



**CREATIVE
PLAY**
Benefits

Simple Mind-Body Connections for Young Children

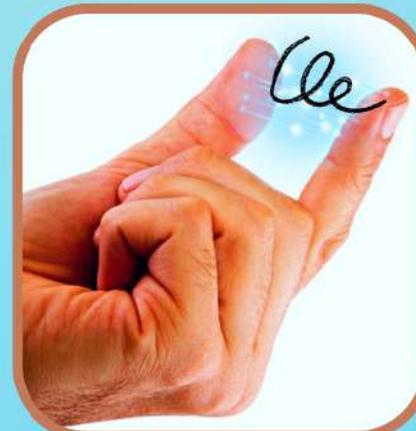
I CAN CALM DOWN ANYWHERE



I can count to 5



I can blow on my hands



**I can rub my thumb
and fingertips**



I can ask for a hug



**I can place my hands
on my heart**



**I can open and
close my fists**



**I can play with the air
in my cheeks**



**I can put my hands
in my pockets**