

I Feel Calm

Feeling calm is when your body is still and your thoughts are quiet, **like floating on a cloud.**

Sometimes when my heart is beating fast and my body is tense, I have to take three deep breathes, in through my nose and out through my mouth. When my breathing slows down, my voice is soft and my arms and legs are loose; I am calm.

Sitting by a warm, cozy fire, staring up at a starry night makes me feel calm. Ahhh.





Mr. Sloth Feels Lazy

Did you know that Mr. Sloth always feels lazy? He's slow and sluggish and **just wants to lay around and do nothing at all.** Sometimes when Mr. Sloth feels lazy, and he has to get up and get moving, it takes all his energy to get things done. It's okay to be quiet and lazy once in a while, but when it's time to get going, it's time to get going.

Do you ever feel lazy?

Ecstatic, how Exciting!

I had a dream that I was a rock star and hundreds of people came to hear me sing. **When I came out onto the stage, the crowd went wild!** The crowd was so excited and happy; they cheered and clapped and jumped up and down. Feeling ecstatic is a powerful feeling!

Have you ever felt so much excitement that you felt like you were going to burst?

