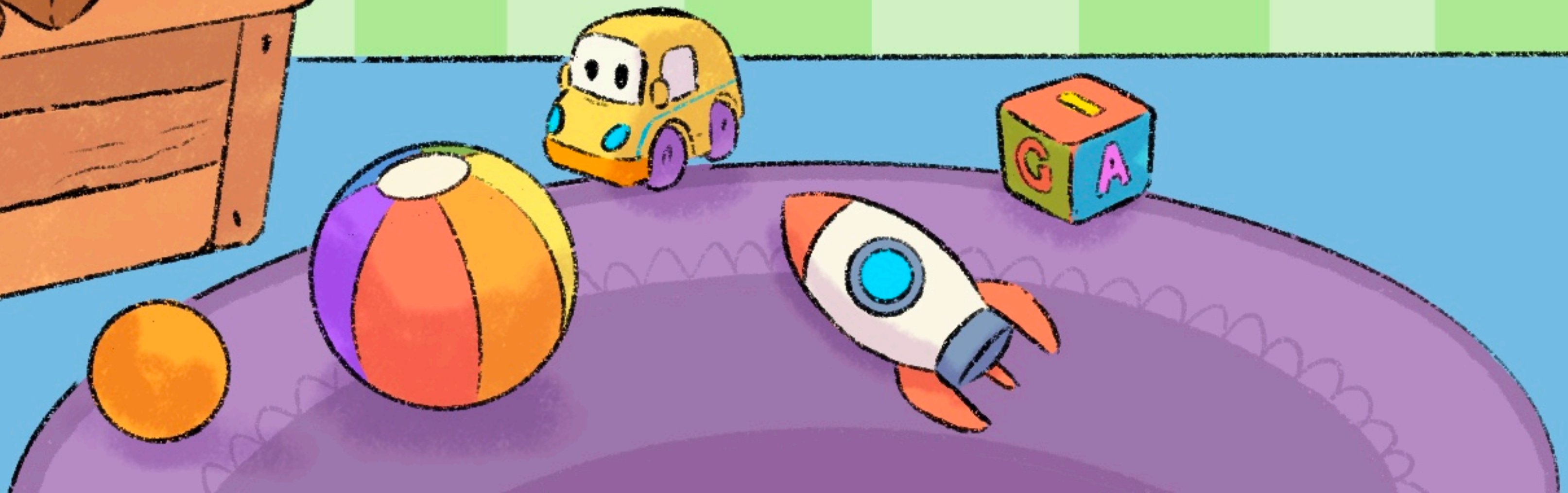


# Breathe Slow and Steady, Teddy

By Rachel Accurso and Zannah Ford, LCSW





Teddy is feeling mad because  
his block tower fell down!







Breathe slow and steady, Teddy! Everything's OK!  
Take a belly breath, now what do you say?



I feel better! I can ask my daddy  
to help me build it again!





Teddy is feeling sad because he misses his mom.





Breathe slow and steady, Teddy! Everything's OK!  
Take a belly breath, now what do you say?





I feel better! I'll see her soon! I can make her a picture.






Teddy is feeling afraid because  
he doesn't like the dark.







Breathe slow and steady, Teddy!  
Everything's OK!  
Take a belly breath,  
now what do you say?



I feel better. I can ask for my nightlight!







When I take a deep breath,  
my brain works better!

When I'm calm,  
I can figure out what I need.  
Taking deep breaths helps me!

Can you try it?  
Put a stuffed animal on your  
belly and make it rise!

Great job!