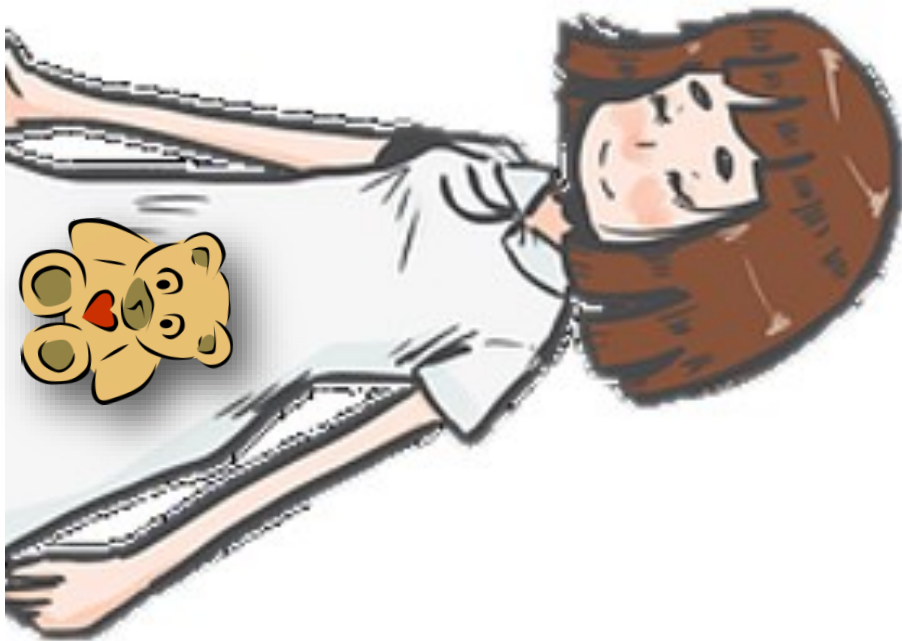


Ask the child to:

1. Lie down and put his/her favorite teddy on their belly.
2. Tell them watch the teddy rise and fall as they breathe in and out like this:
  3. **Inhale deeply for a count of 3.**
  4. **Then exhale for a count of 4.**
5. Repeat 5 to 10 times, telling them to see if they can “rock the teddy to sleep!”



**Allah Made My  
Mouth!  
I can do  
Mindful Breathing  
with my mouth!**

## Allah made my mouth to taste yummy food!

1. Choose 3-4 food items the child likes. If comfortable, put a blindfold on child or have them close eyes, and let them taste & guess the food.
2. Print pictures of preferred food items, and assist child as needed to cut out pictures and glue them on the tongue image below.

Note: Some food pictures have been provided on the following page as well.

