

Hi, I'm Maysie,
and I'm a calm, cool kid.



But... some days and nights I flip my lid.



Flipping my lid means I lose my cool.

It can happen at home, in the car, or at school.



I have two friends—Grace and Max.
They know lots of ways to be calm and relaxed.



Max taught me a new way to learn how to breathe
so I won't flip my lid and fight, run, or freeze.



Grace taught me a new way to ground in one place
so I won't flip my lid when I'm red in my face.

1, 2, 3, 4...



1, 2, 3...



These new ways are called **MINDFUL TOOLS**.

When we do them **ON PURPOSE** we can be calm and cool.





Here's the truth:

We all flip our lids.

But mindful tools can help
grown-ups and kids.



Would you like these mindful tools?

So you can **CHOOSE ON PURPOSE** to
be calm and cool?

Keep on reading and you will see
how easy mindful tools can be.

