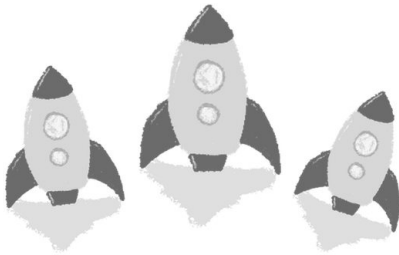


Let's take a break

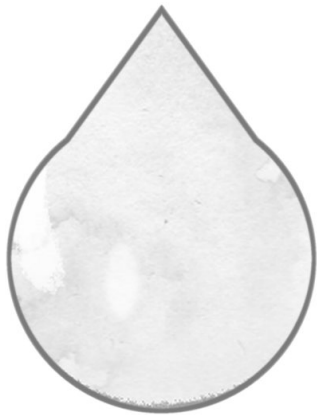
Three ways to take a break, from the activity pages of the book. Try one, or all three.



Air-painting! Imagine you're holding a brush. Air-paint everything you like!



Close your eyes for a second. Imagine you're a spaceship. Count backwards from 10 to 1 and... fly! Open your eyes now and explore this new planet. Remember to take deep breaths and when you calm down, you can return to Earth.



Drink water! Dip your hands in the water. Let the water run on your body, take a quick shower. Talk to the water!

Safety note. Grown-ups: stay close by whenever there is water.