

# Mindfulness Matters

In *Action Pack*, superhero Clay can stretch his body far to protect others. He is also great at helping others feel calm. Learn ways you can have a calm body and calm mind.

## I Can...

1. Take deep breaths.
2. Listen to music.
3. Take a mindfulness nature walk.
4. Give myself a calming hug.

## Clay's Family Song

### Calm Body, Calm Mind

*When you're feeling wound up,  
It's time to slow down.  
Take a deep breath  
And turn your day around!*

Draw a picture of something that helps you stay calm.



**Families:** When Clay's little sister gets upset, his family sings the song above to help calm her. Talk to your child about additional things that might help them the next time they feel upset.

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Catch new episodes of *Action Pack* on Netflix!**