

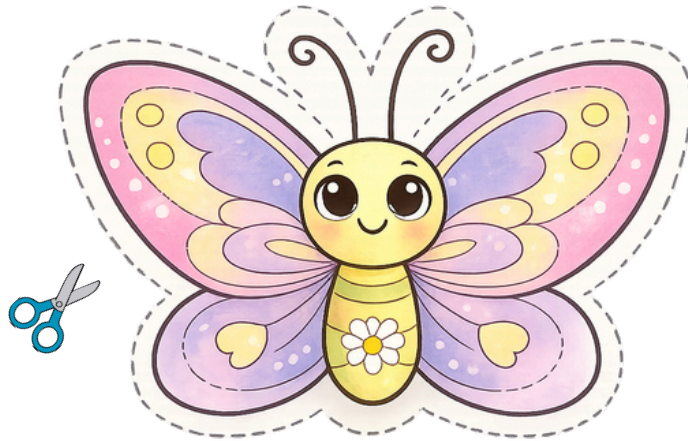
# CUT & CRAFT

## WITH MYLA

### BUTTERFLY FINGER PUPPET CRAFT

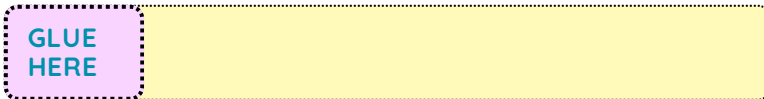
1

CUT THE BUTTERFLY OUT ALONG THE DOTTED LINE.



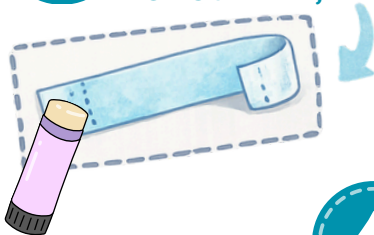
2

CUT THE RING BAND OUT ALONG THE DOTTED LINE.



3

FORM THE STRIP INTO A LOOP, TAPE OR GLUE IT SECURELY,



4

TAPE OR GLUE THE BUTTERFLY ON TOP OF THE PAPER LOOP SECURELY,



5

WEAR YOUR FINGER PUPPET AND USE IT WHEN TRYING YOUR "BUTTERFLY WINGS" TO CALM DOWN. JUST LIKE MYLA DOES!



FIND MORE RESOURCES AT

**SATORIKID CLUB**

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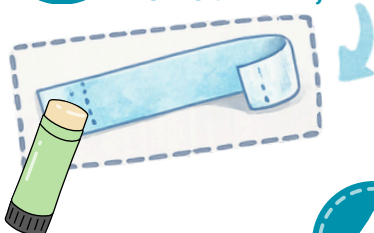
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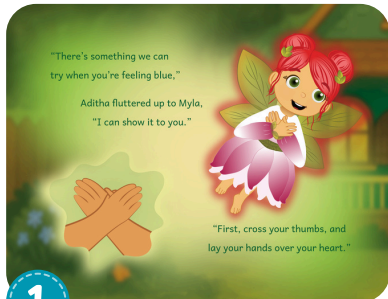
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# LEARN “WINGS OVER MY HEART” WITH MYLA AND ADITHA



1

First, cross your thumbs, and lay your hands over your heart.



2

These are your wings this is where we will start.



3

Tap left, then right, just like a butterfly's wings.

Breathe in and out, feel the calm that it brings.



4

Now repeat to yourself, with a heart full of pride;  
I am safe.  
I am strong.  
I feel calm inside.



5

Now that you've taken the time to connect.  
Let's take a moment to pause and reflect.



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## GET THE FULL STORY!

These sample pages are from the upcoming book **Myla Learns Wings Over My Heart**.

When big feelings show up, this story gives children a gentle way to calm their body and connect with their emotions. This story includes this simple self-soothing practice children can use again and again.

AVAILABLE FOR PRE-ORDER NOW!



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