

Are you ever finicky like a cat?

5-10 What makes you finicky? Write a list of them. Are you more likely to be finicky if you haven't had your cat food, water, napped & used your litter box? Pretend to be a finicky kitty now.

10-20 Draw a picture of a finicky cat. What makes them finicky? Write a story. Embrace your inner finicky. Breathe deep and when you breathe out hiss loud. Repeat 5 times!



Are you ever mad like a gorilla?

5-10 Imagine you're a gorilla. What are you mad about? Show how a gorilla might look and move their body when they're mad. Now, take a deep breath and when you breath out grunt. Repeat 5 times!

10-20 Write a story about a mad gorilla. Now, act it out! Take a deep breath and when you breath out sway your arms back and forth. Repeat 3 times!



Are you ever content like a dog?

5-10 Be a puppy, wag your tail and bark. What makes you content? Who makes you feel happy? What things are you doing when you're happy? Where are you when you're happy?

10-20 Draw a picture of a content dog. What makes this dog happy? Write a story. Embrace your inner content dog. Pretend to be a dog. Breathe deep, breathe out & bark loud. Repeat 3 times!



Are you ever sad like a donkey?

5-10 Draw a picture of a sad donkey. Now add things to your picture that might help the donkey feel better. Who helps the donkey when they're sad?

10-20 Write a story about a sad donkey. What makes you sad? What helps you when you're sad? Who helps you when you're sad?



Pretend you & others are dolphins... Can you connect with other dolphins?

5-10 Draw a picture to give to a dolphin friend of yours.

10-20 Write a list of all the dolphins that help support you. Think of some questions that they might ask each other to connect, write them down. Draw a picture of a dolphin and write on it what makes a good friend?



Pretend you & others are wolves... Can you connect with other wolves?

5-10 What would a wolf do to show they want to be friends? What would they do if they didn't want to be friends? Write a list of these things.

10-20 Howl. How do others know what you need? What do you need now? Draw a picture of yourself with others. Write words to show what you need from the others to help support you.

