



Grow with **The Magical Yet**.

Discover with **The Curious Why**.

Take a breath with **The Marvelous Now**.

With these inspirational friends by your side, there's nothing you can't do!



**Discover how good you can get. Look back with the Magical Yet!**

Think back on something you thought was impossible. Was it riding a bike? Spinning on one foot? Rubbing your belly and patting your head at the same time? List things that once felt impossible that you can now do. Use this list to remember with **Yet** you will continue to grow!

**Growth mindset is magical, curious, and marvelous!**

Fold a sheet of paper in thirds. In the first third write, "Something I can't do YET is..." Write or draw something you would like to learn to do. In the next third write, "WHY I'll never be bored is..." Write or draw something that feeds your curiosity. In the last third write, "I will take care of myself NOW by..." Write something that calms you or makes you happy.

**Flip a coin and be YOU**

The **Curious Why** helps beat boredom, while the **Marvelous Now** keeps you present in the moment—and they work together wonderfully! Think of two activities that open your mind and keep you cool when you're stressed or worried. Ideas could include an art or craft you can make with your hands, a sport you like to play, building a structure or invention, making music, or something you enjoy doing quietly by yourself. Assign one activity as "heads" and the other as "tails," and the next time you're feeling bored or anxious, flip a coin to decide which activity you'll do to be YOU.

**Create a friend for Yet, Why, and Now**

**Yet**, **Why**, and **Now** are inspiring friends who love to help! Draw, paint, sculpt, or otherwise create a friend to join this magical trio. What colors will you use? What magical power will your character have?



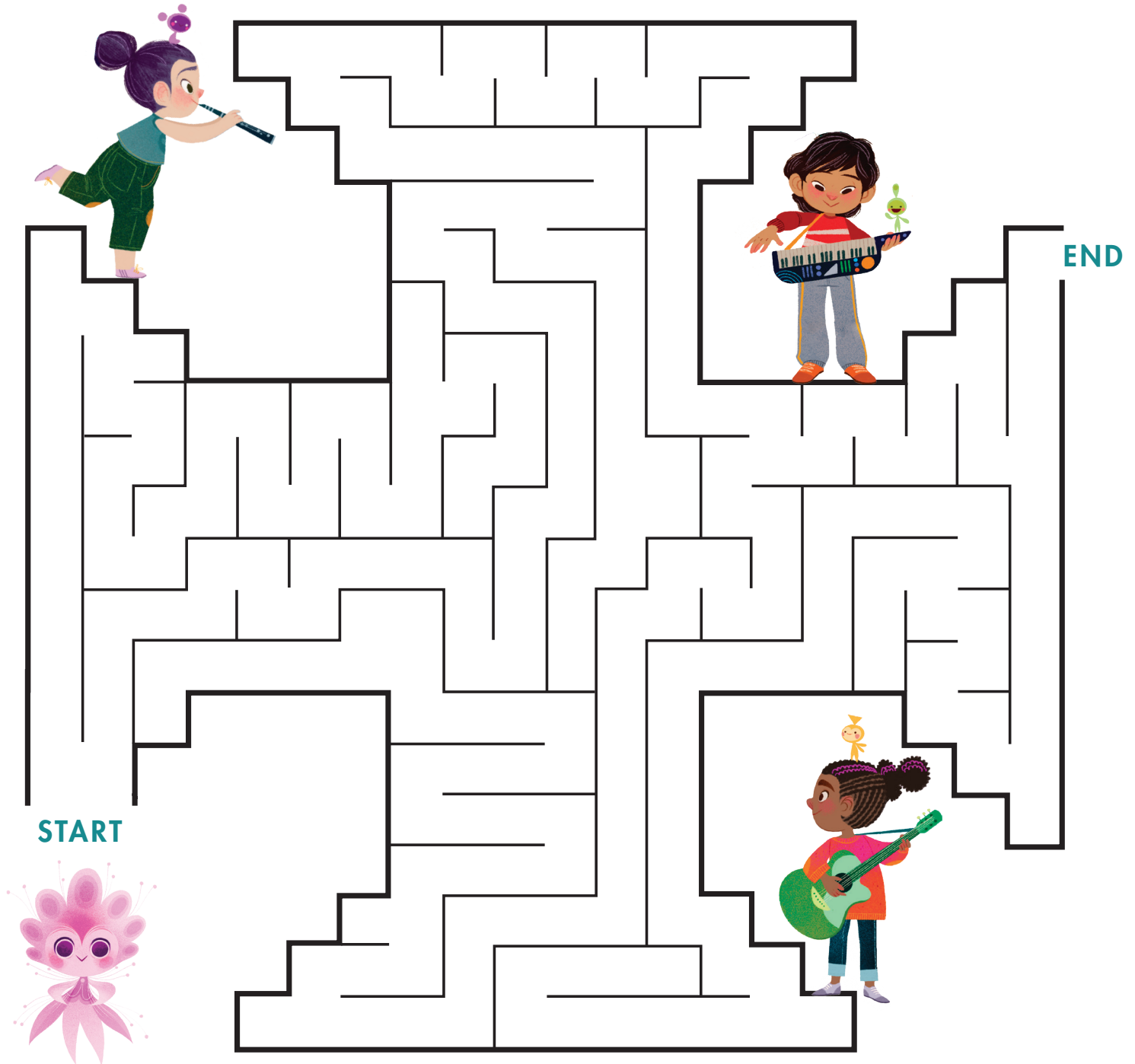
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Travel with Yet through this maze and grow together as you discover another thing you can accomplish!







The **Curious Why** introduces us to inspiring ideas. See if you can find some of them in this word search.

M	A	Q	H	C	R	A	E	S	F
R	S	U	E	L	E	A	R	N	J
E	K	E	D	W	A	Z	K	R	N
D	V	S	L	S	H	A	R	E	F
N	C	T	P	C	O	K	A	V	I
O	S	I	L	N	H	Y	P	O	N
W	G	O	A	J	X	F	S	C	D
U	B	N	Y	T	E	Z	R	S	P
Z	M	I	M	A	K	E	X	I	E
E	A	W	I	S	H	H	S	D	R



### WORD BANK

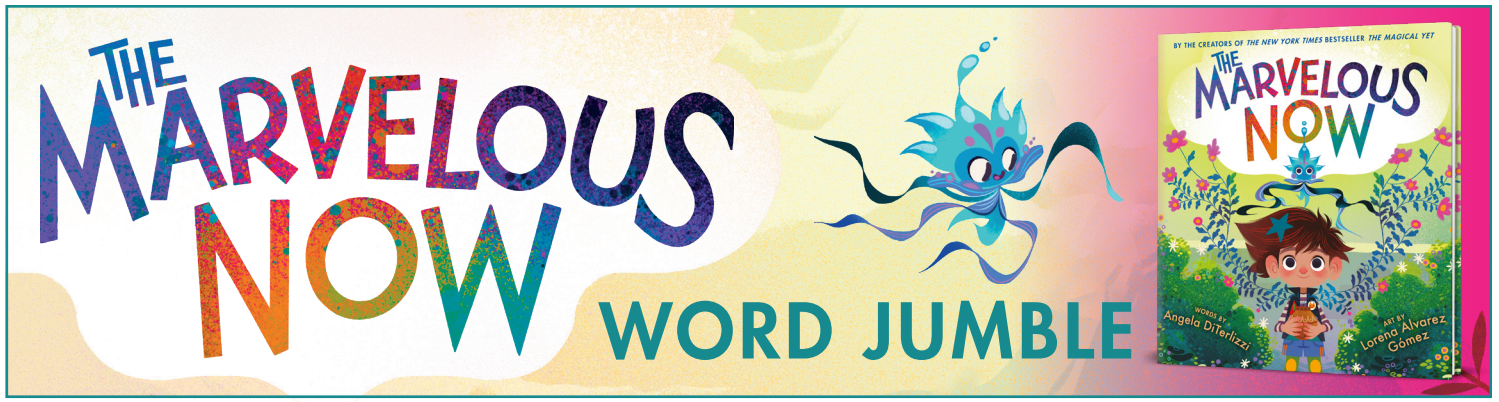
ASK	LEARN	QUESTION	SPARK
DISCOVER	MAKE	SEARCH	WISH
FIND	PLAY	SHARE	WONDER



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How does the **Marvelous Now** help you find your happy place? Unscramble the activities below that may help you regulate your emotions, keep your cool, and be in the **Now**.

- 1. A G Y O \_ \_ \_ \_
- 2. W R A D I N G \_ \_ \_ \_ \_
- 3. I N G L A W K \_ \_ \_ \_ \_
- 4. G U N K U F \_ \_ \_ \_ \_
- 5. K I G T T I N N \_ \_ \_ \_ \_
- 6. I T A H I C \_ \_ \_ \_ \_
- 7. S I N N I G G \_ \_ \_ \_ \_
- 8. I G A M I O R \_ \_ \_ \_ \_

Answer key: 1. YOGA, 2. DRAWING, 3. WALKING, 4. KUNG FU, 5. KNITTING, 6. TAI CHI, 7. SINGING, 8. ORIGAMI