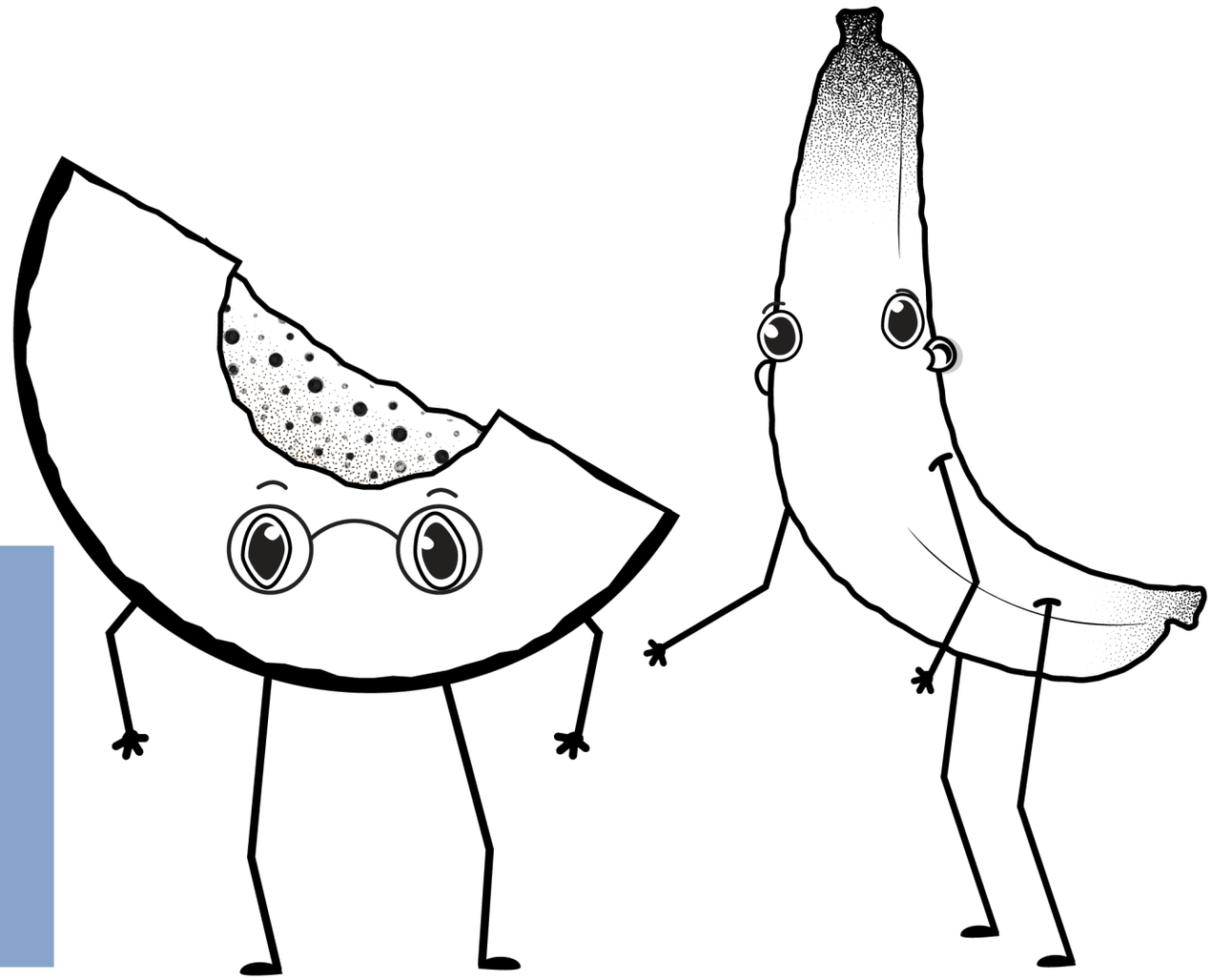
Listen to the Podcast here!

TIEMPO TRANQUILO

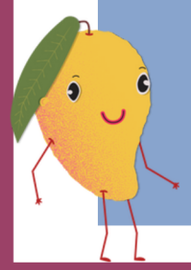
How Are You Feeling?

Draw expressions onto Melon and Banana that match how you are feeling.



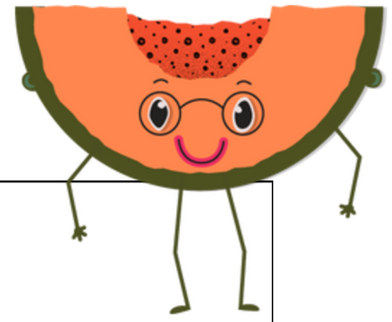
Tranquilo Thoughts

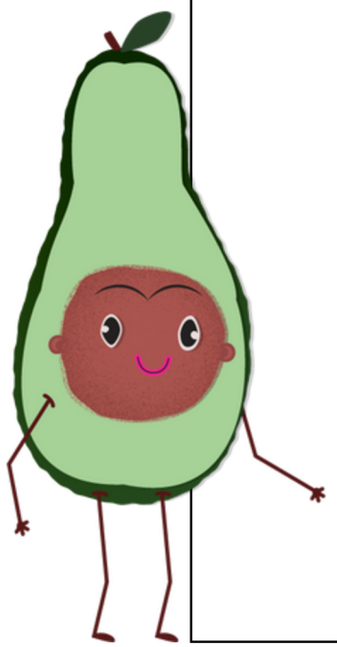
I am kind
I am helpful
I am smart



TIEMPO TRANQUILO

I Am...





Finish this positive statement: *I am* _____.
Word choices might be smart, brave, talented, capable of anything, a good friend, kind, or whatever you choose!

Next, draw a picture of yourself using this positive affirmation in the box.