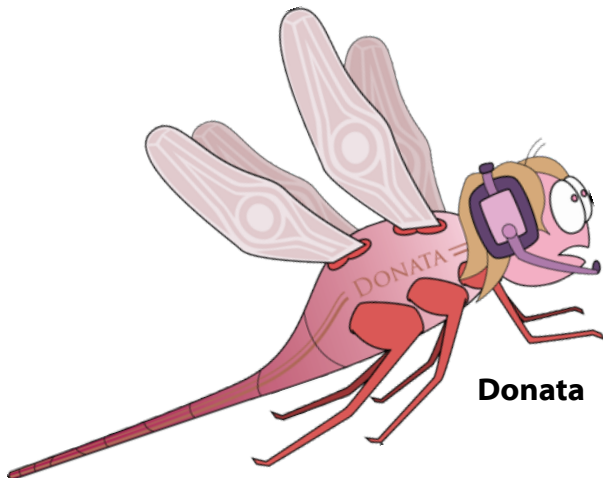
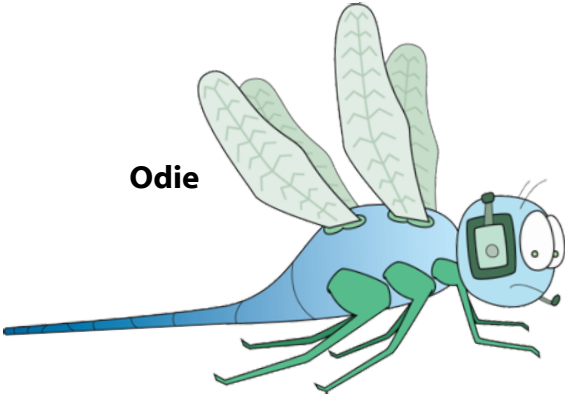


# Story Card



Odie



Donata

Episode 14

## On The Fly



Sometimes we know exactly where we are going and what we are doing, but sometimes the rules get changed on us. Maybe we are able to see the changes coming and we know what to do to get back on course. Other times, we have to rely on our friends and on ourselves to make those adjustments – on the fly.

Join these two dragonflies as their flight path takes an unexpected turn when contaminated fuel enters the picture. You will learn a little about how to take care of your friends, and yourself.

### Odie:

Odie has learned a thing or two about how to stay grounded – even when he is in the air. He has had run-ins with environmental changes before, and he may be in the right place at the right time – and in the right frame of mind – to help out a friend in trouble.

### Donata:

This dragonfly knows how to fly, and how to deliver on time. She also knows Gilkey Creek like the back of her hand – or the back of her wing. Even with her experience and her work ethic, however, she is not immune to her environment. What will she do when she is caught off-guard by this sudden change?

Brought to you by:



# 14

Cartoonversation™

Card Episode 14

## On the Fly - Mindfulness



### Five Websites

For more helpful information, please visit these websites:

1. [PositivePsychologyProgram.com](http://PositivePsychologyProgram.com)
2. [ParentingChaos.com](http://ParentingChaos.com)
3. [Headspace.com](http://Headspace.com)
4. [Calm.com](http://Calm.com)
5. [Childhood101.com](http://Childhood101.com)

### Five Cartoonversation™ Starters

1. What does it feel like when you close your eyes and breathe slowly for five seconds?
2. What does it feel like when you start to lose your temper?
3. What does it look like when others start to lose their tempers?
4. What are some distractions that made mindfulness difficult for Donata?
5. Odie was mindful of signals that something may be wrong. What can you do to be aware of signals that may trigger the need for mindfulness?

### Five Factoids

1. Practicing mindfulness can boost creative thinking.
2. The average human brain is exposed to over 70,000 events a day.
3. MRI scans have shown that regularly practicing mindfulness can strengthen the part of your brain associated with learning and memory.
4. Research has shown that practicing mindfulness on a regular basis can help develop a more positive and healthy outlook on life.
5. Mindfulness can reduce stress by impacting what is known as emotion regulation.

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