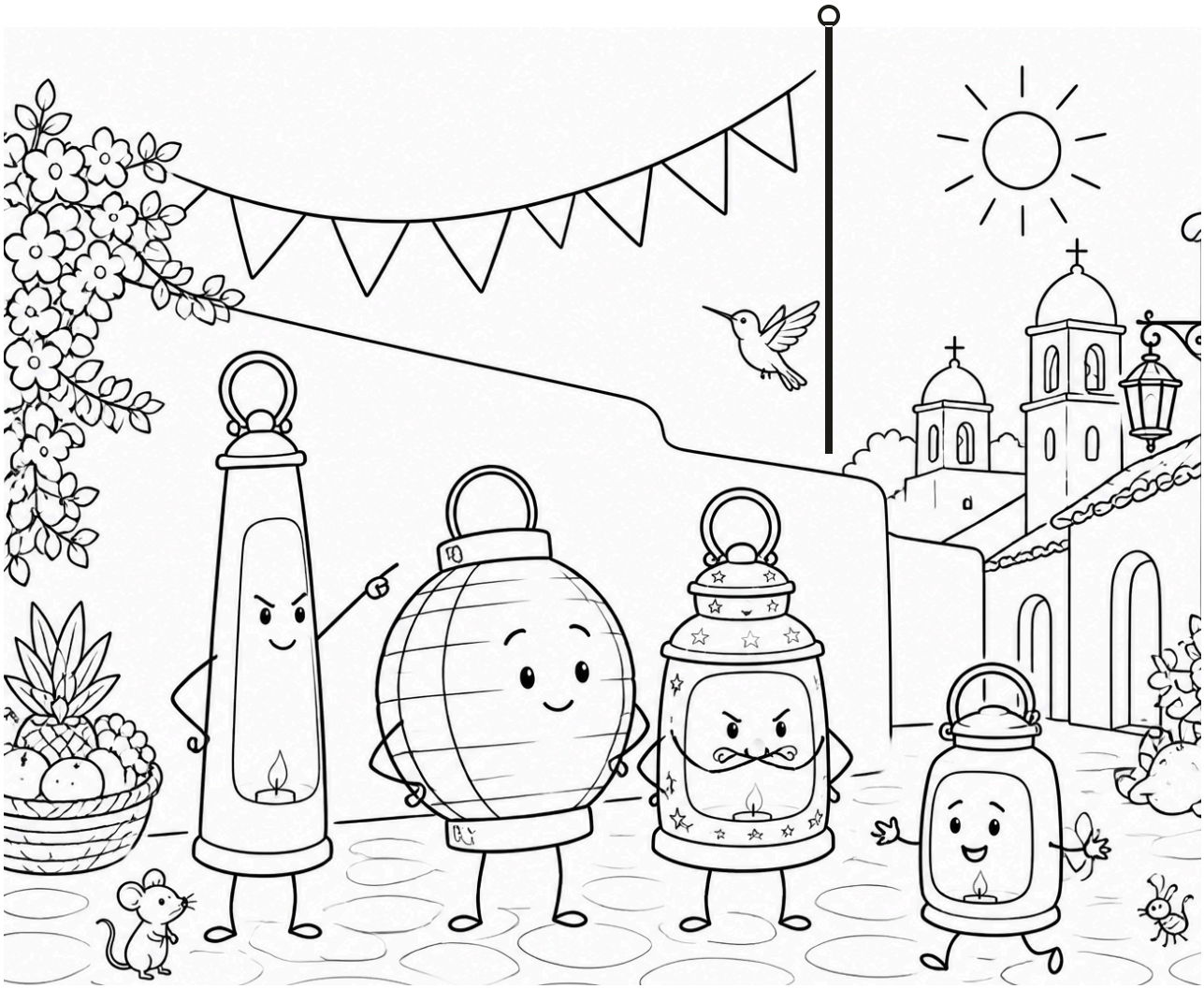
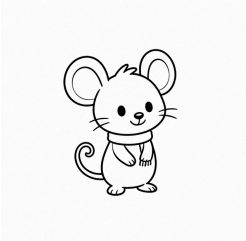
The Market Square

"Can I play too?" Color the market. Make the flags a pattern: red, blue, red, blue!



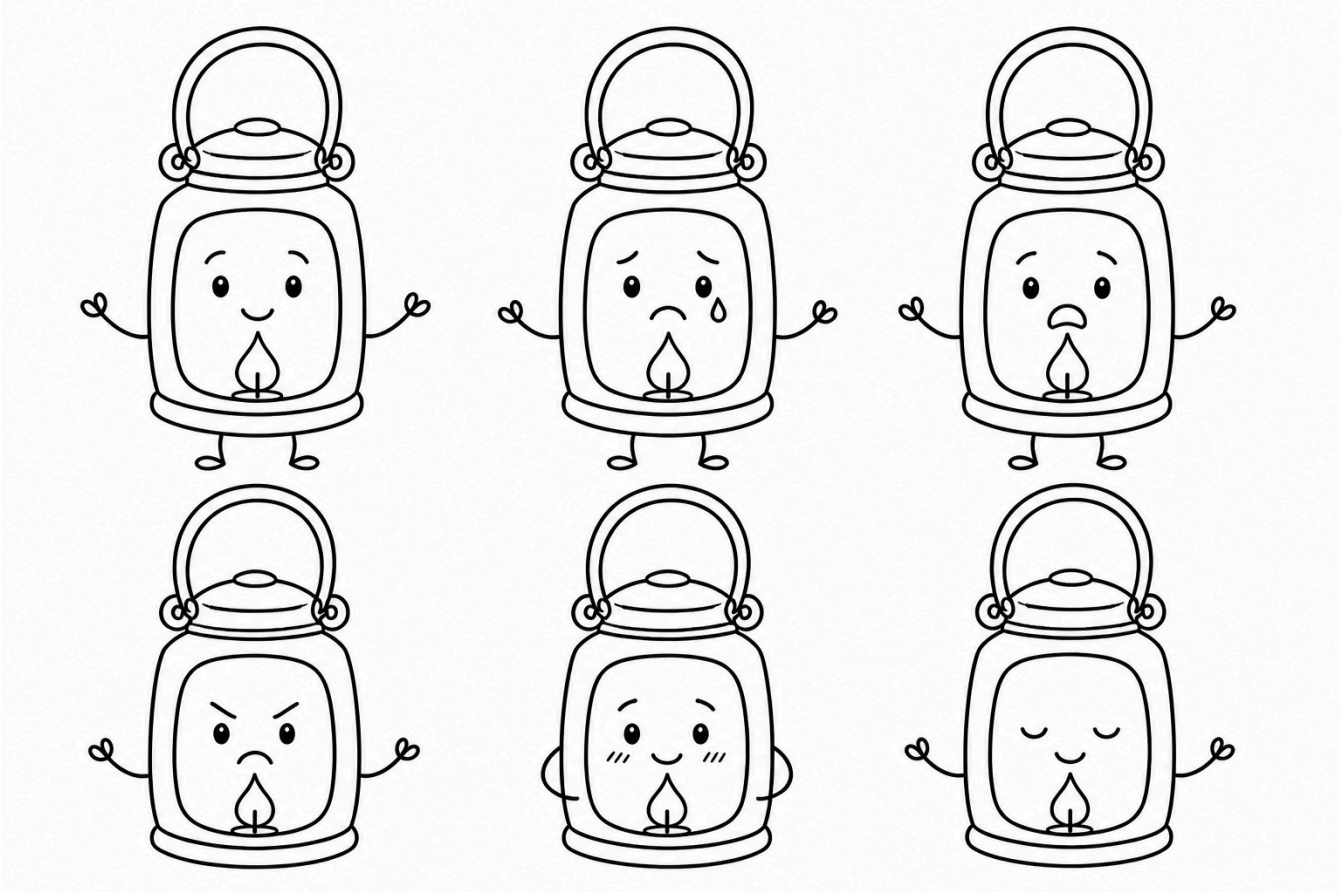
Who would YOU play with? Circle them!

How many flags can you count? _____



How Do I Feel?

Every feeling is okay! Color each lantern, then circle the one that feels most like you today.



Happy · Sad · Scared · Mad · Shy · Calm

Can you find each feeling? Point to it and say its name!

Today I feel: _____

Grown-ups: name it together: "That's a smudge. It isn't you." Feelings are like hiccups. They come and go, but the light stays.

Hand on Heart

Lay your hand in the box and trace around your fingers. Color the heart in your palm. That is where your light lives!



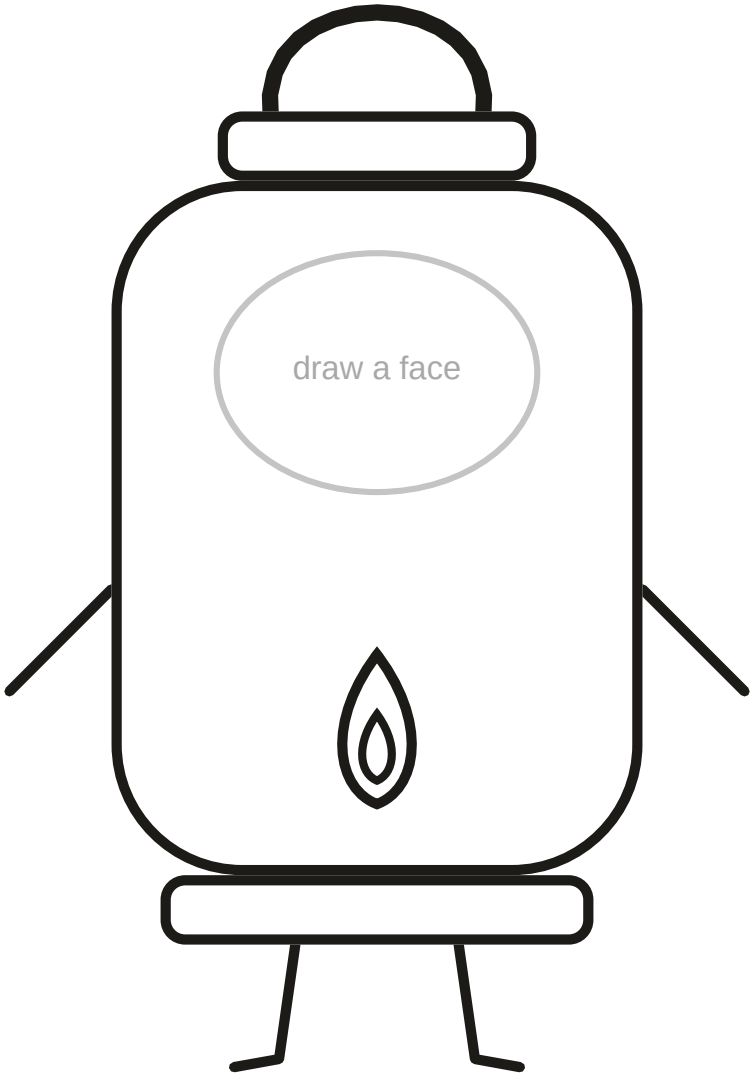
Trace your hand here

My light is still here.

Now put your hand on your heart and say the words out loud.

Design Your Own Lantern

If you were a lantern, what would you look like? Give it a face, colors, stripes, dots, and stars!





My lantern's name is: _____

My light makes people feel: _____

The Bear of Emberlee

Big bear hugs help the light glow. Color the flower crown!



Who gives YOU the best hugs? _____

Give someone a big bear hug today!