



Chill



The background is white with scattered colorful hearts and confetti in shades of yellow, pink, purple, and blue. A red cursive word "love" is written in the upper right quadrant. There are several stylized hearts: a pink one at the top center, a purple one on the right side, and a purple one at the bottom center. A large pink heart is on the left side, partially overlapping the text.

## Chill Sauro

Even though I am a very peaceful Dino,  
sometimes I can't focus, I get a bit hyper,  
and even anxious.

When that happens, I do a special breathing  
to calm down. I take a big breath in through my nose  
and then I breathe out through my mouth.  
The trick is to breathe out *veeeery* slowly.

When I can, I do my chill breathing using soap bubbles.  
I know I am doing it right because  
I make one big bubble, instead of many small bubbles!

This is my secret to calm down.  
I love doing my chill breathing because I am chill,  
**Chill Sauro!**

*Let's try some chill breathing together now.  
Remember to breathe out slowly!*