

Bear's Book of Calm



Seb
Davey

Julia
Seal





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Written by Seb Davey
Illustrated by Julia Seal

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Breathe. Count 1.

Calm.

Be still ...

It's good to take things
slow sometimes.



Breathe. Count 2.

Listen.

Really listen ...

What can
you hear?



Breathe. Count 3.

What can you see?

Look.

Notice things ...

