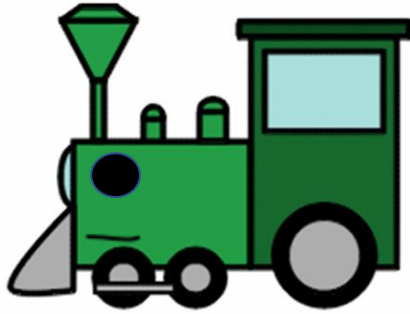
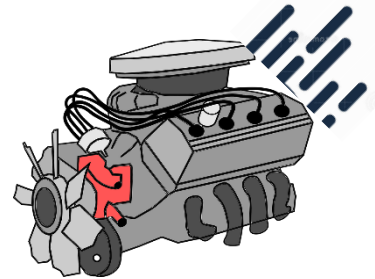
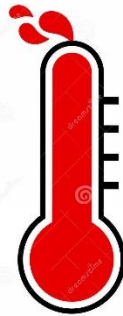


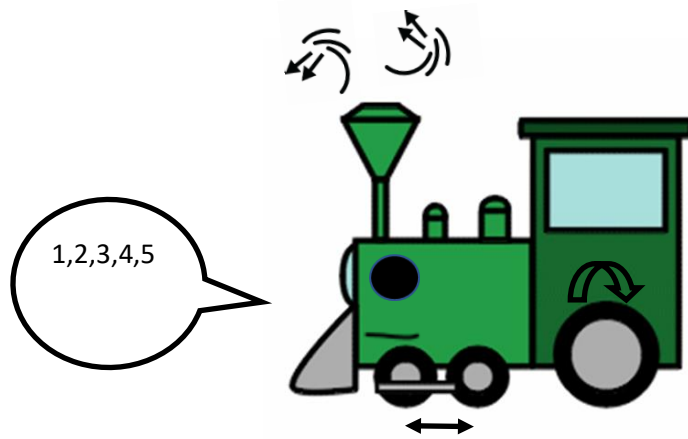
The Little Green Train



Jennifer Anzin:2021



Once upon a time there was a little green train who was having a difficult day. His engine was running too fast and hot. He couldn't stop, focus or do any work. He even forgot to pick up oil for his engine at the store.



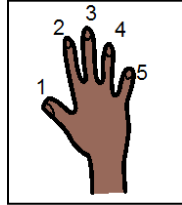
To slow his engine down, he could: push his wheels together 3 times, count to 5, breathe in and out slowly through his smokestack and roll his shoulders 5 times.



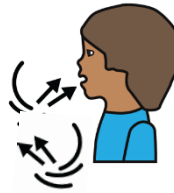
When he finished those activities, the little green train was happy. His engine had slowed down. He was able to stop, focus and do work. When night fell, he stopped at the store to buy engine oil and went home for dinner.



Push hands together
3x



count to 5



breathe in/out
slowly



Roll shoulders 5x

Sometimes, our own engines run too fast and hot. To slow our engines down we can: push our hands together 3 times, count to 5, breathe in and out slowly and roll our shoulders 5 times.

When our engines slow down, we can stop, focus and finish our activities, just like the little green train.

THE END