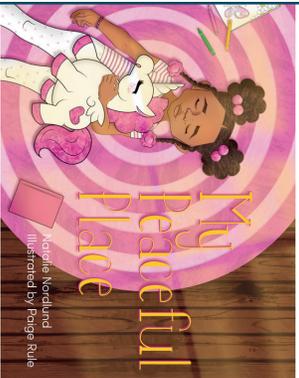




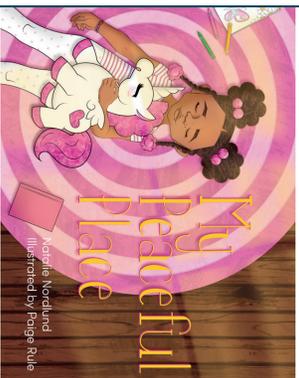
Take a  
deep  
breath ...



  
**Orange Hat**  
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WITH  
**MEDIA**

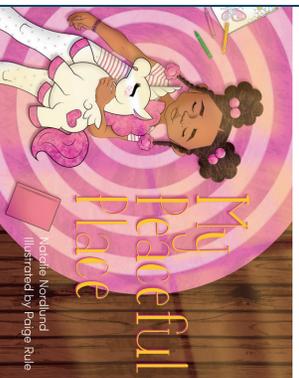
Take a  
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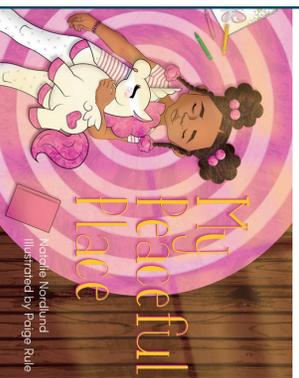
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# THANK YOU!

Thank you for downloading this resource and for your commitment and dedication to supporting children's social-emotional development and well-being.

With Gratitude,  
Natalie

## INSTRUCTIONS

Print this resource double-sided and use scissors to cut out bookmarks. After reading aloud the children's picture book *My Peaceful Place*, written by Natalie Nordlund and illustrated by Paige Rule, provide these bookmarks to children/students along with art supplies (e.g., colored pencils, crayons, markers). On the peaceful place side of the bookmark, instruct them to draw their peaceful place that they can travel to in their mind when they are experiencing uncomfortable emotions, or to draw images that can bring them peace.

Visit Connect With MEdia's website ([www.connectwithmedia.com](http://www.connectwithmedia.com)) to see where you can purchase your copy of *My Peaceful Place* and view a read-aloud video by the author.

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## FONTS AND CLIPART

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