

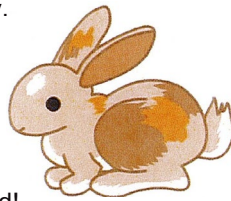
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EMPATHY and the power of ACCEPTANCE

Love Ritual:

Here's The Bunny

Here's the bunny with ears so funny.
Here's the hole in the ground.
When a noise she hears,
she picks up her ears,
and jumps in the hole in the ground!



Breathe:

Bunny Breathing



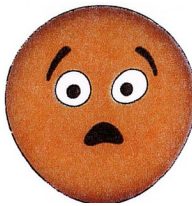
Start with fist hand,
raising two fingers,
while breathing in through
the nose.

Bounce hand out while
exhaling,
like a bunny hopping a way.
Repeat three times.

How do you feel?



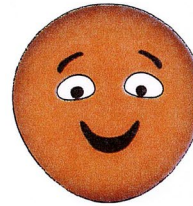
Angry



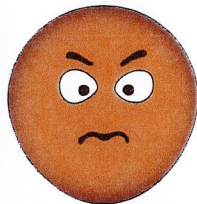
Scared



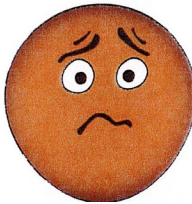
Sad



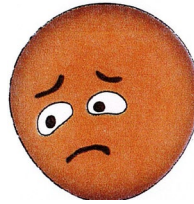
Happy



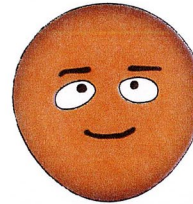
Frustrated



Anxious



Disappointed



Calm