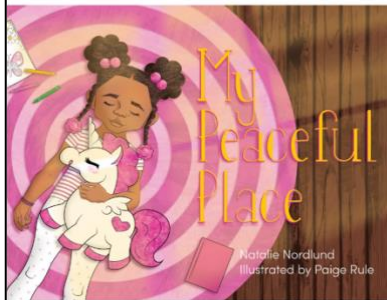
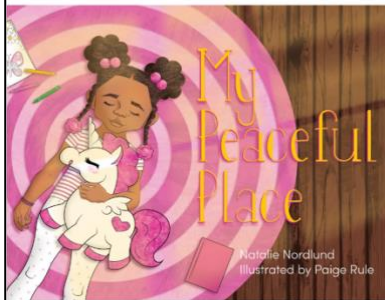




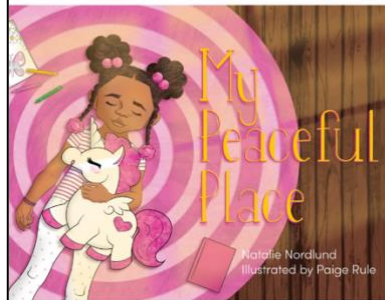
Take a  
deep breath ...



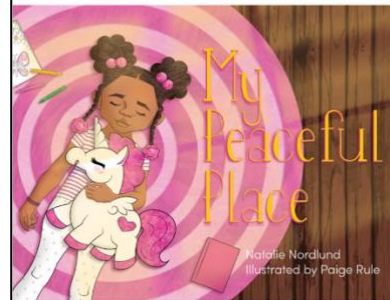
Take a  
deep breath ...



Take a  
deep breath ...



Take a  
deep breath ...



## Thank You!

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

-- 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 Natalie Nordlund's [Linktree](#) to see where you can purchase your copy of *My Peaceful Place*. A read-aloud video is also available on YouTube [here](#).

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