

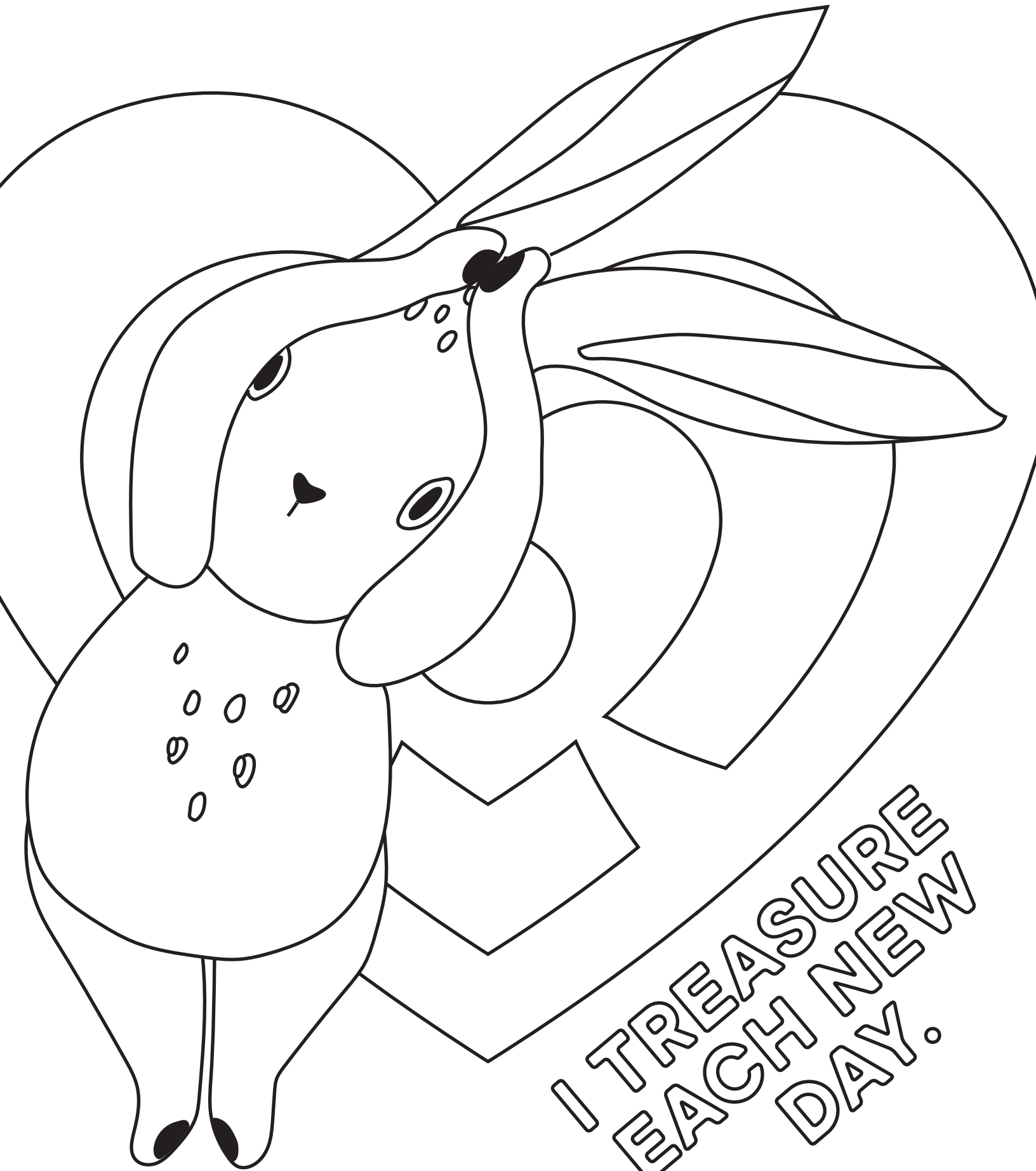


Coloring Pages, Coping Skills and Pose Posters



Yugo games can be
purchased at
www.theyugogame.com
or on Amazon.com





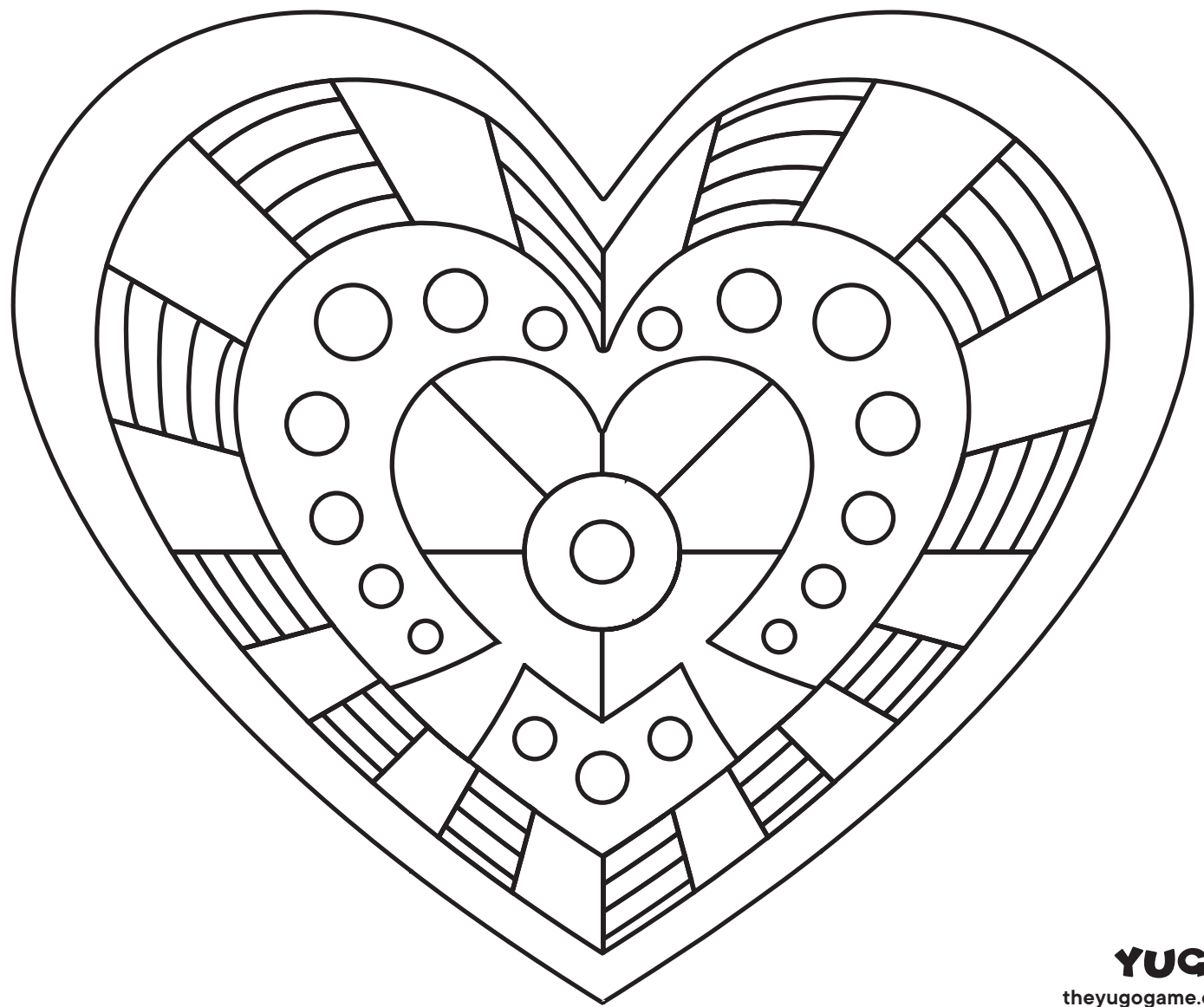
I TREASURE
EACH NEW
DAY.

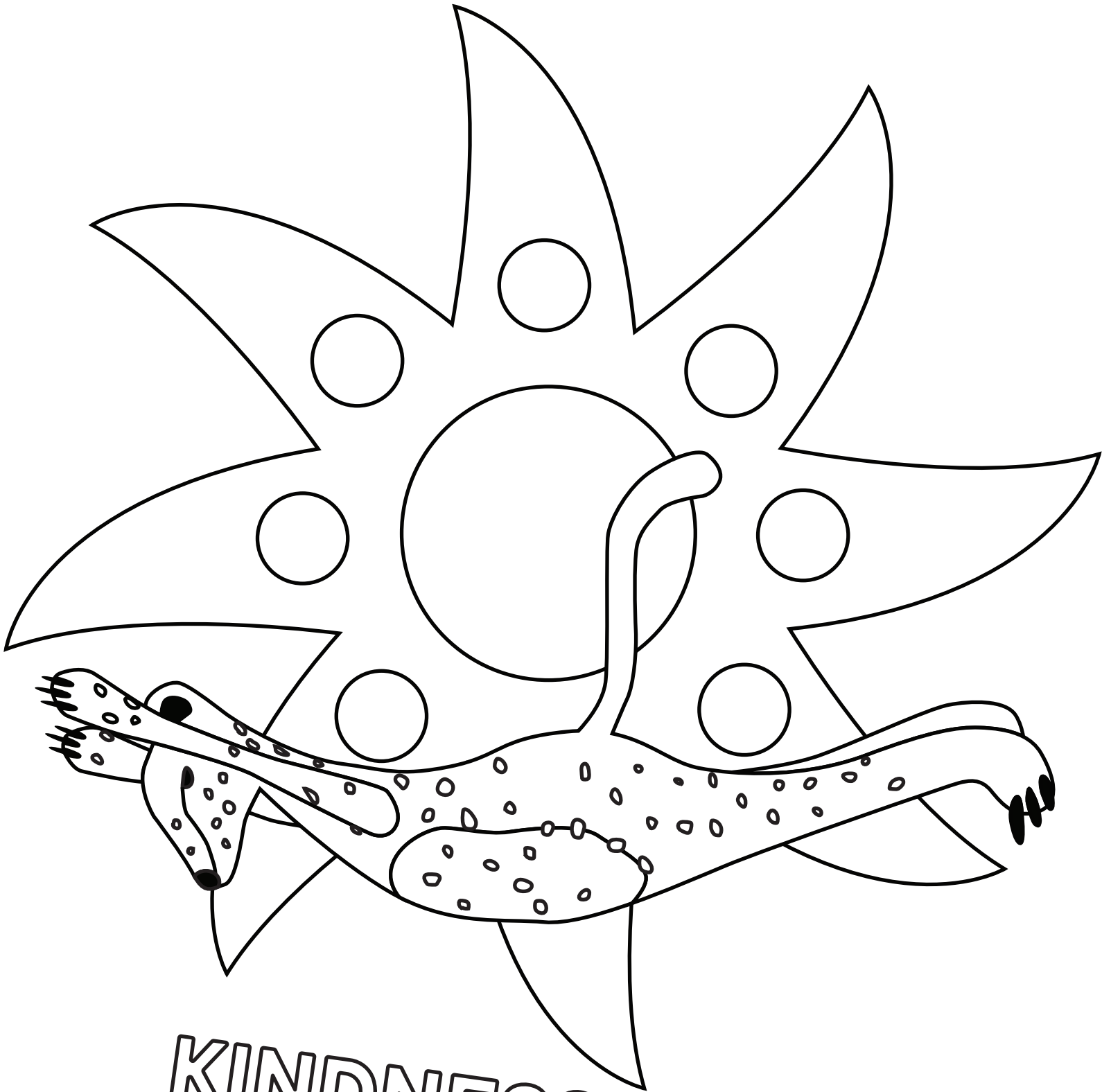
I TREASURE

EACH NEW

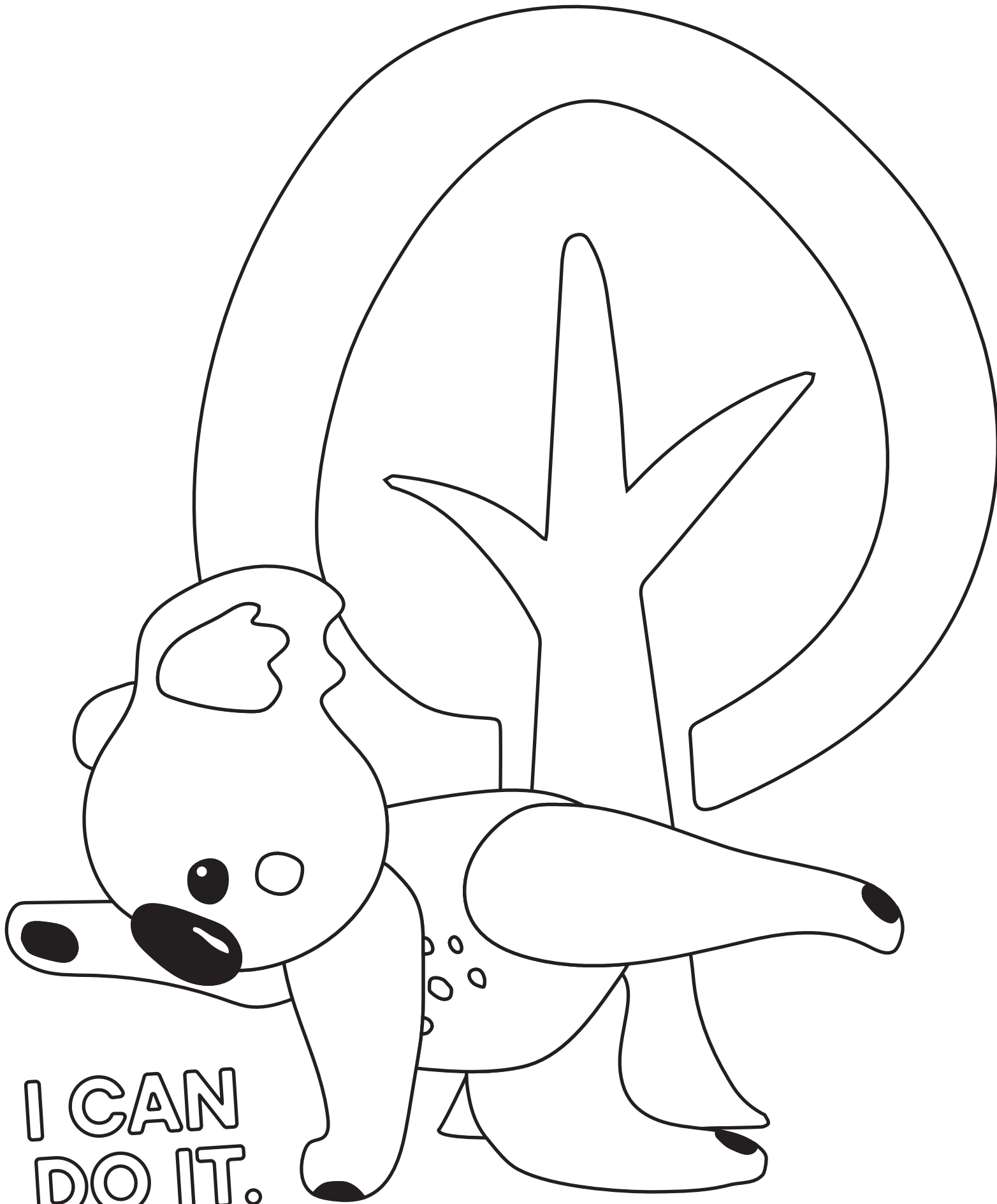


DAY.





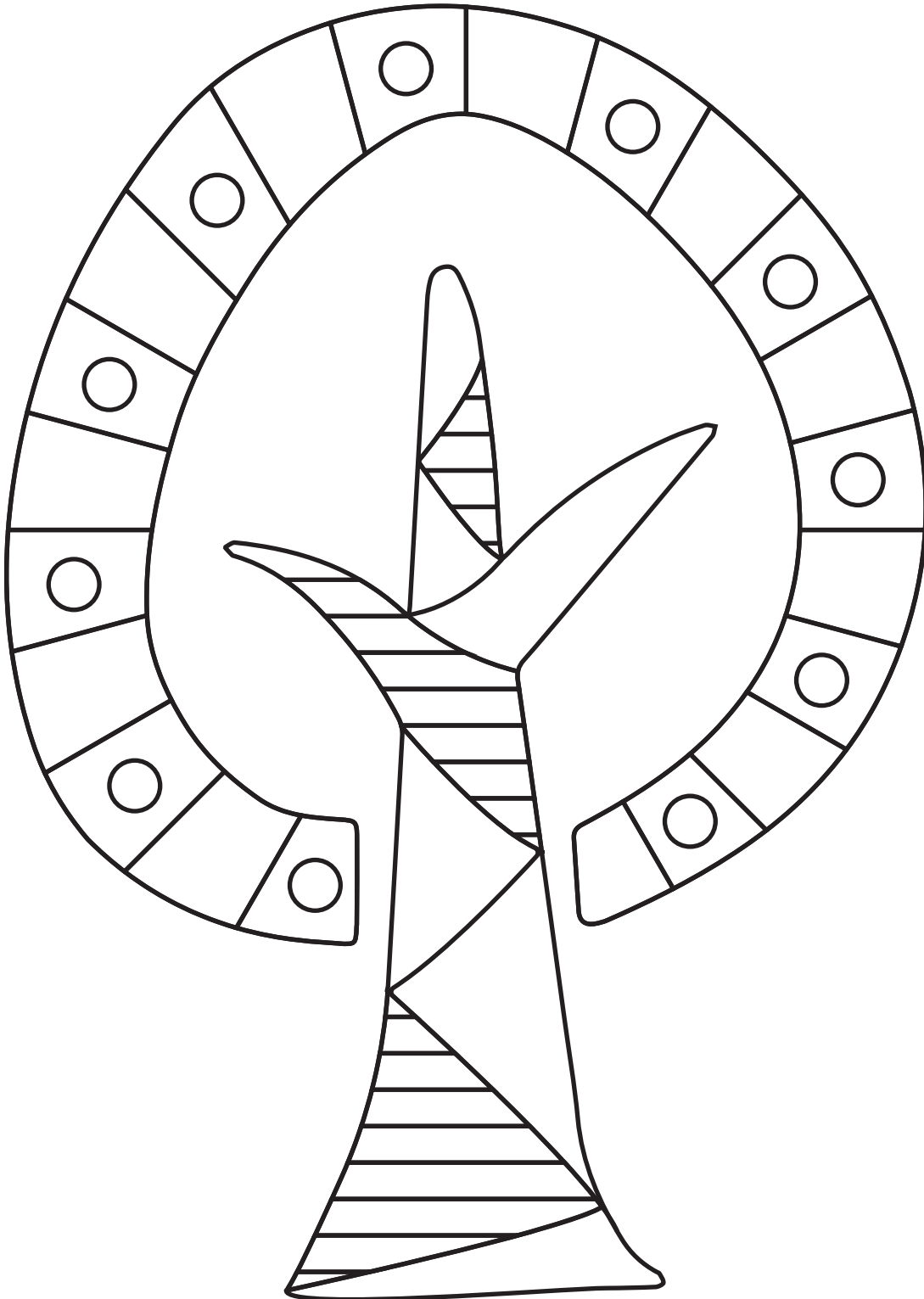
KINDNESS IS
MY SUPERPOWER.



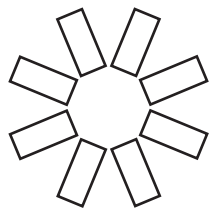
I CAN
DO IT.

I CAN

DO IT.

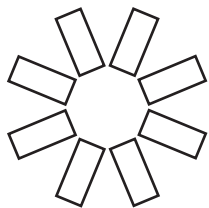


Take a Paws



**Ask yourself:
what am I
feeling?**

**Practice a
coping skill.**

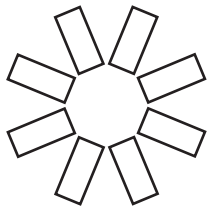
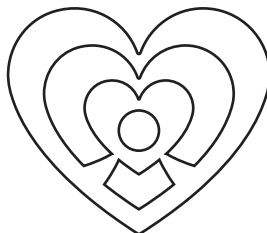
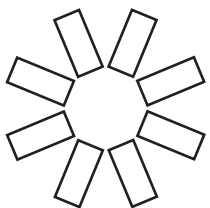


OR

**Take a deep
breath.**

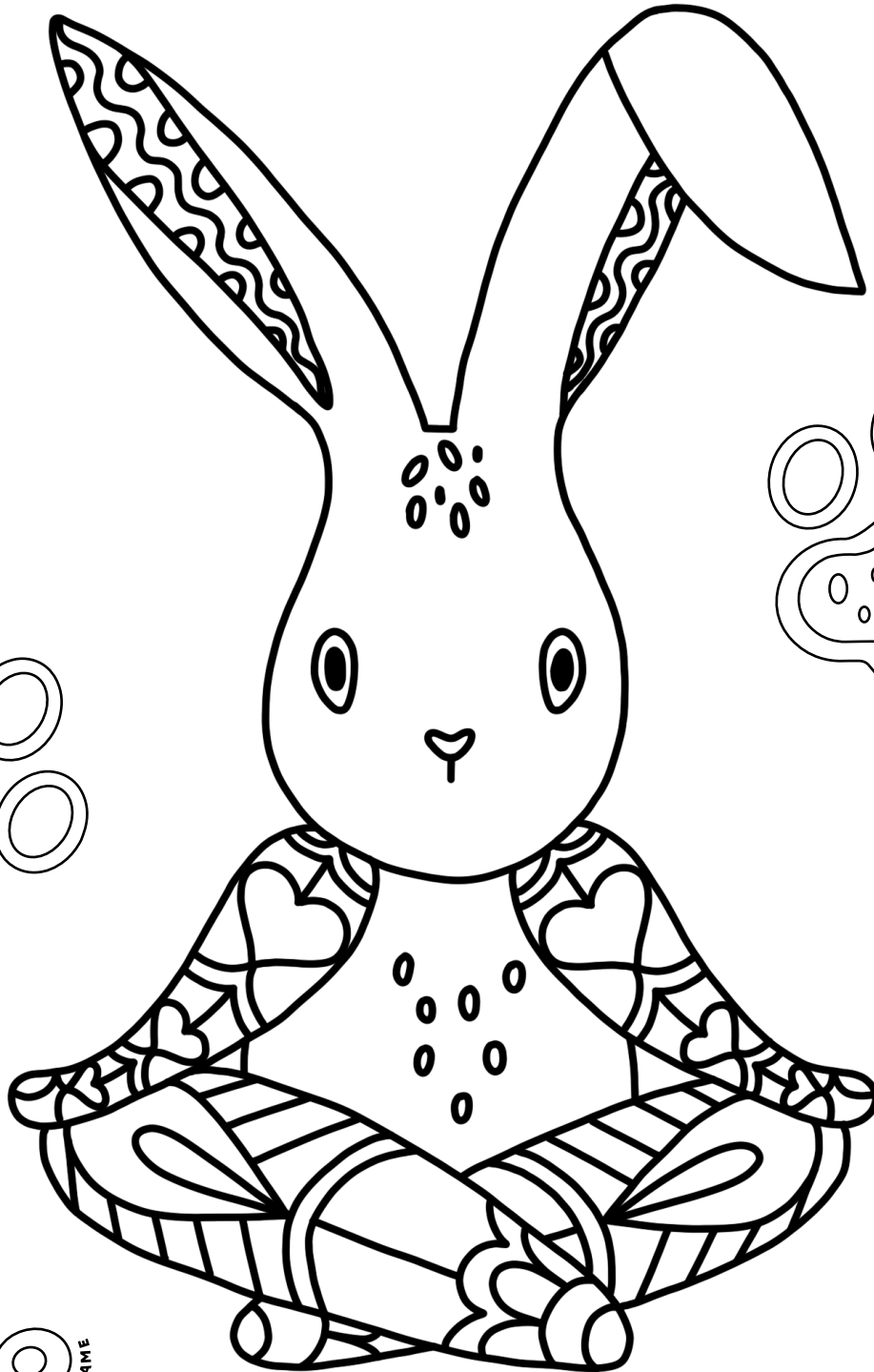
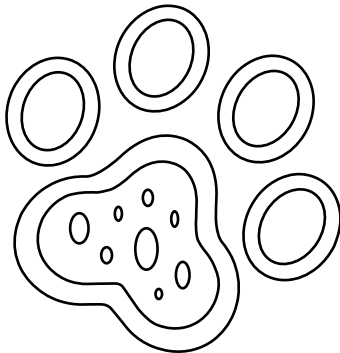
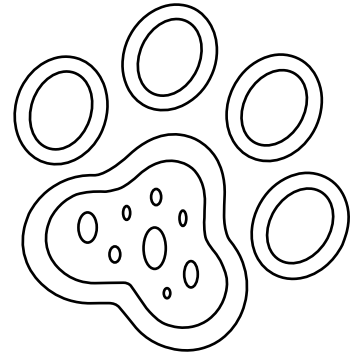
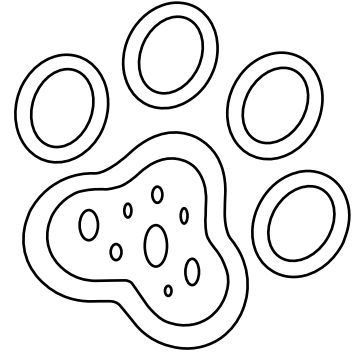
**Ask for
help.**

PAUSE



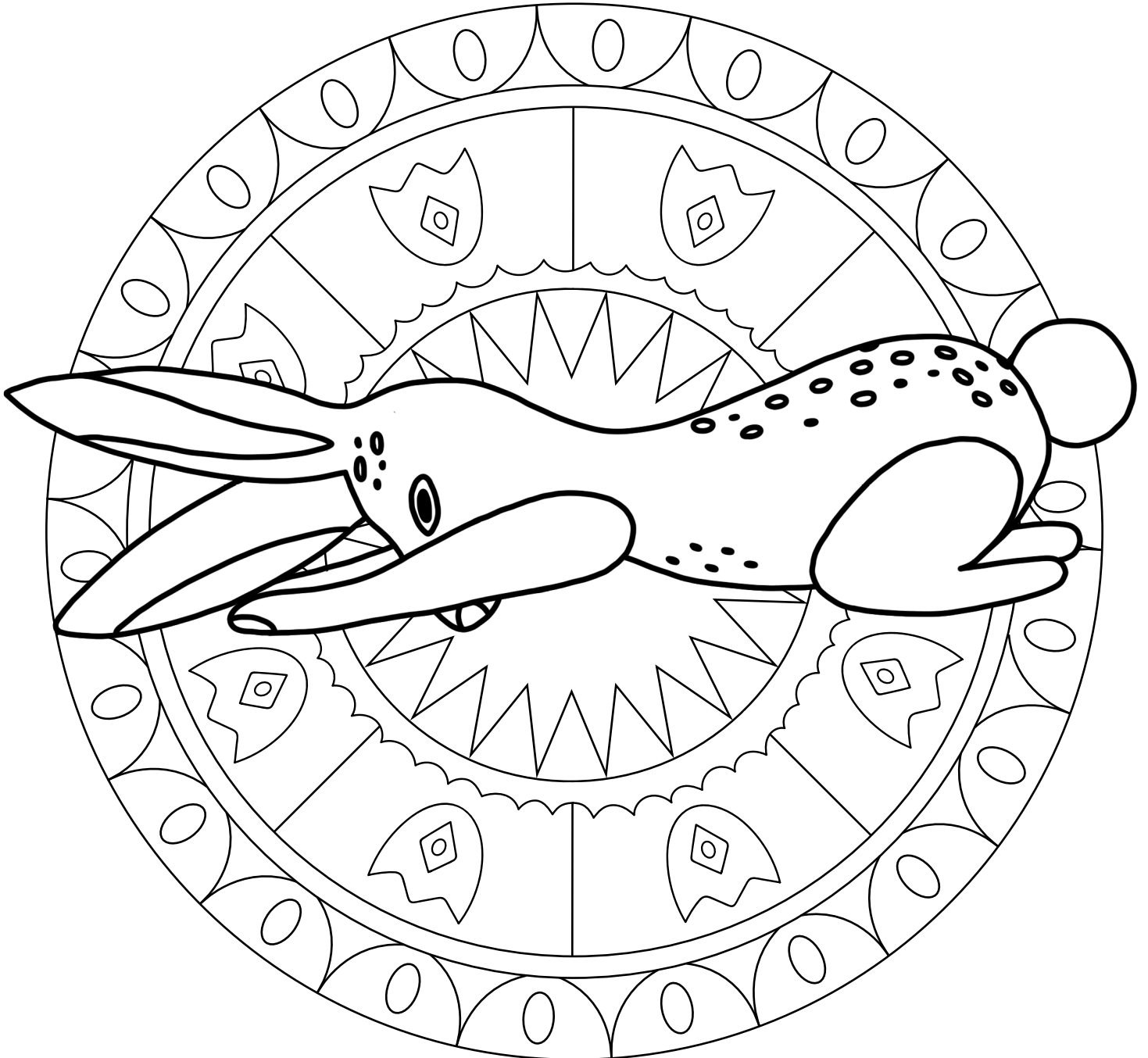
When Rita feels overwhelmed with big worries, she takes a Paws.

She places her hand on the paw print and takes a deep breath. Rita asks herself, "What am I feeling?". She notices she feels dizzy and hot. Rita is having a hard time accessing her coping skills, so she decides to find a trusted adult and ask for help. Who might you reach out to for help when moments feel overwhelming?



When Rita feels anxious about homework, she takes a Paws.

She places her hand on the paw print and takes a deep breath. Rita asks herself, "What am I feeling?". She notices she feels queasy and nervous. Rita chooses to practice Child's Pose, which is one of her favorite coping skills to calm down. After a few breaths in Child's Pose she feels a little bit better and is able to finish her assignment.



Relax

WITH RITA



LAYING DOWN TWIST



BUTTERFLY



RESTING SEATED POSE



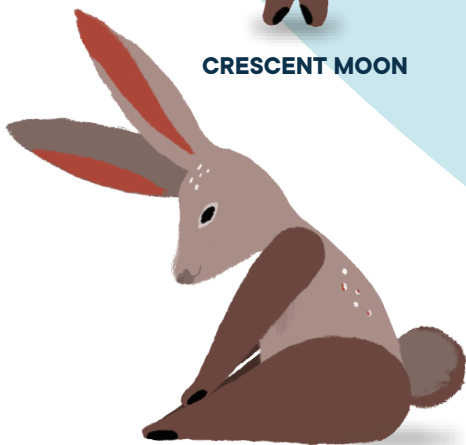
CRESCENT MOON



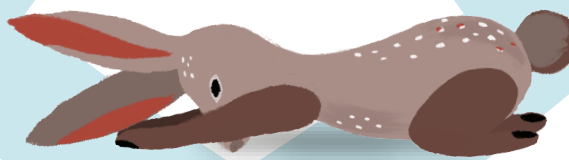
ALLIGATOR



PIGEON



FORWARD FOLD



CHILD'S POSE



SEATED TWIST

Balance

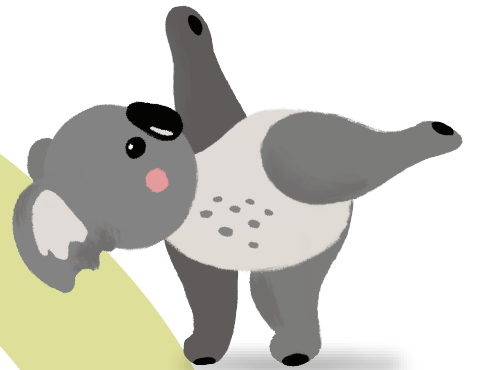
WITH KOKO



DANCER



SUNBIRD



HALF MOON



BOAT



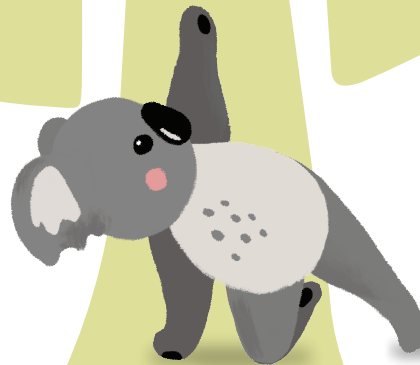
AIRPLANE



CAT & COW



DRAGON



HALF CIRCLE



TREE



EAGLE

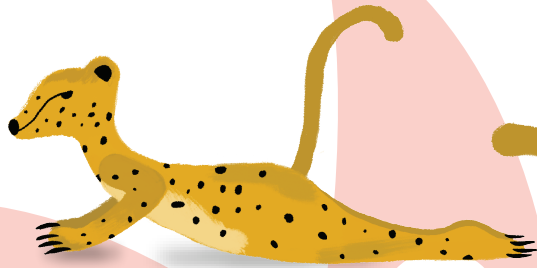
YUGO
A YOGA GAME

Energize

WITH CHASE



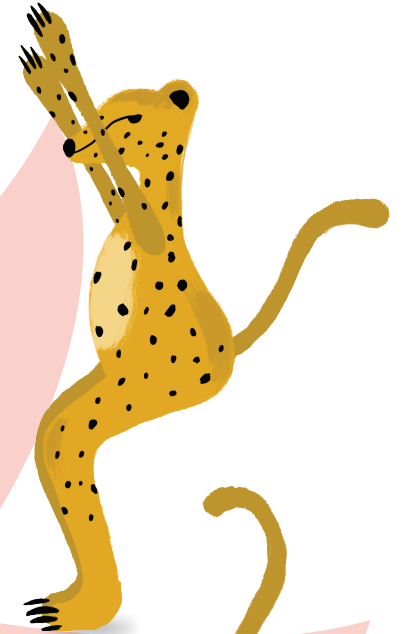
WARRIOR I



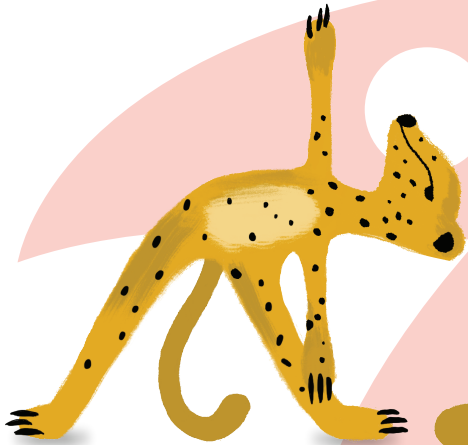
COBRA



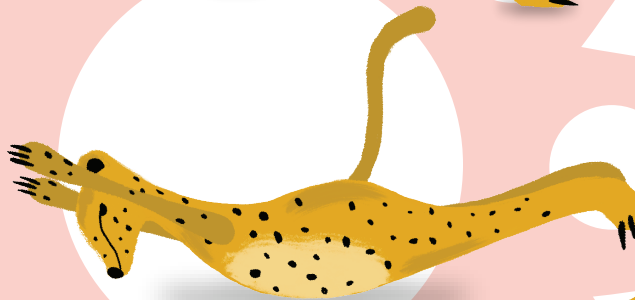
GIRAFFE



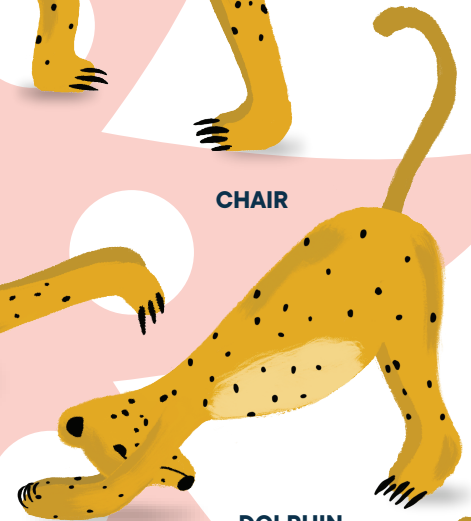
CHAIR



TRIANGLE



SUPERHERO



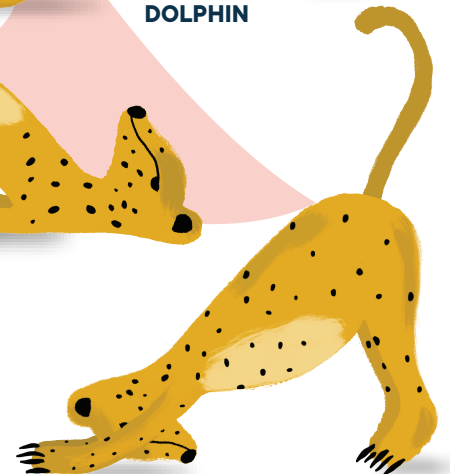
DOLPHIN



SHOULDER STAND



BRIDGE



DOWNWARD FACING DOG



WARRIOR II