

The Slowest Race Ever

Slow and steady wins the race.



START



1 Set a Calm Intention

What is one word for how you want to feel today?

2 Take a Breath

Take 3 slow breaths.
Color each shell as you breathe in and out.



4 Think of a Flower

What is one good thing from today?
Draw or write it.

3 Notice Around You

Find and write...

 3 things you can see _____

 3 things you can hear _____

 3 things you can feel _____

5 A Kind Action

What is one kind thing you can do today (or did today) for someone else?
Write or draw it here.

6 Take a Little Time for You

Choose a few quiet and calming gardening tools you can do today.
Check the ones you'd like to try.

- | | |
|--|--|
| ☐  color or draw | ☐  listen to music |
| ☐  read a book | ☐  stretch |
| ☐  go outside | ☐  journal |
| ☐  do a puzzle | ☐  build or create something else: |

FINISH

