

If I Just Breathe

Ask

When you feel upset or frustrated, what helps you pause before you decide what to do?

Try

Trace a wave in the air. Breathe in as your finger rises and out as it falls. What's next: ask for help, take a break, or try again?



No One Like You

Ask

What's something you're proud of that people might not know about you?

Try

Make an All About Me bookmark. On one side, children write their name. On the other, they draw something that makes them feel like themselves.



The Light in the White House

Ask

What could we do to help someone new feel welcome here?

Try

Just like Michael in the story, write a letter. Choose one idea together and send it to your principal or librarian. Let the children explain why it matters in their own words.



The Filipino in Me

Ask

What's something your family does that you'd love to teach a friend?

Try

Invite each child to draw a family tradition. Gather the pages into a class or library book called *In Our Families*.



I Am Brave and Resilient

Ask

When you’re learning something new and it doesn’t work the first time, what could you try next?

Try

Fold a paper in half. On one side, draw something tricky to learn. On the other, draw one small step that could help. Title the picture My Next Try.



Proud of Me

Ask

What's something you did this week that made you think, "I'm proud of myself"?

Try

Make an I'm Proud of Me badge. Invite each child to draw or write one moment they feel proud of, like learning to tie a shoe or helping a friend.



The Dream Jar

Ask

What is something you would love to learn or try?

Try

Draw a jar. Inside, draw your dream. On the lid, write one small step you could take this week.



Blade the Rabbit Learns to Be Grateful

Ask

Blade worries that carrots won't be enough for his party. If you were his friend, what would you be looking forward to?

Try

Make an invitation for Blade's carrot party. Draw a game his friends can play without buying anything. Give your game a silly name and teach a partner how to play.