

BUBBLE BREATHS

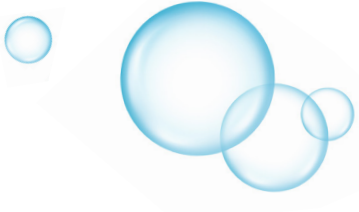
The kind of deep breaths that blow big bubbles can also make a big difference in how you feel. Practice by taking a full breath in, then slowly breathe out to blow a giant bubble, real or make-believe.



How big can you blow your bubble?

When you have big feelings, like feeling nervous, try taking a few bubble breaths in a row.

How does it make you feel?



SECRET POWERUP MESSAGE

Decode the secret PowerUp message using the key.

Decode the secret message by matching icons to letters:

- Row 1: [Stack of stones] [Baseball glove] [Bicycle] [Kite] [Stack of stones] [Beach ball] [Teapot]
- Row 2: [Medal] [Sunglasses] [Bicycle] [Purple flower] [Butterfly] [Soccer ball] [Basketball] [Sneakers]
- Row 3: [Baseball glove] [Beach ball] [Teapot] [Sunglasses] [Medal] [Helmet] [Soccer ball] [Roller skates] [Butterfly]

KEY

A	E	D
F	G	H
I	K	L
M	N	O
R	S	T
	Y	