



Try It Together

Five 10-second moments for your family – one from each pea in the Magical Garden

For parents and caregivers: each of these takes about ten seconds, needs nothing you don't already have, and works best when you do it *with* your child – not to them. You go first, they follow. That's the whole trick.



DAX's Brave Breath **COURAGE**

Right before something new – the first day, the dentist chair, the tall slide – take one slow breath together and say, **"Brave like DAX."** One breath in, one breath out, one small step. DAX feels the wobble too; he just breathes first.



LEO's Giggle Reset **CALM**

When the 4 p.m. meltdown is brewing, call a ten-second **Giggle Reset**: wiggle like LEO landing in a puddle, laugh together on purpose, then start the moment over. You're not ignoring the storm – you're opening a window.



MILO's Cinnamon Share **KINDNESS**

At snack time, make something warm together – cinnamon toast is MILO's favorite – and let your child hand the **first piece to someone else**. Ten seconds of giving teaches more than ten minutes of telling.



PETRA's Sparkle Spot **KINDNESS**

Once a day, catch someone in the house doing something wonderful and **say it out loud, PETRA-bold**: "I saw you share your crayons – that was fabulous." You go first; watch your child start spotting sparkle too.



PIP's Wonder Pause **CALM**

When the day gets loud, pause for ten seconds and notice one tiny thing together, the way PIP studies her smooth pebbles: **"I wonder why..."** One quiet question, no right answer needed. Calm arrives on its own.