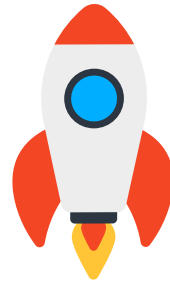
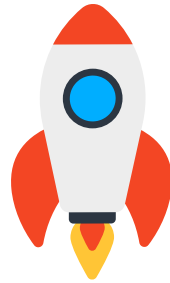
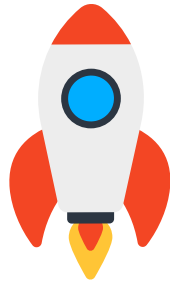




**PEDIATRIC
CONSTELLATIONS**

Vertical Lines - Draw a Line Down



Expand Language

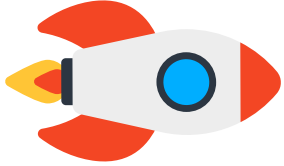


1. **"Rocket Launch Countdown"**: Practice counting down as the rocket ascends.
2. **"Rocket's Colorful Trails"**: Describe the colors in the rocket's trail.
3. **"Space Journey Words"**: Name planets or stars while drawing lines.
4. **"Rocket Sound Effects"**: Make whooshing sounds as the rocket climbs.
5. **"Rocket Story Creation"**: Create a story about a space adventure.
6. **"Count the Stars"**: Count imaginary stars as the rocket passes.
7. **"Space Vocabulary"**: Introduce new words like 'astronaut' or 'galaxy'.





PEDIATRIC CONSTELLATIONS



Involve the Body



1. **Rocket Jump Launch:** Children pretend to be rockets, squatting low and then jumping high into the air as they "launch", while making rocket sounds.
2. **Rocket Step Climbs:** Set up steps or safe blocks for children to climb, imitating a rocket ascending step by step.
3. **Rocket Arm Reaches:** Encourage children to reach their arms high above their heads, stretching as if they are rockets trying to touch the sky.
4. **Balloon Rocket Blast Off:** Grab a balloon, and they stomp to pop it, mimicking a rocket blasting off.
5. **Rocket Twirls:** Have the children spin in place with their arms outstretched, imitating a rocket spiraling into space.



Talk Emotions

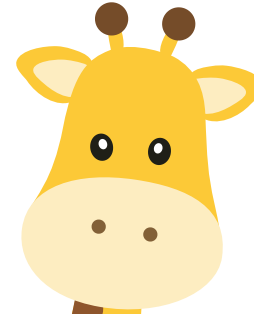
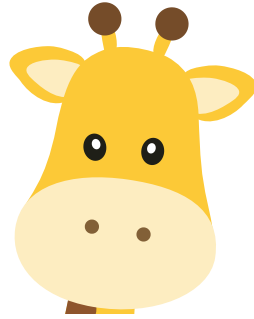
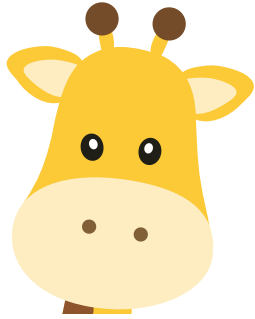


1. **Rocket Calm Down Countdown:** Teach children to count down from 5 or 10 to 1 to calm down, like a rocket preparing for a smooth landing.
2. **Happy Rocket Blast Off:** Encourage children to jump for joy when they feel happy, like a rocket blasting off, and say, "I feel happy like a rocket!"
3. **Sad Rocket Landing:** When feeling sad, teach them to slowly sink to the ground like a rocket landing gently, saying, "I feel low, coming down."
4. **Angry Rocket Noise:** Let them make a loud rocket noise when they feel angry, then slowly quiet down, helping them understand how to express and then calm their anger.
5. **Excited Rocket Circle:** When excited, have them spin in a circle and then stop, take a deep breath, and say, "I'm excited but I can stop and breathe."



**PEDIATRIC
CONSTELLATIONS**

Draw a Line Down - Vertical Lines

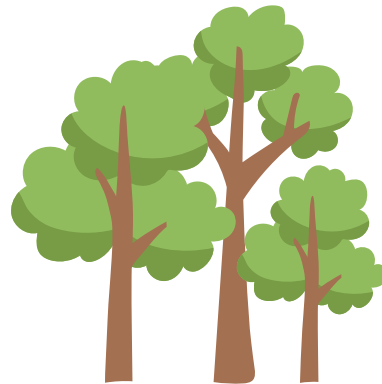




Expand Language



1. "**Giraffe Stretching**": Describe how tall the giraffe stretches.
2. "**Giraffe Spots**": Count or color spots on the giraffe's neck.
3. "**Savanna Story**": Create a story about the giraffe's habitat.
4. "**Giraffe Snacks**": Discuss what giraffes might like to eat.
5. "**Tall as a Giraffe**": Compare heights with a giraffe.
6. "**Giraffe Colors**": Name colors found on a giraffe.
7. "**Giraffe Friends**": Talk about other animals that live with giraffes.



Involve the Body



1. **Giraffe Neck Stretches:** Encourage children to stretch their necks upwards as high as they can, like a giraffe reaching for leaves.
2. **Giraffe Tall Walks:** Have children walk on tiptoes with arms stretched high, imitating a tall giraffe walking through the savanna.
3. **Giraffe Tag:** Play a game of tag where the 'it' person is the giraffe, using only their arms (stretched high) to tag others.
4. **Giraffe Leaf Grab:** Hang leaves (or objects) from a height and have kids reach up to grab them, as if they were giraffes eating from trees.
5. **Giraffe Yoga Poses:** Incorporate yoga poses that mimic a giraffe's posture, such as the Mountain Pose with extended arms.





Talk Emotions



1. **Giraffe Neck Breathing:** Teach deep breathing by having them stretch their necks up for a deep inhale and lower down for exhale, saying, "Breathe in, stretch high; breathe out, come down."
2. **Happy Giraffe Stretch:** When they feel happy, they can stretch their arms high like a tall, happy giraffe, saying, "I'm tall and happy!"
3. **Sad Giraffe Sitting:** When feeling sad, they can sit down and hug their knees, mimicking a giraffe curling up, saying, "I'm sad and need a hug."
4. **Giraffe Quiet Time:** If feeling overwhelmed, suggest they have a quiet time like a giraffe standing still in the savanna, saying, "I stand quiet like a giraffe."
5. **Giraffe Gentle Pat:** Teach them to gently pat their chest or tap their feet on the ground to self-soothe, like a giraffe gently walking, saying, "Calm pats, calm steps."



**PEDIATRIC
CONSTELLATIONS**

Draw a Line Down - Vertical Lines





Expand Language



1. **"Raindrop Races"**: Count or race raindrops as they fall.
2. **"Rainy Day Sounds"**: Imitate the sound of falling rain.
3. **"Wet Weather Words"**: Discuss words associated with rain like: drizzle, downpour, puddle, rainbow, thunderstorm
4. **"Rainbow Creation"**: Imagine colors in a rainstorm.
5. **"Water Cycle Talk"**: Discuss how rain is part of the water cycle. "The water cycle is when water from the ocean goes up to the sky to make clouds, and then falls back down as rain to start all over again."
6. **"Raindrop Size Comparison"**: Compare big and small raindrops.



Involve the Body



1. **Raindrop Hop:** Set up a hopscotch course where each square represents a raindrop, and children hop from one to another.
2. **Umbrella Twirls:** Give children umbrellas to open and twirl as if they are walking through a rain shower.
3. **Puddle Jumping:** Create pretend puddles with mats or blue papers, and have children jump over them like hopping over puddles.





Talk Emotions

1. **Raindrop Shake Out:** When feeling jittery or upset, shake their hands and feet like shaking off raindrops.
2. **Happy Rain Dance:** Encourage a happy dance for when they feel joyful, like dancing in the rain (play rain background music).
3. **Sad Rain Sit:** When sad, they can sit down and imagine raindrops falling, saying, "I'm sad like a rainy day."
4. **Angry Rain Stomp:** Allow them to stomp their feet gently like heavy rain for anger, then slow down as they calm down.
5. **Calm Rain Breathing:** Teach them to breathe in and out slowly like gentle rain, saying, "Breathe like quiet rain for calm."