The “I Can” Flower

**KIDS:**
At the center of the flower, draw your face. Then choose a petal. Do what it says, then color it in.

**GROWN-UPS:**
Along the stalk, write words that describe things the child can do (draw, be kind, ask for help, jump, and so on). Display the completed flower.

- **Take three deep belly breaths.**
  - **Say out loud:** I can calm myself down.

- **Say one thing you are really good at.**
  - **Say out loud:** I can do it. I have what it takes!

- **Move your body in a way that shows how you’re feeling inside.**
  - **Say out loud:** I can show how I feel without using words.

- **Give yourself a hug.**
  - **Say out loud:** No matter how I’m feeling, I can give myself a hug.