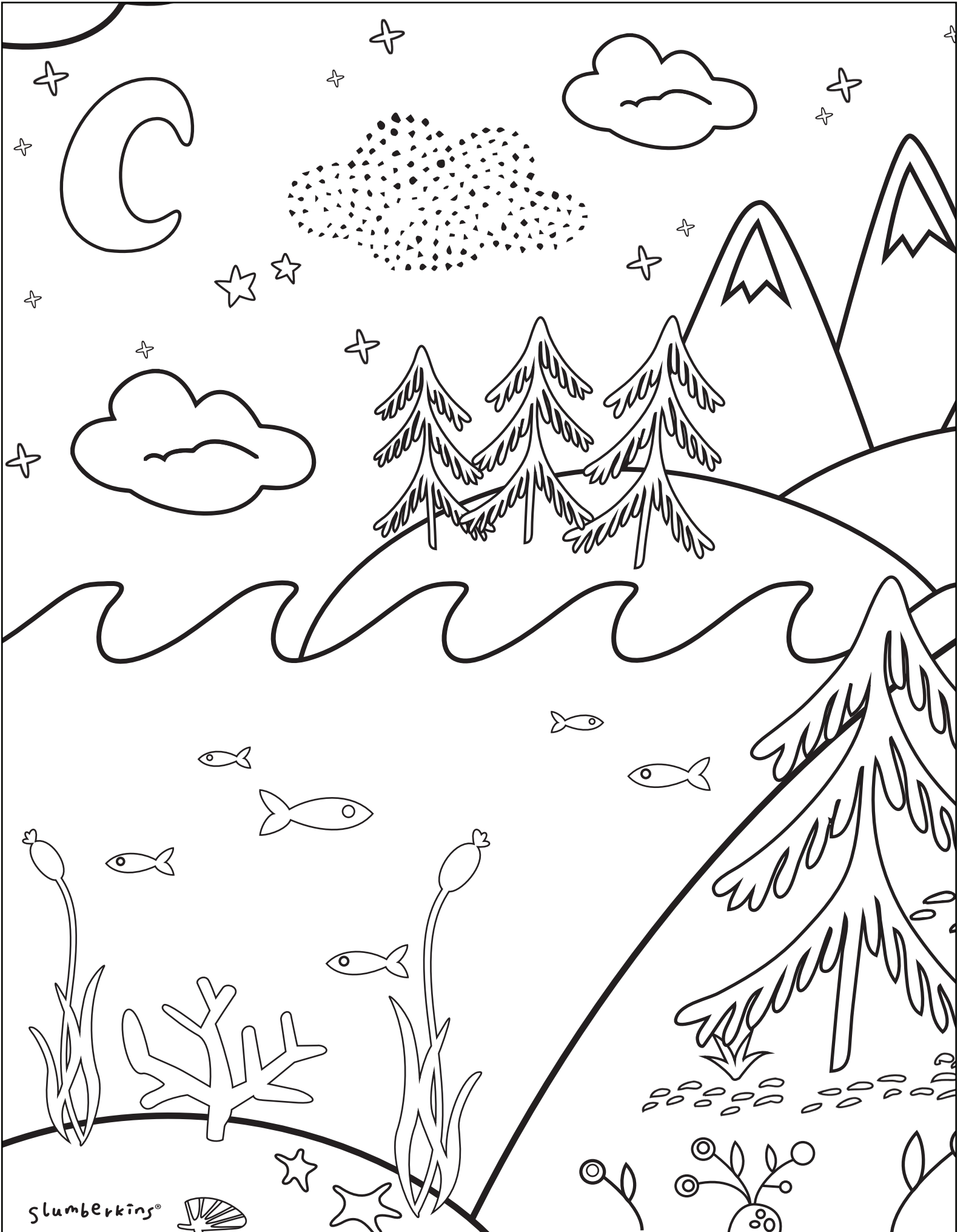
Step 7: Add some eyelashes.



Step 8: Add some lines for fur.

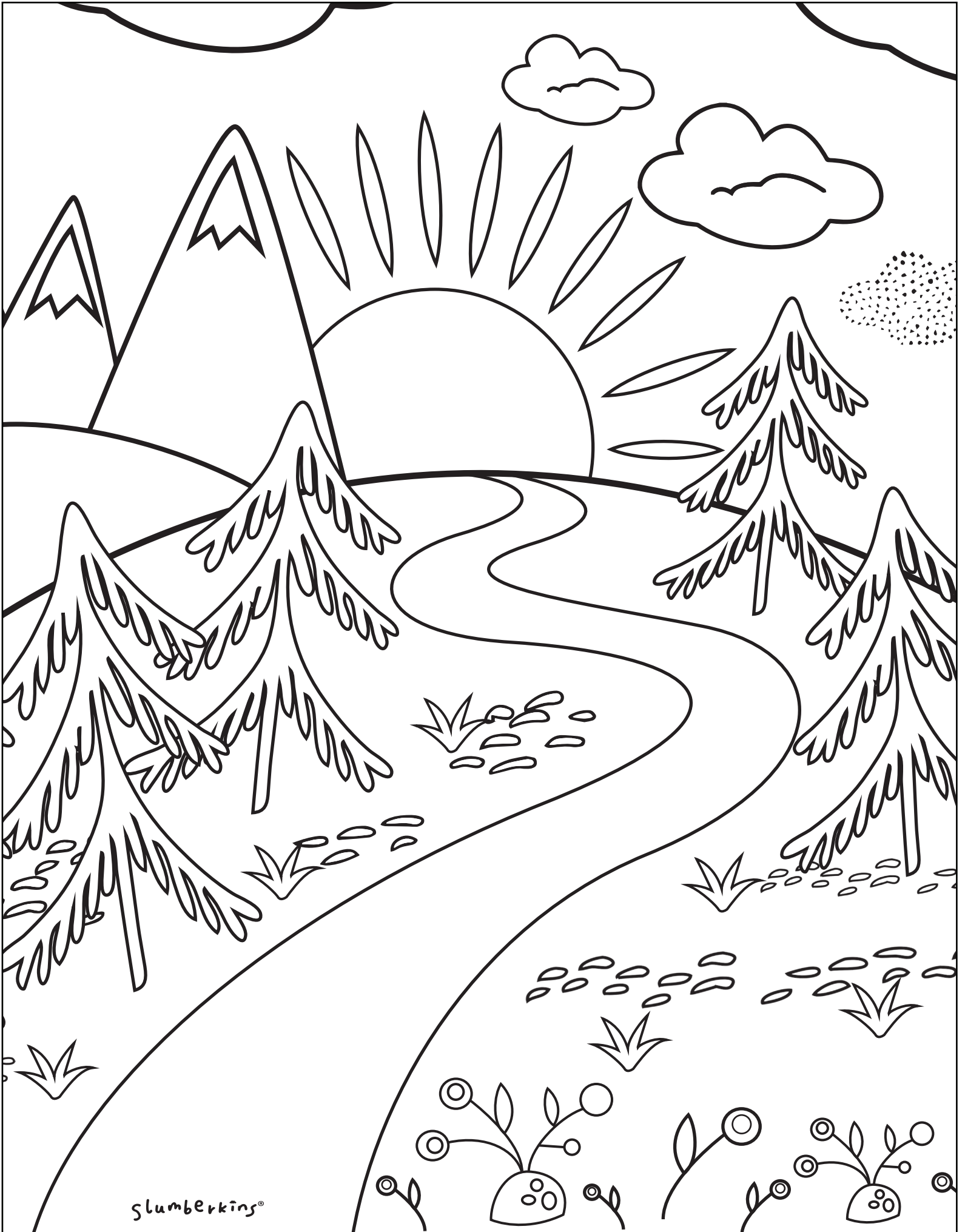


You did it!



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