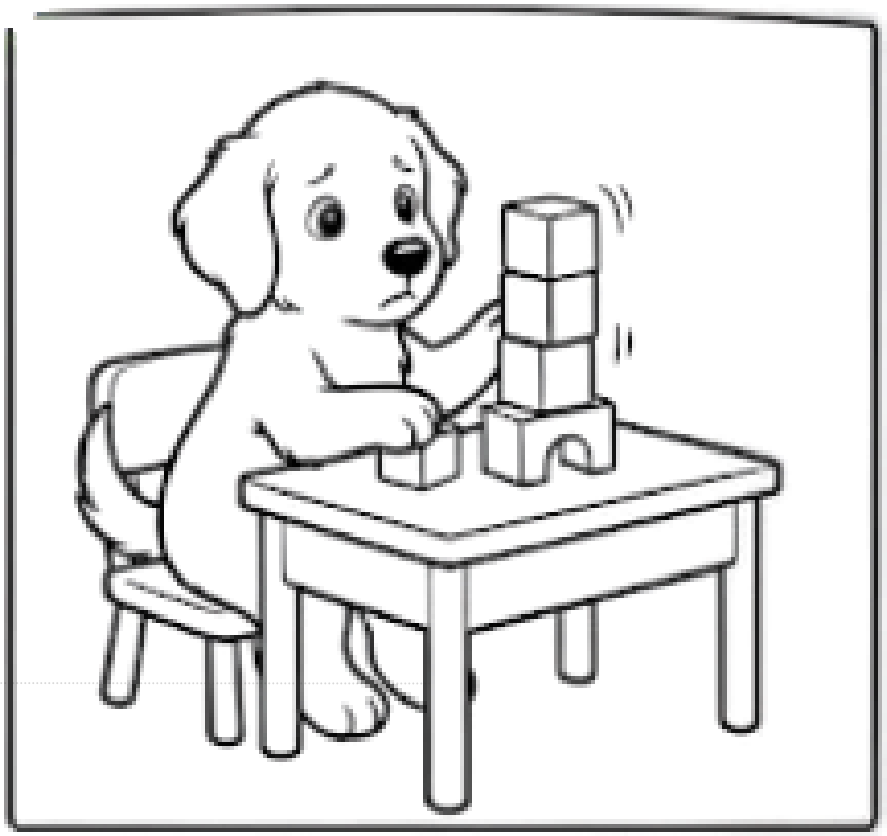
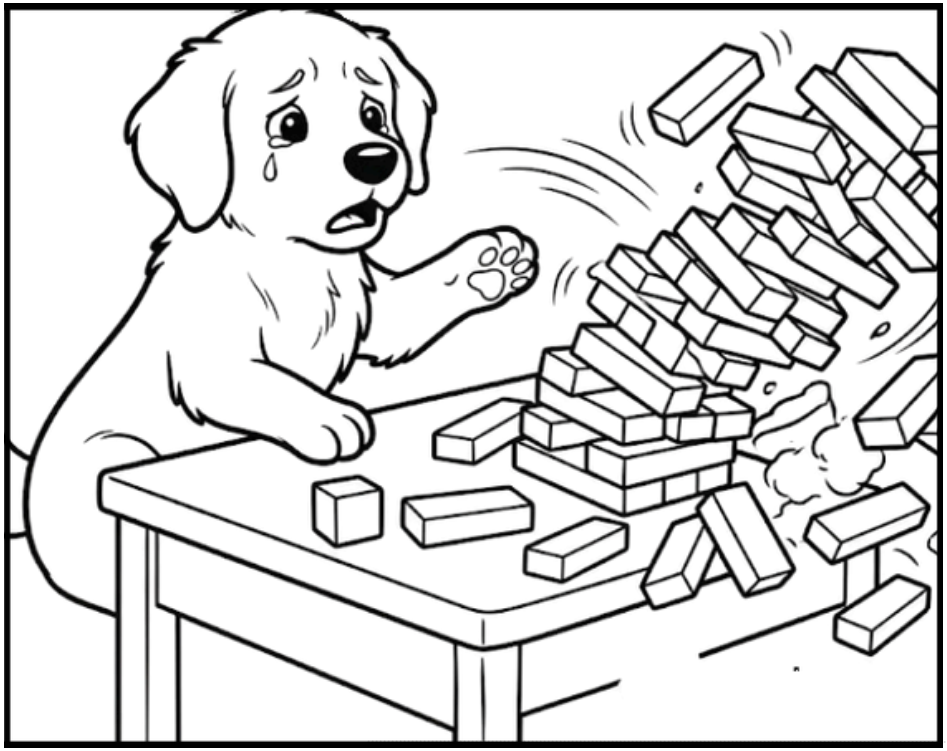


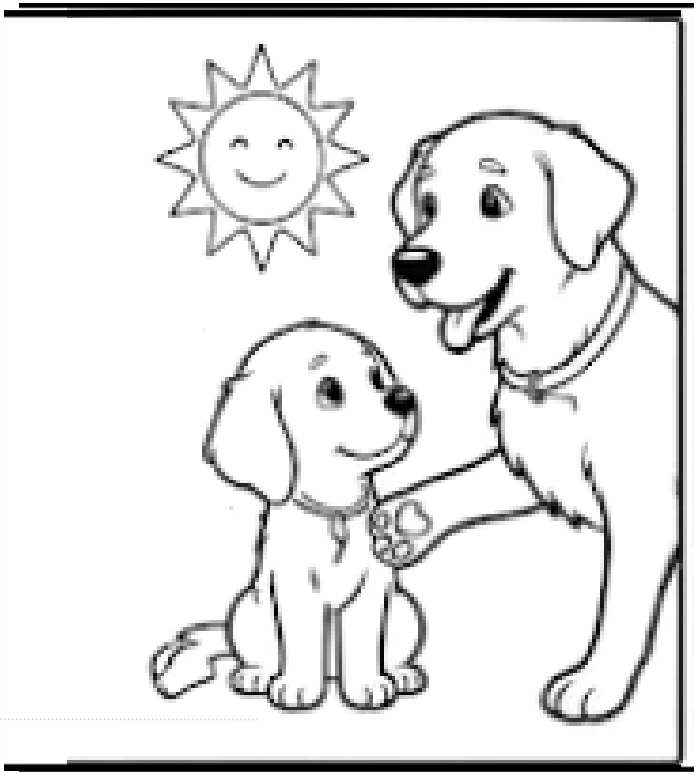
SUNNY AND THE CALMING BREATHS



Sunny the dog loves to play. Sunny builds a block tower but it is wiggly.



Sunny’s tower falls over. He feels sad and frustrated.



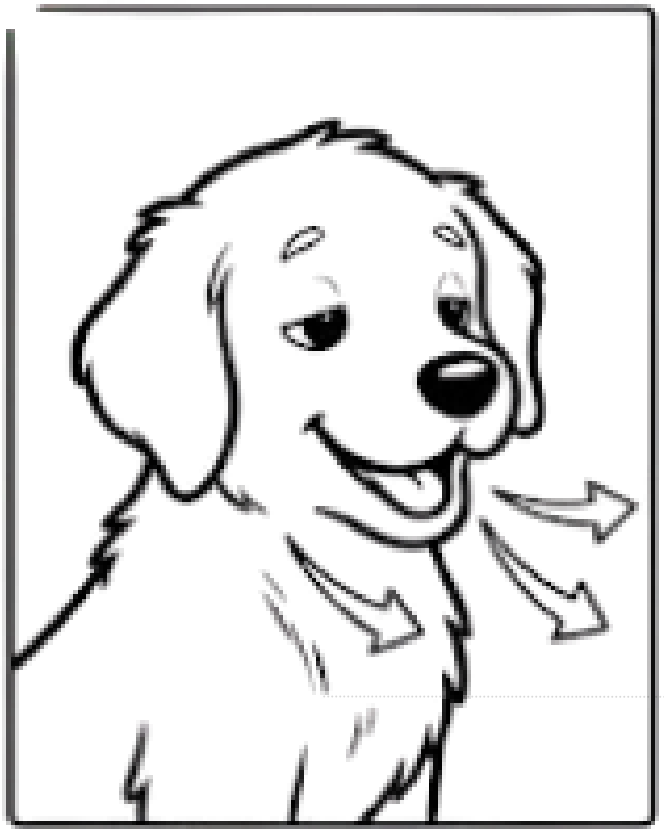
Sunny’s teacher says not to worry. She will show him something that will help.



Sunny’s teacher shows him how to take deep breaths in and out.



Sunny tries it. He breaths in and out slowly. It feels good. It makes him feel calm.



After taking a break, Sunny feels better. He is ready to try again.



Sunny continues playing and does a great job.



Taking deep breaths is a great way to stay calm. You can try it too!

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