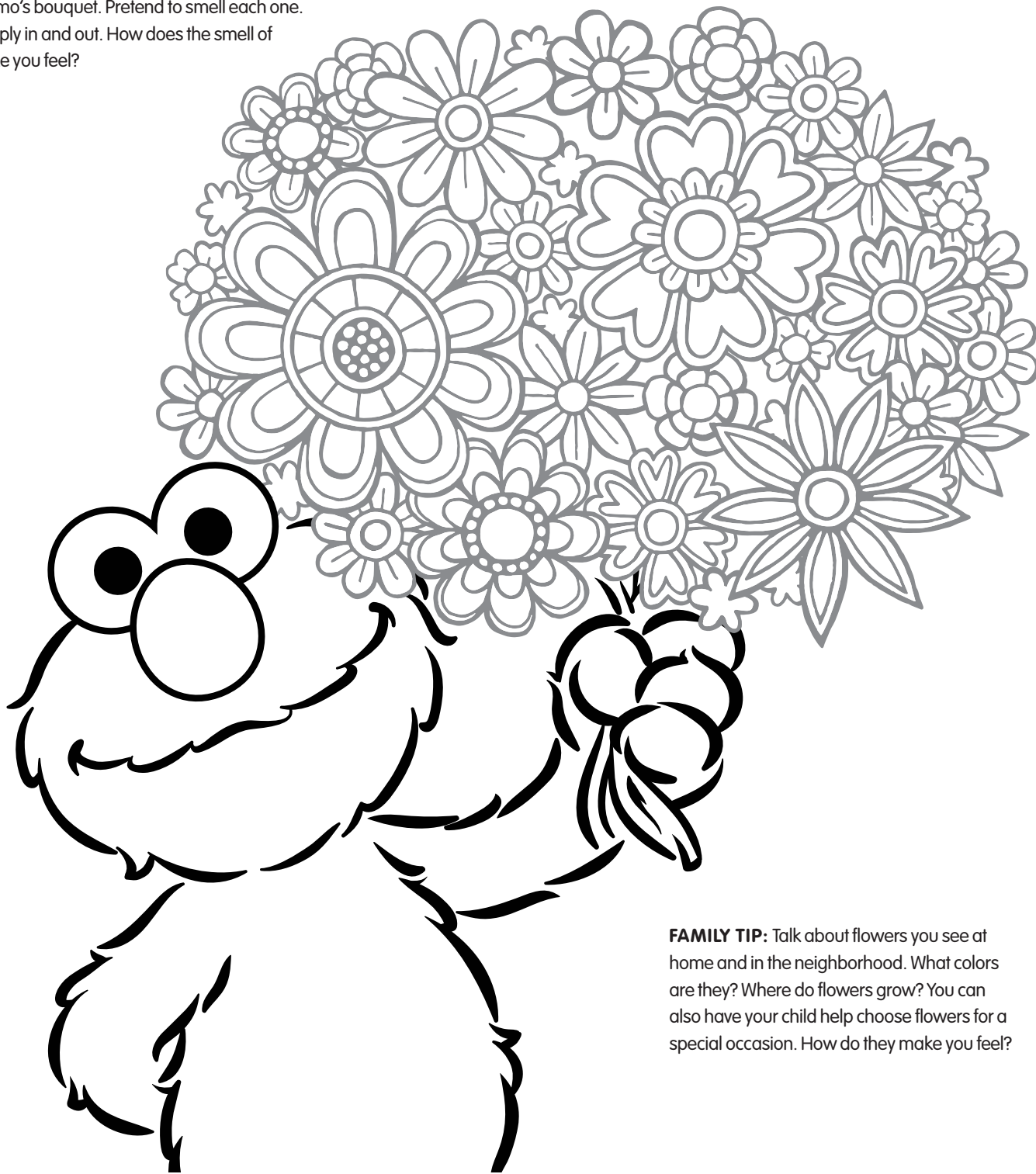


 **Stop and  
Smell the Flowers**

Enjoy the beauty of nature and feel calm. Color the flowers in Elmo's bouquet. Pretend to smell each one. Breathe deeply in and out. How does the smell of flowers make you feel?



**FAMILY TIP:** Talk about flowers you see at home and in the neighborhood. What colors are they? Where do flowers grow? You can also have your child help choose flowers for a special occasion. How do they make you feel?