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## Finding Calm in Chaos (Grades K-5)

As we face a potential third wave of Covid cases, children may be anxious or upset about missing traditional family gatherings and activities.

Use the book *Love, Hugs, and Hope* as a tool to help your child understand that a wide variety of feelings are normal, especially in upsetting situations. As you read, share with your child a time when you have experienced one of the emotions described in the story.

In addition to the suggestions of drawing, talking, and moving to work through feelings, introducing meditation is another way for children to calm themselves. This [magical butterfly body scan](#) is a fun way to introduce the idea of meditation.

A [calming jar](#) is a wonderful sensory project that you can make with your child (channel zen in case the glitter goes flying!) that they can use when they're feeling overwhelmed.

Keep calm and carry on, readers!