

Koko's Calm Steps

Four steps to practice on calm days. Cut out the cards.

1



Stop

Freeze like a statue. Paws still, feet still.

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2



Breathe

Smell the flower. Blow out the candle.

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3



Squeeze

Hug something soft, tight tight.
Now let go.

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4



Ask for Help

"Can you help me?" A grown-up will come.

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