

Sometimes it's the little things that make a big difference!  
Chickadee and the Tweet-Hearts **FLAP** and you can too!

**Flapping** is something you can do to help calm your mind and body.  
Everyday, Chickadee uses the very tip of her wing to tap on her little bird forehead as she states her challenge. Then she gently taps on the side of her head, next to her eye. From there she taps on her beak, then on her chest and finally on the top of her head.

After she has done this, she then does it again,  
saying out loud, what she can do about her challenge.

This helps when she is anxious about a test at school.

Chickadee's Flapping solution **SOUNDS** something like this:

"I'm nervous to go to school today." She says that every time she gently taps on her forehead, next to her eye, beak, chest and top of her head. The next time she will say something such as, "I'm going to go to school, relax my body, breathe slowly and do the best I can."

She can go around **AGAIN** if she wants and state out loud:

"I will be gentle with myself and others today."

By the time she has done this several times she is  
**VERY** calm and ready to proceed. It's simple; it's easy; and it's helpful!

You can use this for anything you are feeling.

**Do you want to join the Tweet-Hearts and try Flapping?**



**You can do all of these things or NONE of these things.  
Or maybe you have something new! It's up to you!**