

UPSTAIRS BRAIN MOMENTS

With Riley the Brave

CALM BODY

BREATHING BELLY



LISTENING EARS



GENTLE HANDS

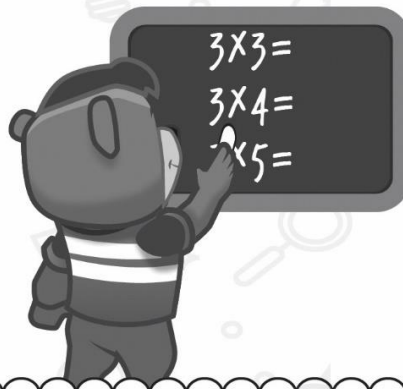


FOCUSED MIND

NOTICE THE GOOD



DO MY BEST



WAIT MY TURN



HAPPY HEART

HELPFUL HANDS



BRAVE ENOUGH
TO TRY AGAIN



KIND WORDS



DOWNSTAIRS BRAIN MOMENTS



I'm having a **PORCUPINE moment** when I'm grumpy, prickly toward others, or stuck in my negative thoughts.



I'm having a **SQUIRREL moment** when I don't want to share, take other people's things, or want everything for myself.



I'm having a **TIGER moment** when I hurt people or damage things, act big & scary, or use loud, mean words.



I'm having a **CHAMELEON moment** when I try to blend in too much, copy others, or don't let people say nice things about me.



I'm having a **TURTLE moment** when it's tough to talk, I hide away, or I have a hard time letting someone help me.
