Coloring Pages, Coping Skills and Pose Posters

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

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I TREASURE EACH NEW DAY.
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KINDNESS IS MY SUPERPOWER.
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I CAN  DO IT.
Take a deep breath.
Ask yourself: what am I feeling?
Practice a coping skill.
Ask for help.

PAUSE

OR

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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
PIGEON
CRESCENT MOON
ALLIGATOR
CHILD'S POSE
FORWARD FOLD
SEATED TWIST
RESTING SEATED POSE
Balance
WITH KOKO

DANCER

SUNBIRD

HALF MOON

BOAT

AIRPLANE

CAT & COW

DRAGON

HALF CIRCLE

TREE

EAGLE
Energize
WITH CHASE

Cobra
Giraffe
Chair
Superhero
Dolphin
Triangle
Shoulder Stand
Bridge
Downward Facing Dog
Warrior I
Warrior II