

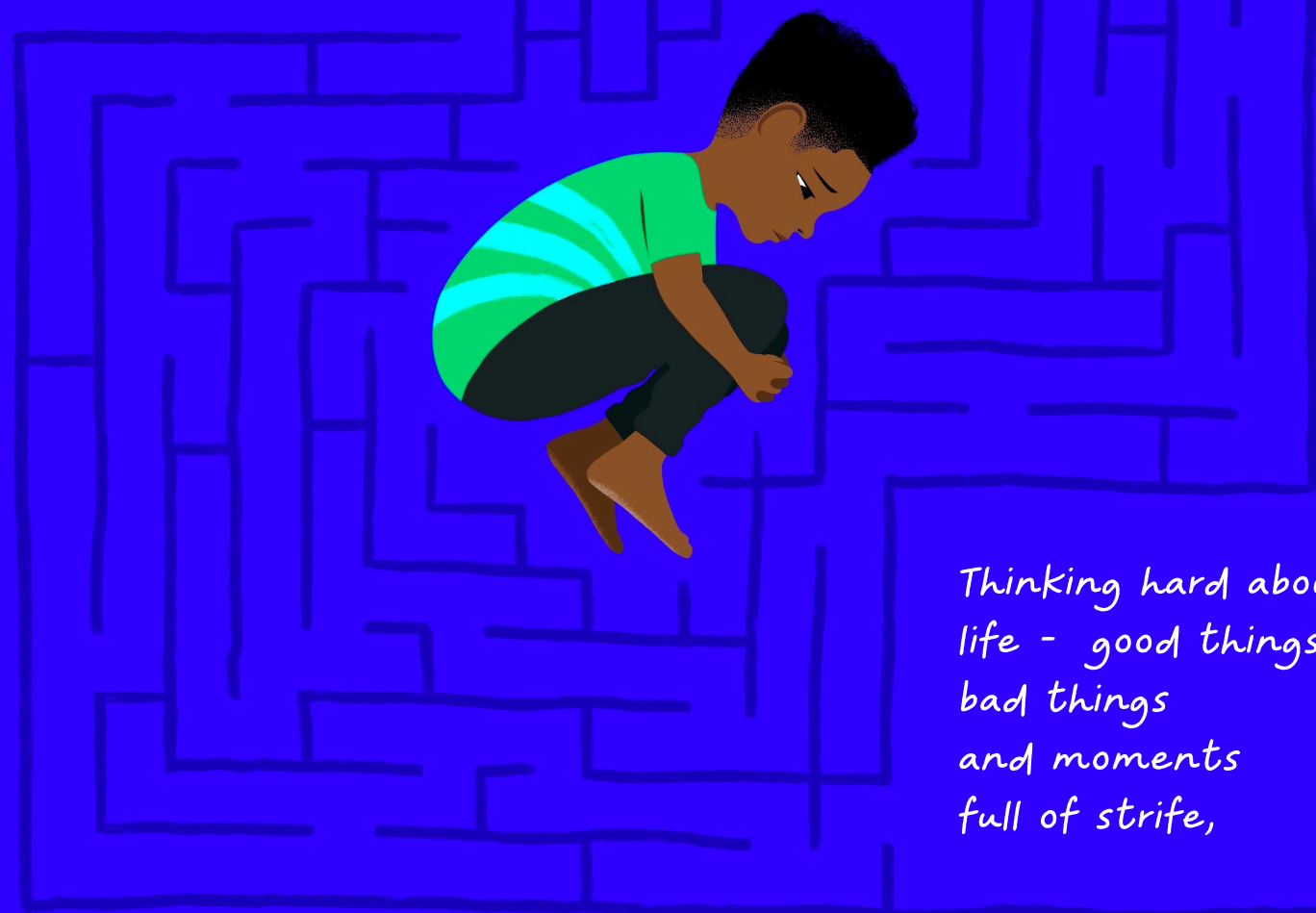
All proceeds
donated to
charity



Written by
*Brittney
Brackett*

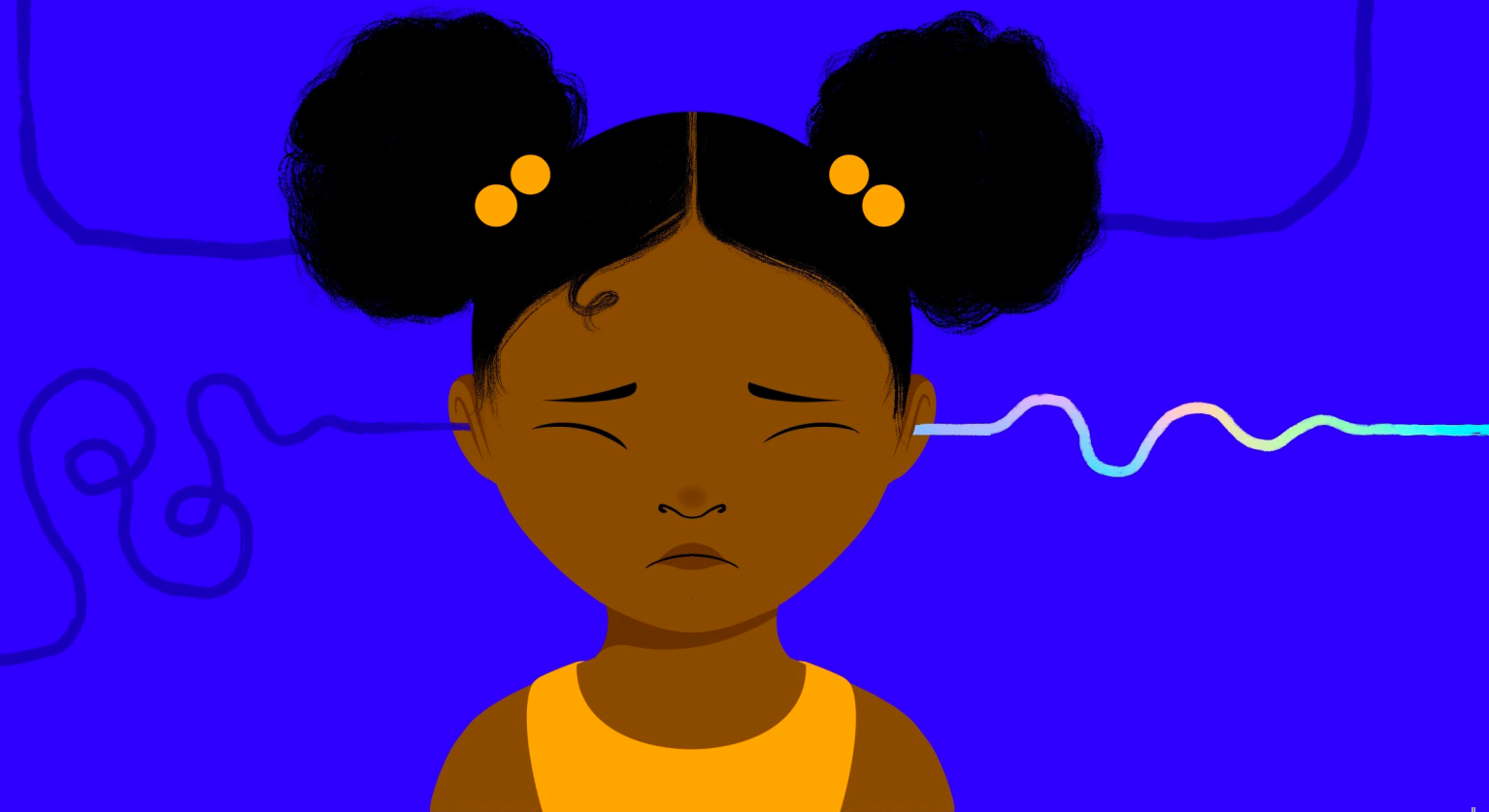
Illustrated by
*Brooks
Brackett*

When the world
moves fast and
my mind can't
keep up, it makes
me really wonder
if I've had enough.



Thinking hard about
life - good things,
bad things
and moments
full of strife,

When my heart aches or if I'm SCARED,
I tune in to my soul so I'm fully AWARE
Of the reason these moments happen,
so I can start to manage my reaction.
I remind myself to stay intact—
that I'm smart, bold, and brave --that's a fact
How I'm loved, thankful and focused on the FUTURE
That I'm strong, gifted and blessed,
with a cool sense of humor



Because I bring
the HEAT that
sets a candle
ABLAZE

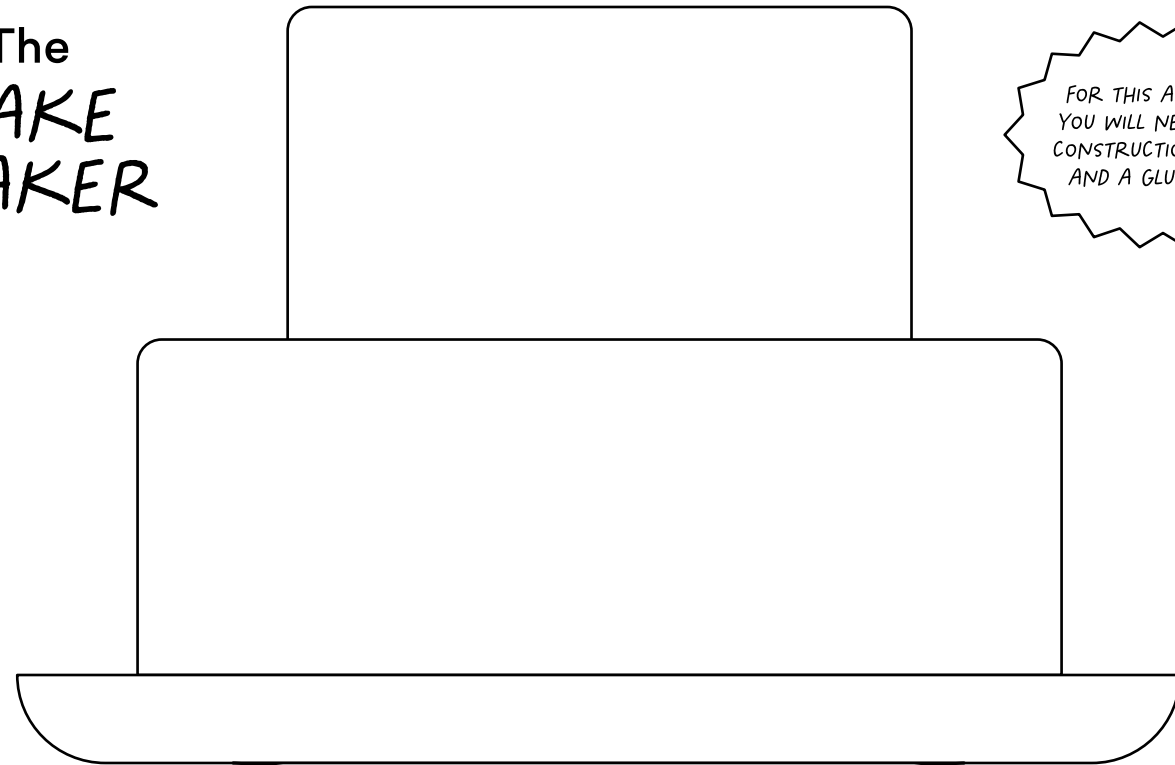
I'm here to
STUPEFY and
AMAZE, every
single day,
ALWAYS

That I've found my SAFE PLACE as I set the pace

to FINISH and WIN life's every race.

The CAKE MAKER

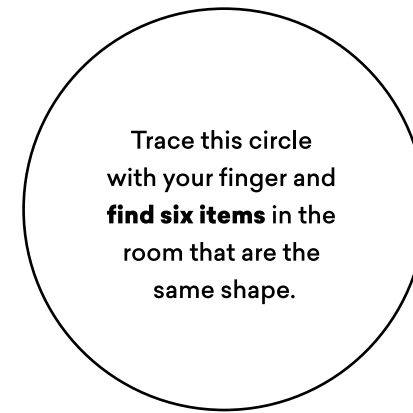
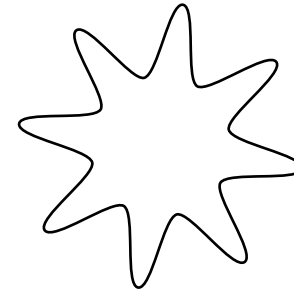
FOR THIS ACTIVITY,
YOU WILL NEED SOME
CONSTRUCTION PAPER
AND A GLUE STICK!



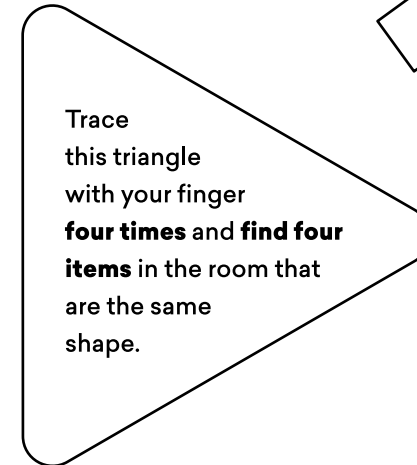
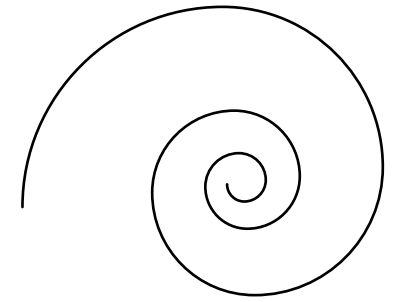
Cut out a few sprinkle shapes and re-write some positive words and have a sweet time decorating your cake with positive word sprinkles! After you have finished decorating, then discuss why you chose certain words for your cake.

The words I used:

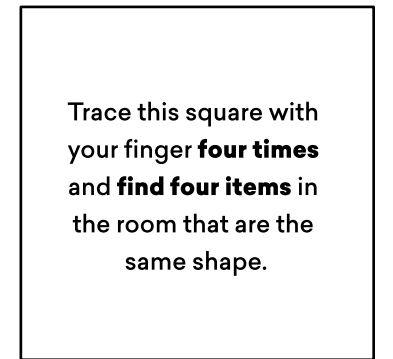
Why I used these words:



Trace this circle
with your finger and
find six items in the
room that are the
same shape.



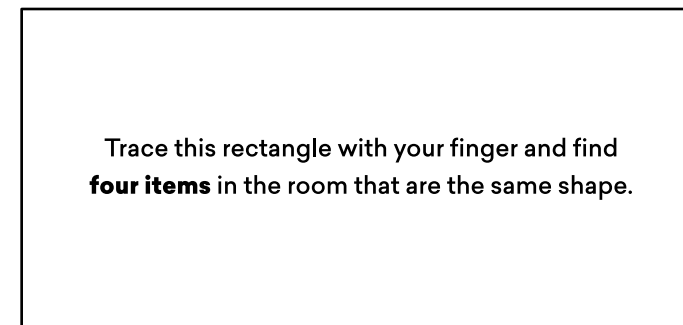
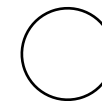
Trace
this triangle
with your finger
four times and **find four
items** in the room that
are the same
shape.



Trace this square with
your finger **four times**
and **find four items** in
the room that are the
same shape.

TRACING SHAPES

TRACE and COLOR me!



Trace this rectangle with your finger and find
four items in the room that are the same shape.



Trace this
star with your finger **five times**
and say out loud **five items**
that shine bright
like a star.