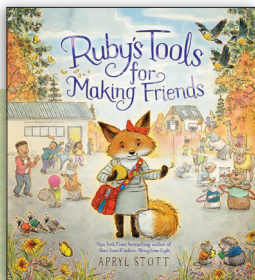




COLOR IN RUBY!



RUBY'S TOOLS FOR MAKING FRIENDS
BY APRYL STOTT

REPRODUCIBLE



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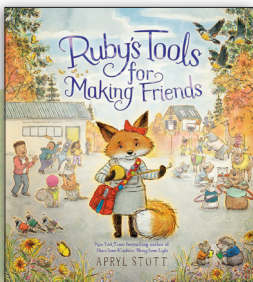
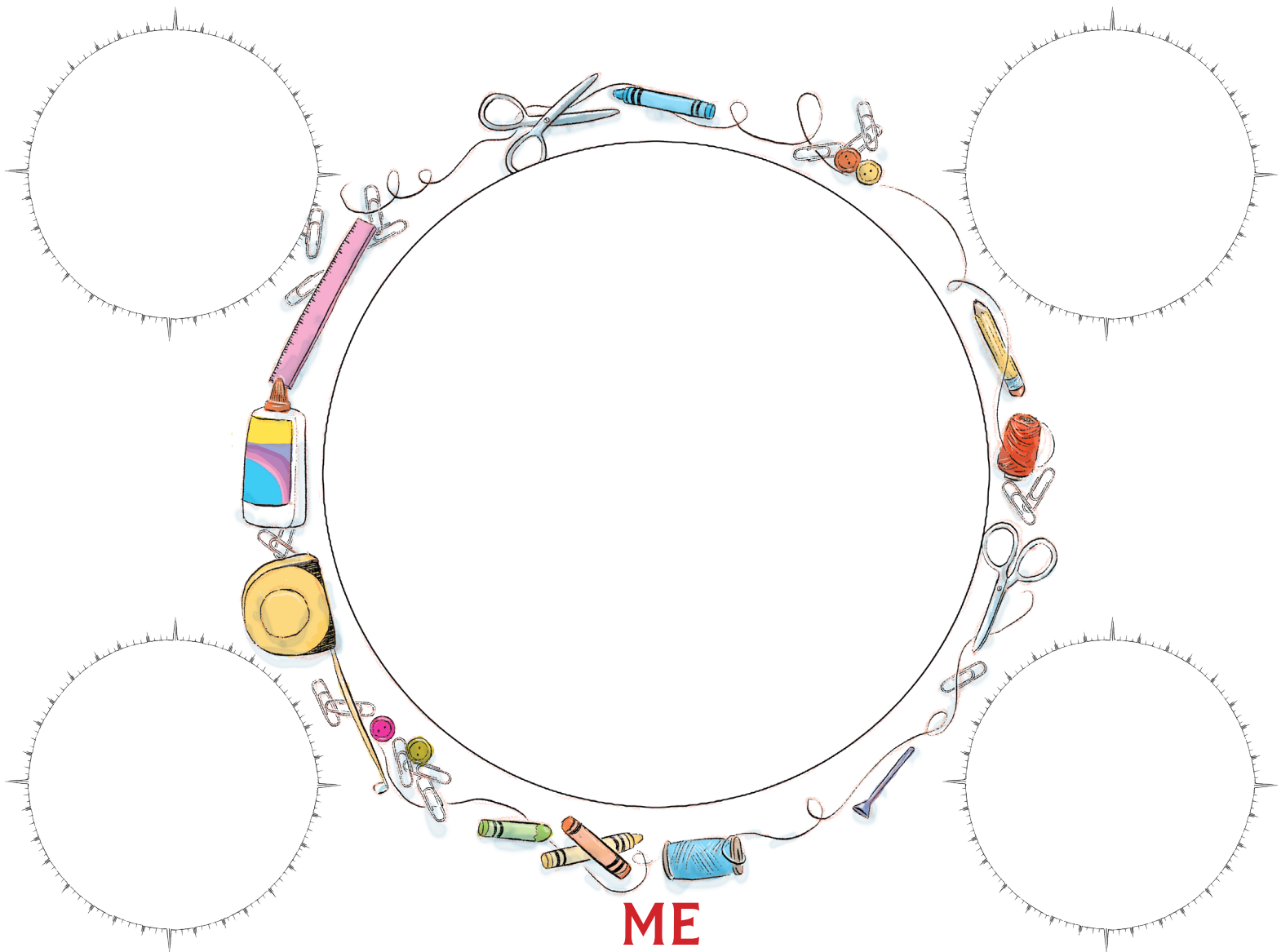


My Tools for Making Friends

Meeting new people can be hard sometimes, but with the right tools, you'll feel more ready to make friends. Ruby used her tape measure to count her breaths when she felt nervous—what are some tools that you can use when you feel that way, too?

Steps:

1. Draw a picture of yourself in the middle circle.
2. In the outer circles, draw or write the tools you use when you feel nervous. Whether it's your favorite blanket or a song!



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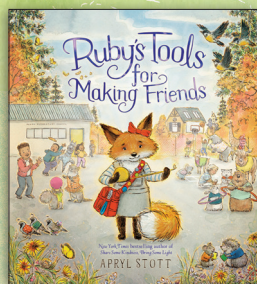
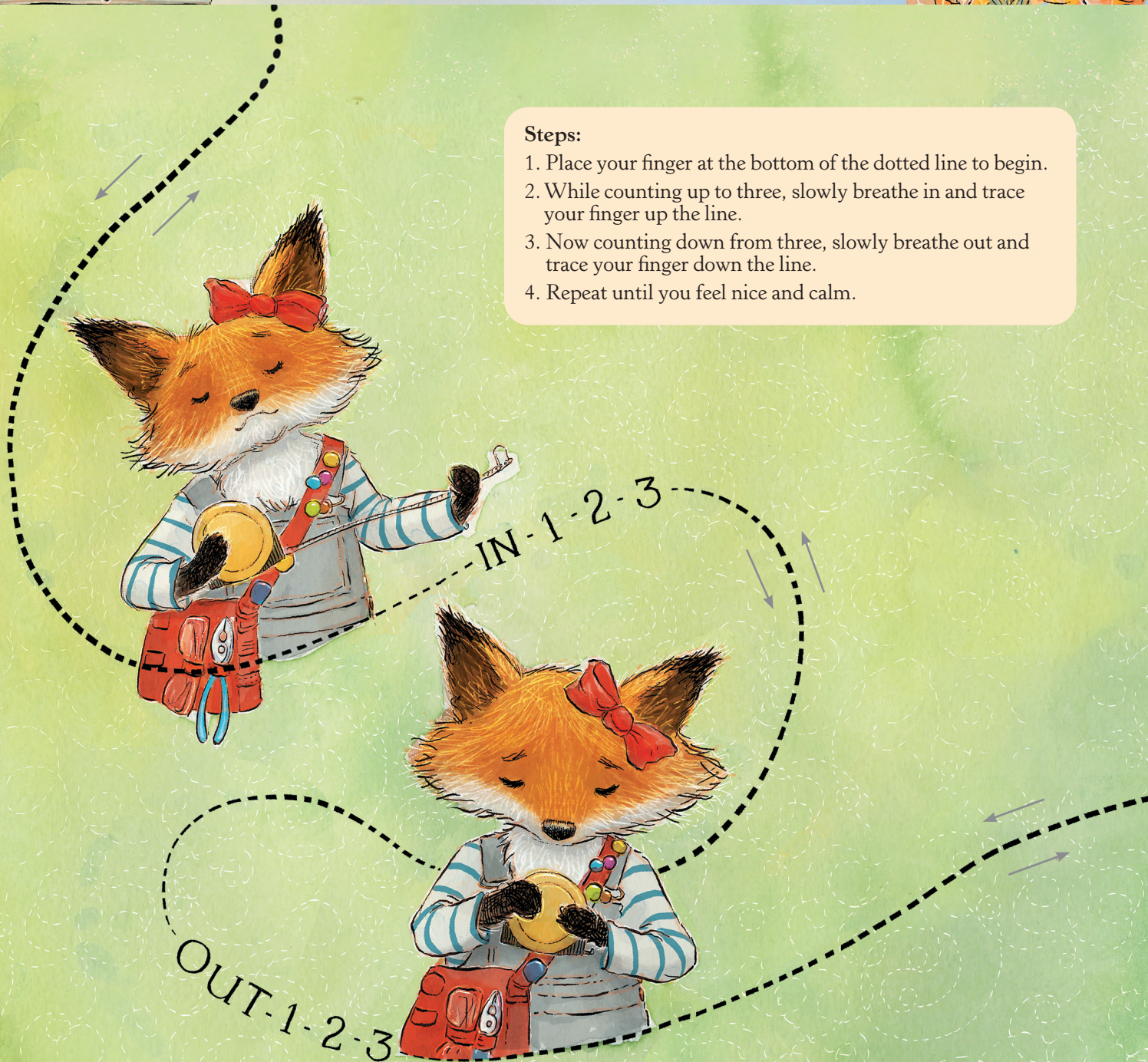


COUNTDOWN TO CALM



Steps:

1. Place your finger at the bottom of the dotted line to begin.
2. While counting up to three, slowly breathe in and trace your finger up the line.
3. Now counting down from three, slowly breathe out and trace your finger down the line.
4. Repeat until you feel nice and calm.



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A FRIENDLY INTRODUCTION

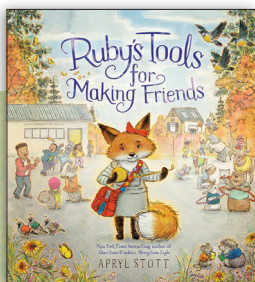


Now that you have your tools for making friends ready, try introducing yourself to someone new! With an adult's help, cut out the card below and give it to someone who would make a great friend.

My name is _____
and I would like to be friends!



To:



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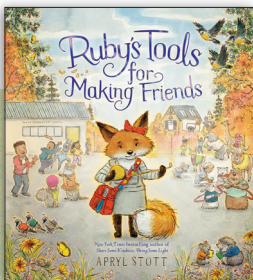
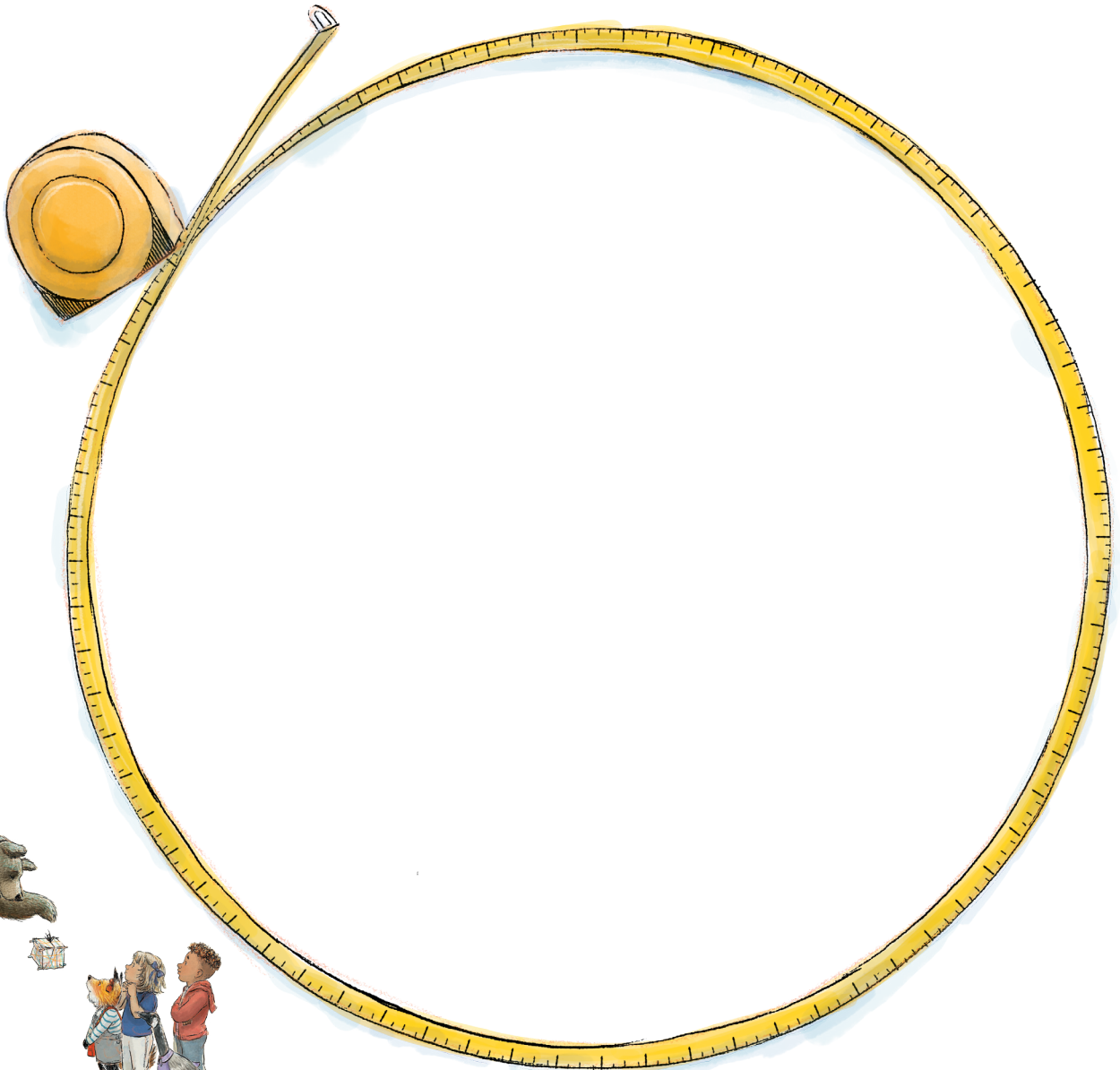
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AN EGG-CELLENT HOLDER



When Ruby's egg cracked after testing out its holder, she was disappointed but used her tools to try again. It's okay to not succeed at first, and just like Ruby you can always look for different ways. Try sketching your own egg holder below!



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