

Noticing & Choosing

Elmo's been playing his favorite Math Monster Mash-up game for a while! When the timer goes off, he knows it's time to stop and do something else. He puts the tablet down.

- **First**, he closes his eyes and takes a slow, deep breath, in and out.
- **Then** he notices how his body feels. (His eyes feel a little tired and his shoulders feel tight.) He stands up and has a big, full-body stretch.
- **Finally**, he chooses what to do next. Can you help?



1. Teach his Daddy how the monsters in the game dance. (Do your own monster-y dance with a grown-up!)



2. Read or tell a monster story together with Daddy.



3. Draw his favorite math monster from the game. (Draw your own monster here!)