

SNUGGLE HUGS



Do you know how to give a snuggle hug?

You don't know how to give one?

Put your arms around.

Too tight.

Too light.

Just right.

Your turn.

That is how you really do a snuggle hug.

For real.

Nothing else.

Who gives the best snuggle hugs?

You do.

Written by: Dr. Lisa Rusczyk
Heart Illustration by: Magdalena Takac

I WISHED



I wished on a shooting star.
What did YOU wish for?
I wished for wings.

I wished on birthday candles.
What did YOU wish for?
I wished for a rainbow.

I wished on dandelion.
What did YOU wish for?
I wished for hugs.

I threw a penny in a fountain and made a
wish.
What did you wish for?
I saved a wish for you. What do you wish
for?

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ICE CREAM NOSE



Can you lick your nose like a dog?

Slurp.

Almost.

Slurp.

Try to the side.

Slurp.

Maybe the other side?

Slurp.

I guess you are not a dog.

Oh you must be a human.

I LOVE YOU



I love you.

I love you.

I love you more.

I love you one thousand times.

I love you to the moon and back.

I love you infinity.

I love you infinity plus one.

I love you infinity times infinity.

Well I love you too.

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ONE BOOK BEFORE BED



What book do you want to read tonight?
The dinosaur book, the book about the hippos, or
the cat book?
The really long book?
How about the short one?
You don't remember what was on the book?
How about the book sitting right here?
You don't know where the book is that you want
to read?
How about the book with the monkeys?
You want to read that pile of books?
How about you pick one book out?
You can't choose because they are all so good?
How about we can read the book that you just
selected tomorrow?
Did you realized I just tricked you into reading this
book?

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MAGIC PALETTE



This is my magic palette.
I have a rainbow of color on my palette.
I use my magic wand paint brush.
This is my wand.
I dip the wand in the color I want.
Then I paint the wall with magic.
I like to paint the walls into a rainbow.
I like to paint up and down.
Left to right.
I like to paint in circles too.
What would you like me to paint for you?

SUNSETS



Places you can watch the sun set over

You can watch the sunset by yourself.
Or with a friend.

Over a mountain range,
Over the ocean from the beach,
Or on a boat.

Over a plateau,
Behind your favorite landmark,
Or over a canyon.

Maybe one day you will watch the sun set over
the earth.

Then watch the sunrise in the morning.

Written by: Dr. Lisa Rusczyk
Heart Illustration by: Magdalena Takac

LIP SMACK



(Lip smack)

I love you.

(Lip smack)

I love you too.

(2 lip smacks)

STRONG GIRL



You are a strong girl.
Not just because you can lift heavy objects.
You are strong because you are there for others.
You are generous.
You are kind.

You don't realize the actions that you take inspire
and influence others to make better choices.

The things that you do creates change.
You love others.

Yes, one day you will be able to lift a heavy
weights over your head with practice,
but you are already a strong girl.

You help shape the world.

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I CAN'T



I can't do it. Do it again.

I can't do it. Good try.

I can't do it Almost.

Let me try one more time. Getting closer.

I will try again. You are getting so much better.

Let me try again. You are doing it.

Let me show you again. Good job, you did it.

I did it. Do it again.

SLURP



(hold yoga matt as tongue. Move matt towards child when you slurp).

I am a frog.
Look at my beautiful tongue.
I love to catch flies.
Slurp.

I wait patiently for the right moment.
Slurp.

Breathing normally, in and out.
Slurp.

You may start moving around.
And then slurp, I got you. Yum.

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BEARS



Teddy bears.
Panda bears.
Gummy bears.
Polar bears.
Bear paws.
Grizzly bears.
Bear hugs.