

Miri and the Very Big Feeling

Companion | Ages 3-6 | With a trusted grownup

Draw a tall tower. Add one thing your body can do to feel calmer.

My picture or my words:

Grownup: listen before suggesting.

Your child may point, draw, speak or pass. No right picture and no need to share a private feeling.

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Ages 3-6 | Grownup-guided activity

Flower and Candles

About 5 minutes. Materials: Nothing needed.

Try together

Sit together. Pretend to smell a flower: breathe in slowly. Pretend to blow out candles: breathe out slowly, soft and long. Try it three times. The child may stop at any time or just watch the grownup.

Make room for choice

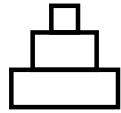
Point, draw or pass instead of speaking. Adult participation, no forced disclosure or touch.

After trying: Was it useful? What would you change?

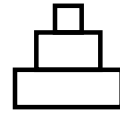
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Square 2.25 x 2.25-inch designs | Print at 100% / actual size.

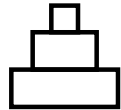
For play and choosing support. No sticker needs to be earned.



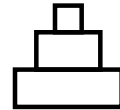
Stop



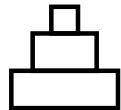
Name it



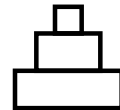
**Smell the
flower**



**Blow the
candles**



Use my words



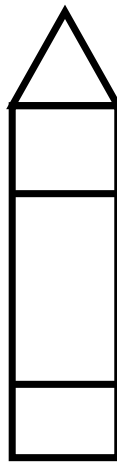
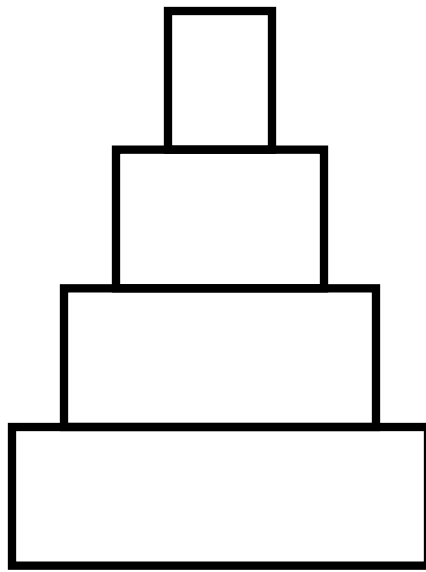
It rolls out

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Coloring and drawing

A tower of blocks

Color any way you like. Add something of your own.



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Word search | Optional letter play

Find four words going left to right. No backwards words.
A grownup can read the words. You may point or pass.

D	S	M	T	O	W	E	R
P	Z	S	B	U	T	P	K
X	L	B	L	O	C	K	N
Y	K	H	N	A	Q	C	Z
J	H	N	A	M	E	B	N
V	R	L	J	W	T	C	S
G	Z	O	W	O	R	D	S
V	O	R	R	L	G	O	O

Find: TOWER BLOCK NAME WORDS

Grownup answer key

Rows count down; columns count across, starting at 1.

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TOWER: row 1, columns 4-8

BLOCK: row 3, columns 3-7

NAME: row 5, columns 3-6

WORDS: row 7, columns 4-8