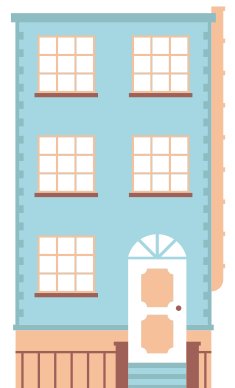




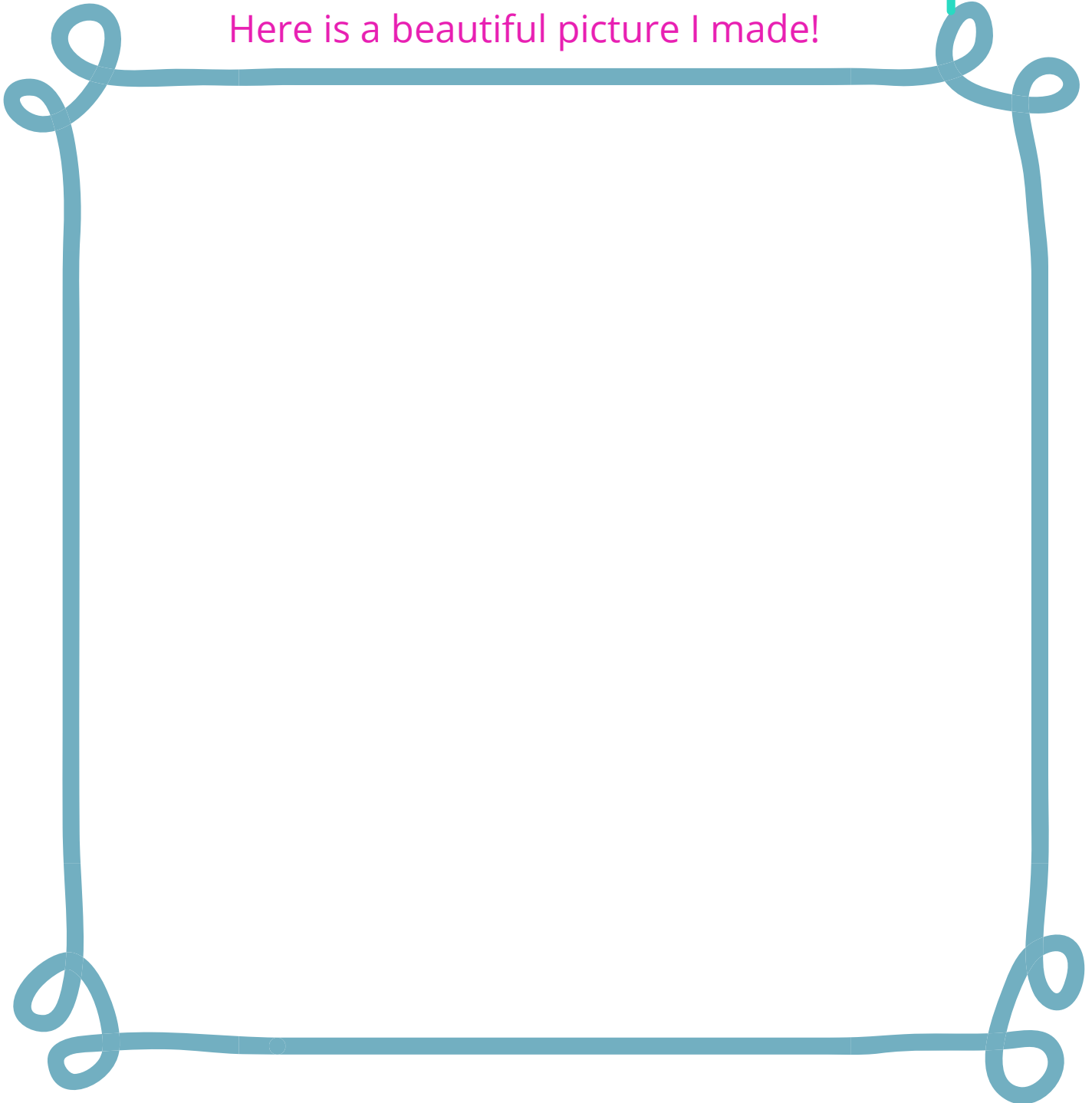
Circle Time Poem

Oh me, Oh my, there's a virus
So I'm stuck inside.
I can't go out to school or play,
In my home is where I'm safe.
I miss doing all that stuff,
Staying in is kinda rough,
Sometimes I might feel sad.
Smile club teaches me to be glad!





Coloring and painting helps me relax.
Here is a beautiful picture I made!



Parent Guide

Pre-school
The Smile Club

Put your hands on your belly and pretend it's a big balloon. Breathe in. Feel your balloon fill with air. Breathe out. Feel your balloon slowly getting smaller. Breathe in happy big filling breaths. Breathe out, letting your balloon shrink.



Open your arms wide like an alligator's jaws and breathe in. Snap them shut and breathe out. Open your arm wi-i-i-ide. Feel big, wide, deep breaths. Go inside and snap 'em shut. BANG! Breathe out.



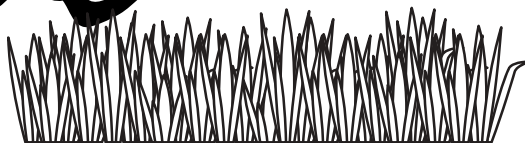
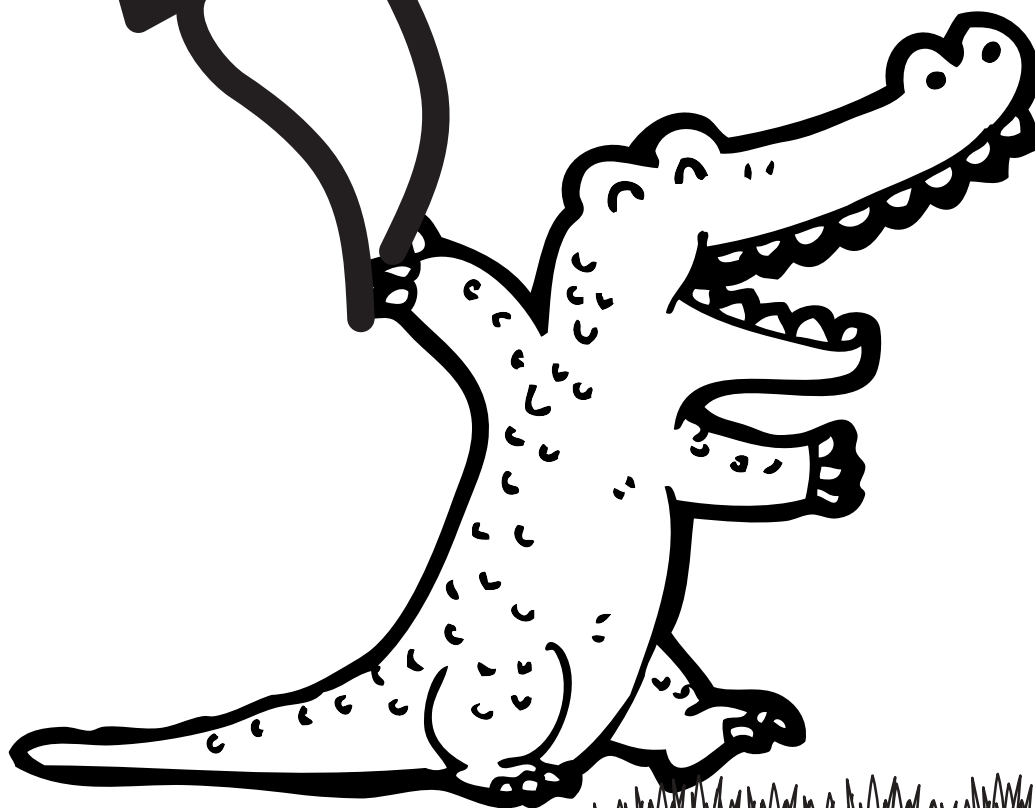
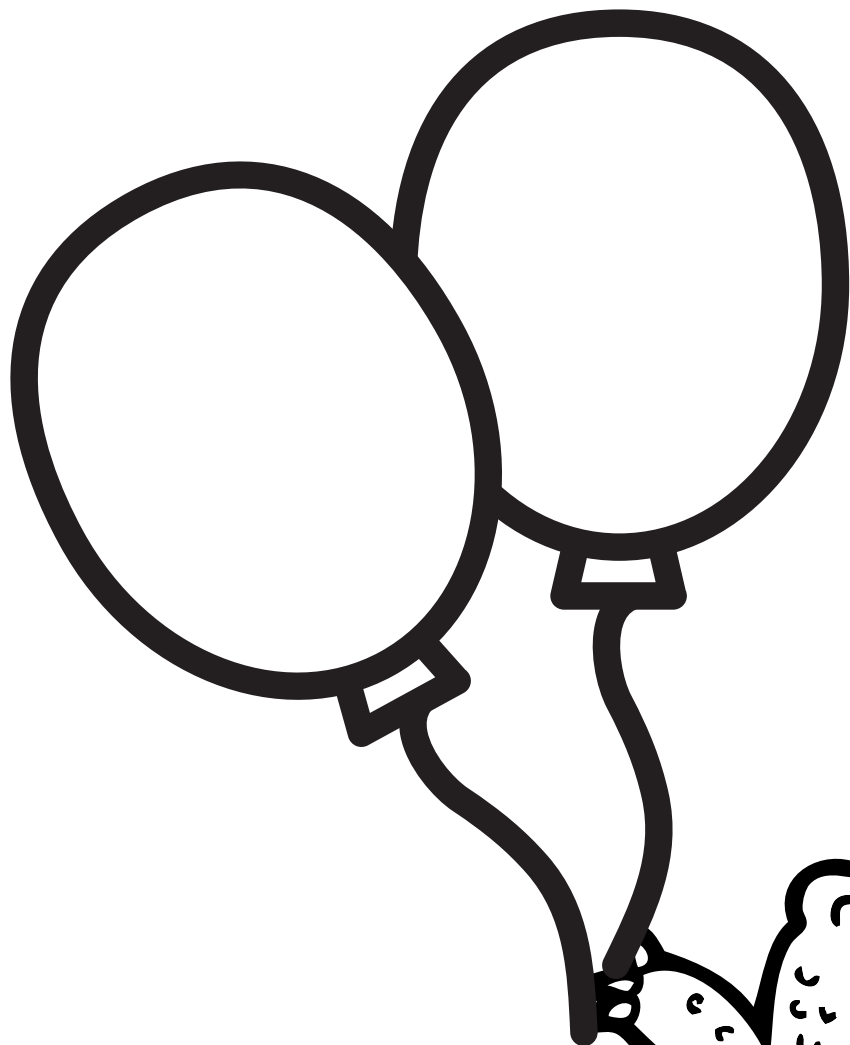
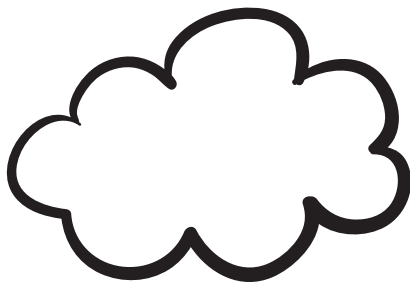
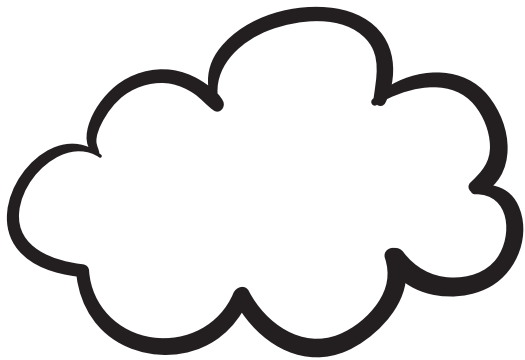
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Pre-school
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Breathe in for 3.

Hold for 3.

Breathe out for 3.

start
here:



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