My Mindful Minute

Book references: Story pages 5 and 13 · Framework page 20



The Leaf reminds us to slow down, breathe, and notice. Try these four steps any time you need a calm moment.

1 **Pause**
Take a moment to slow down.

2 **Notice**
Pay attention to your feelings and surroundings.

3 **Breathe**
Take three gentle breaths, if comfortable.

4 **Choose**
Consider a kind or safe next step, including asking a trusted adult for help.

One thing that helps me feel calm is...

Draw it here

There is room for everyone.