

 **Big Bird's Nest**

Big Bird feels cozy and safe in his nest. Where do you go to feel like that? If you had a nest, what would you do there? What would you keep there? Color this picture and help Big Bird decorate his nest. Then hang the picture to help you remember your safe place.



FAMILY TIP: Parents sometimes need a peaceful moment, too. Find a quiet place for you to sit, close your eyes, and take some deep, S-L-O-W belly breaths—in through your nose and out through your mouth. Ahhh....