

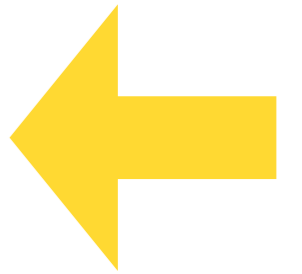
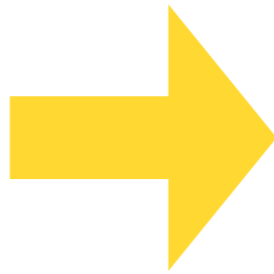
# Being Mindful



# This story is about turning your brain on!



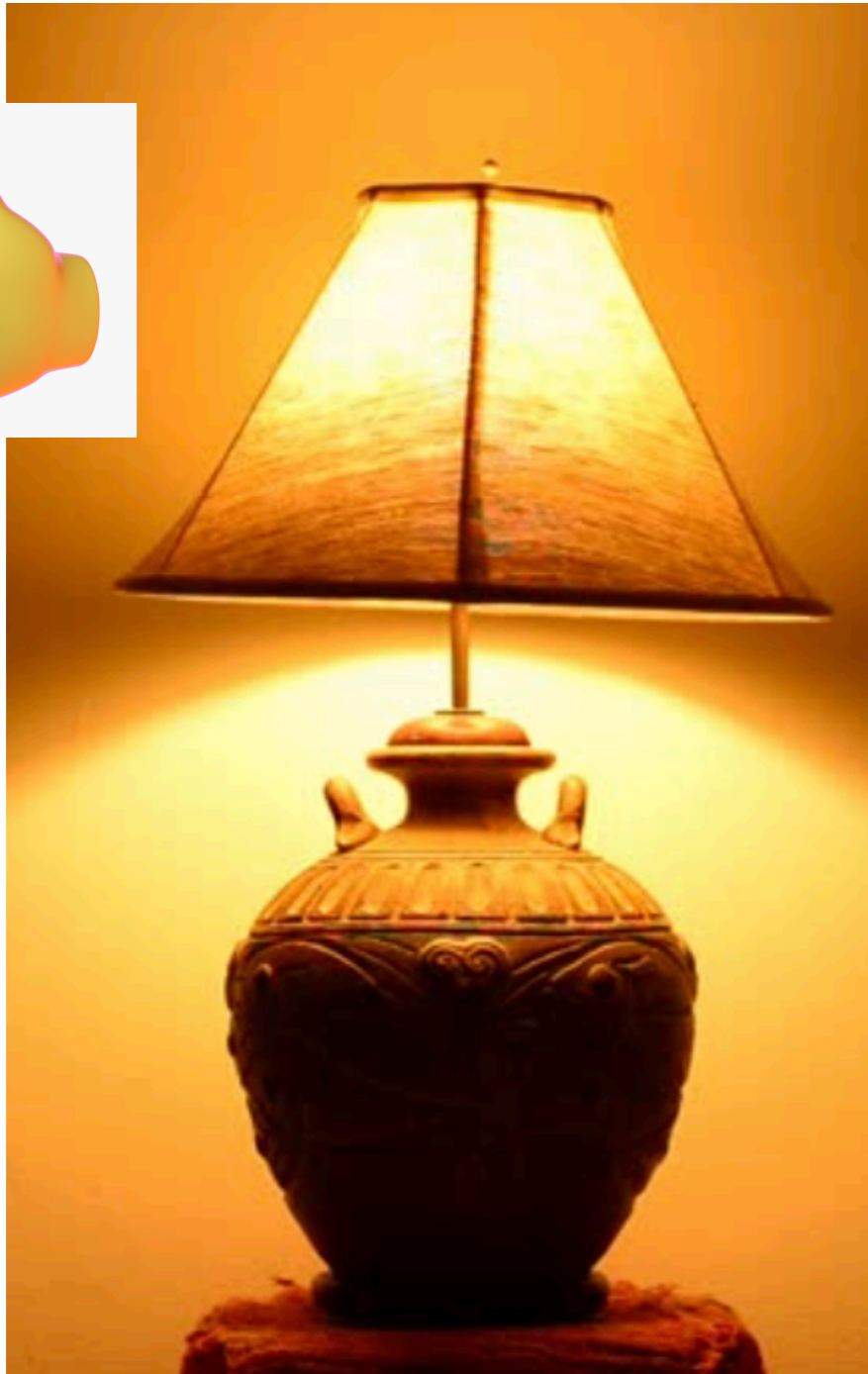
# Turning your brain on is like turning a light on!



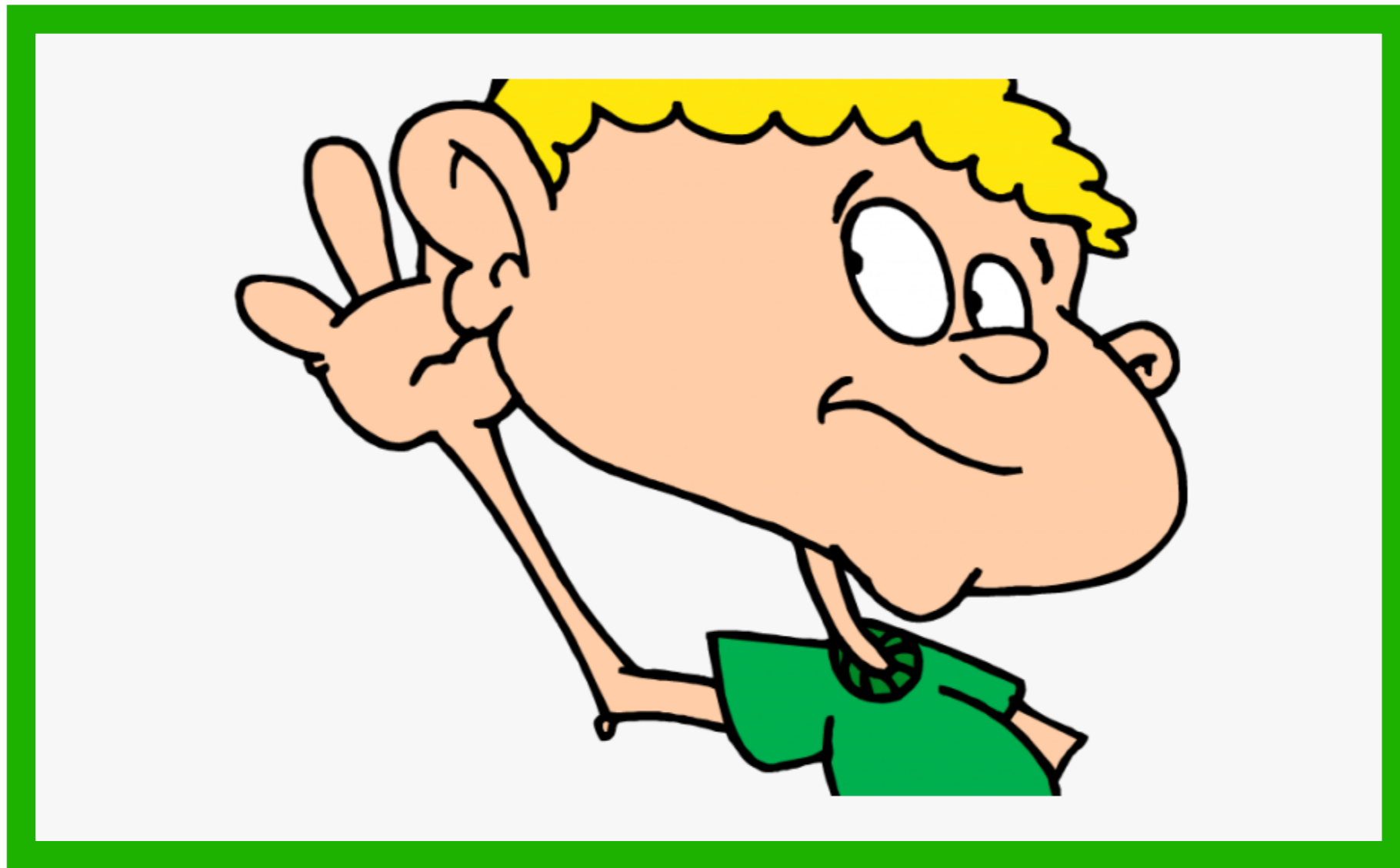
**Can you find the light that is on?**



Thats right, good job!



**Turning your brain on means turning your ears on...**  
**What can you hear right now?**



**Turning your brain on means opening your eyes up wide...What can you see right now?**



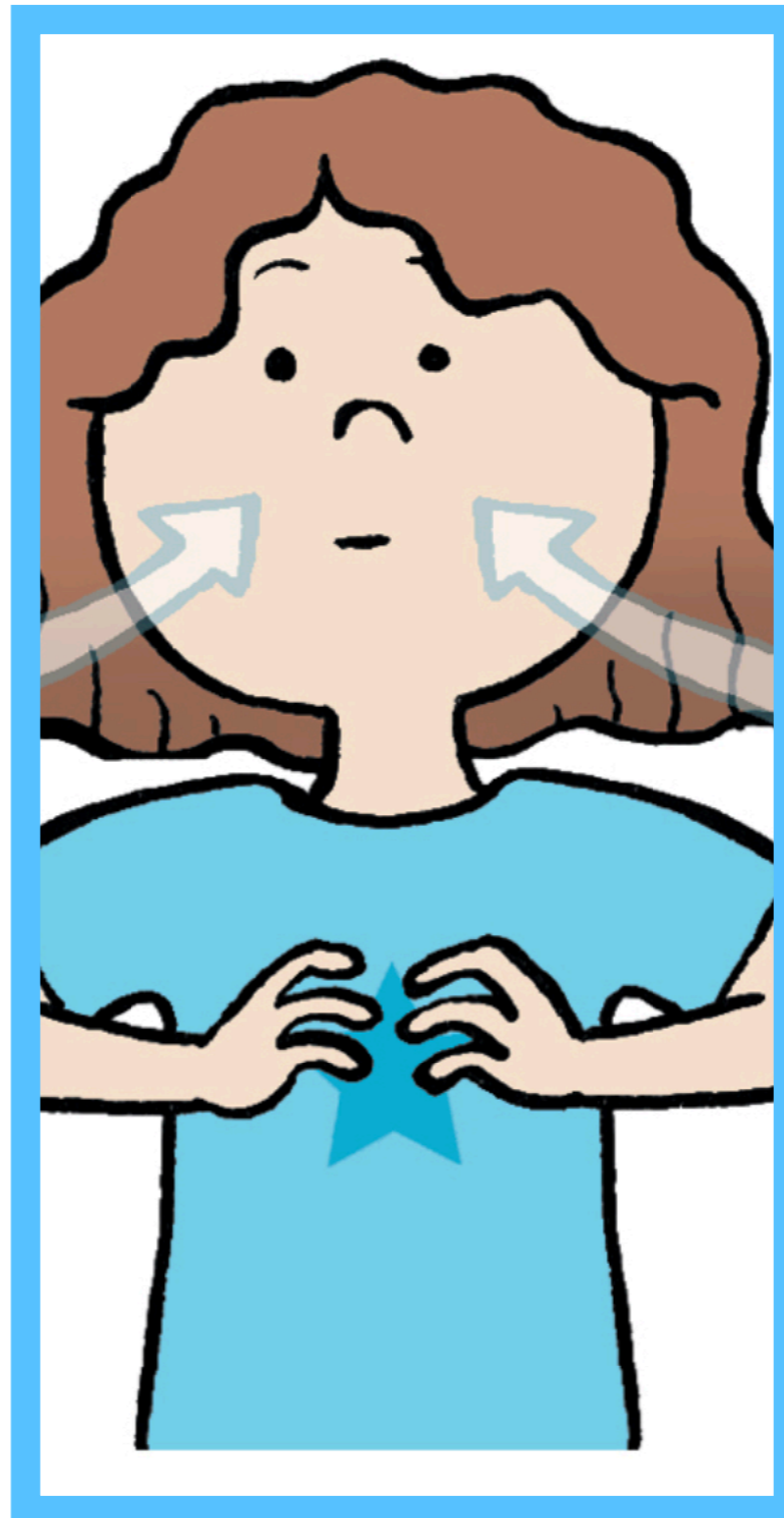
**When our brains are on, our bodies are quiet and calm.**



**When our brains are on and our bodies are calm,  
we will feel relaxed and happy.**



**We can help our brains turn on by taking a big breath in through our nose...**



Counting to 3...

1

2

3



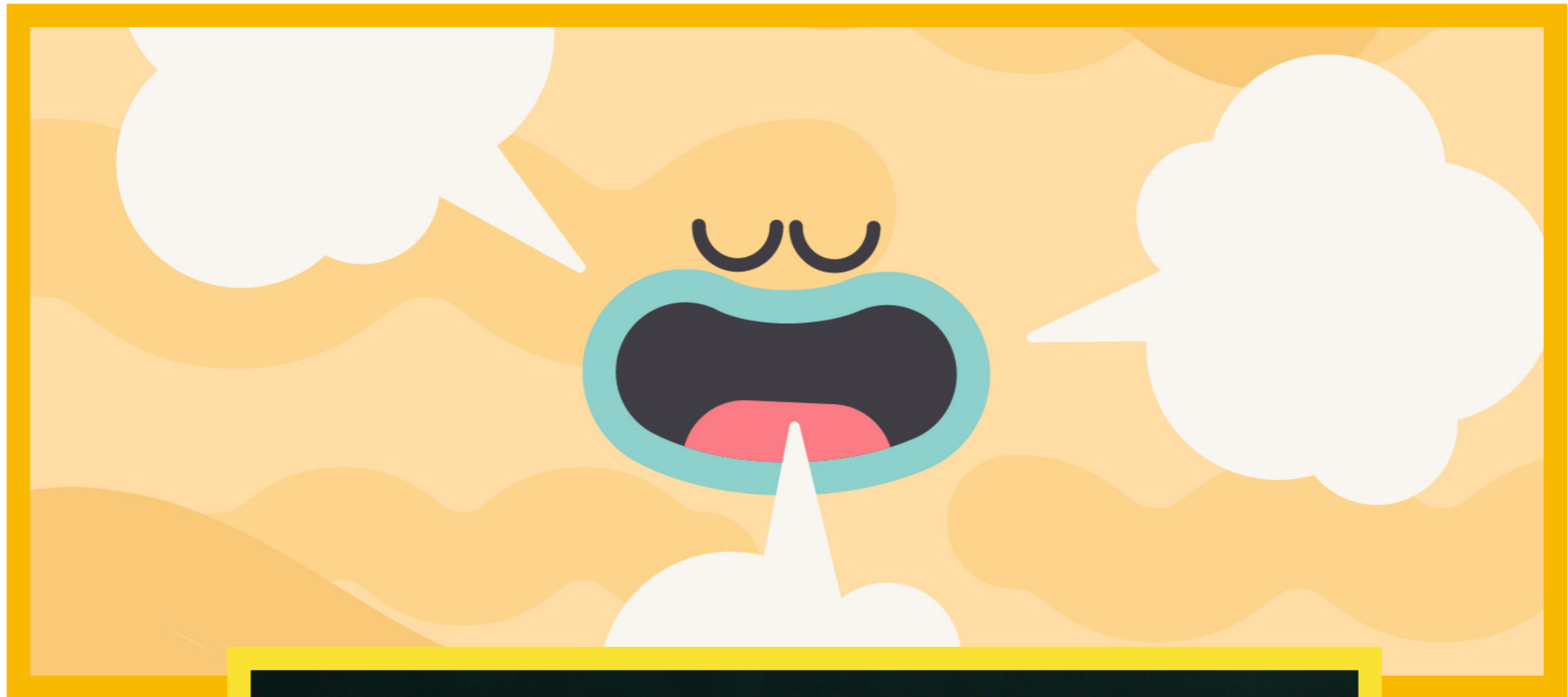
**And letting all of the air out with our mouth.**



**When you let the air out, pretend like you are blowing out birthday candles!**



# Wow! Great job blowing out all of the candles!



Let's practice again...

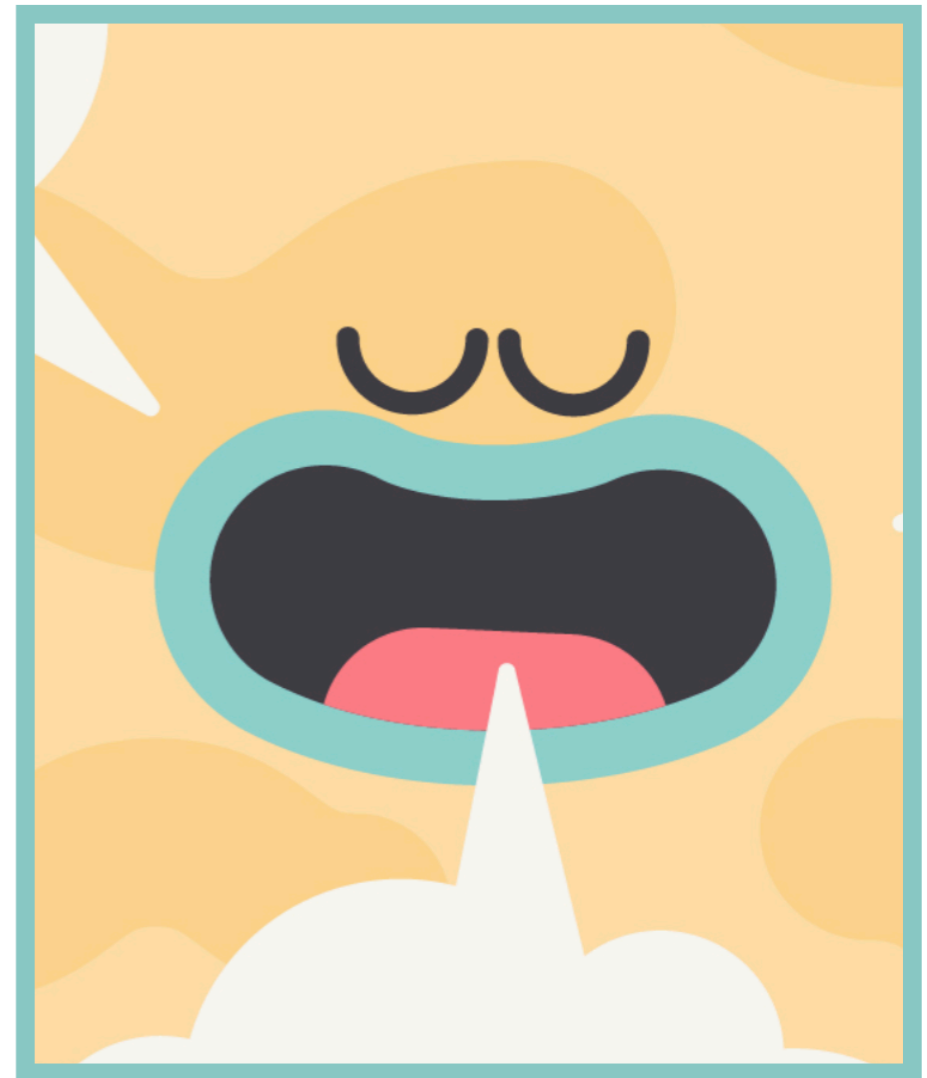
1



2



3



**I think your brain is on! Can you spot all of the dogs at the park?**



Thats right! You opened your eyes up wide and spotted all of the dogs!



# Great job turning your brain on!



# The End.



**Brought to you by: Olive Behavior Care**

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