



# jet's Puppy Paws

## Let's reset

Sometimes, big feelings—like anger, worry, or sadness—can come rushing in fast like a storm at sea. That's when it's time to take a Puppy Pause.

Imagine you're a little puppy, like Jet, stopping to sit, breathe and look at the world around you. Say to yourself, "Uh-oh, I feel something big coming." Take a slow breath in through your nose... Then breathe out through your mouth like a gentle sigh. Then do it again:

*"paws... pause... breathe"*

Use your puppy eyes and ears to notice what's around you. What do you see? What do you hear? This helps bring you back to right now, not the storm of feelings.

Remember to say something kind to yourself. You can think or whisper: "I'm okay. Feelings come and go, just like the clouds on a stormy sea." Great job!

**SQUIDGITS**

