

AUTHENTICITY means being true to yourself, your values and your personality. Authentic people are honest with themselves and others. They are also confident in what they want and believe. Alissa the Ape loves making others laugh. That's a big part of her personality and she doesn't shy away from showing it. She is authentic because she is always herself, and she is authentically kind because she loves making others laugh for no other reason than it makes people happy. She also approaches situations with an open heart and an open mind.

BALANCE has two meanings. The first one is physical balance, such as balancing on one foot and not falling over. The second one is life balance. This means being well-rounded in terms of what you do each day. For example, balancing being active and being calm. Both are great, but not all the time. Dakota the Dog understands that even though she has a lot of energy and loves running around all day, she also needs to make time for rest. It isn't always easy to have balance. It's a choice and sometimes takes planning.

COMMUNICATION is the act of giving and receiving information. Good communication skills allow you to express your thoughts, feelings and desires in a way that others understand. Listening is also an important part of communication as it allows you to receive information and understand others. Communication will be very important for the foxes to eventually reach a compromise.

COMPROMISE always involves more than one person (or animal!) because it happens when you can't agree. Compromise means that you are willing to give up a part of what you want. Usually the person who disagrees with you will also have to give up a part of what they want. Ultimately, both of you should be happy with the result. The four foxes are always arguing, but when Lenny the Fox reminds everyone to breathe, she is giving everyone a chance to be calm. A calm mindset makes it possible to come to a compromise.

CONFIDENCE means believing in yourself in a deep and meaningful way. It's being realistic and secure in exactly who you are. Sienna and Hannah are both confident in who they are, without wanting to change a thing about themselves. They love to dress up as queens, but they know it's just pretend. Pretending is fun! But they are very happy to go back to being hippos at the end of the day.

COURAGE is when you do or say something that you believe is right, even if it is risky, and even if others disagree. Courage is also the ability to push through fear or judgment and believe you can do whatever you set your mind to. Maddie the Chick is courageous when she shows her strength and belief in herself, even when others may think that her small size will prevent her from succeeding.

KINDNESS is an action—something you do. Being kind means doing something that benefits someone else when it isn't required and you have nothing to gain. Parker the Pig is kind to others—not because he has anything to gain or because he has to. He is also kind to himself, and makes sure to take care of his needs as well. He knows that by taking care of himself, he can take care of others even better.

PATIENCE is the ability to wait for something, while also maintaining a positive attitude. You can be patient waiting for someone else and you can also be patient with yourself. Riley the Rooster shows patience in the morning when she's the first one awake. It can be hard to wait! But she knows that she can't control what others do. So, she decides to practice yoga to calm her mind, which makes it a little bit easier to wait.

PEACE is a state of harmony, quiet or calm. Stillness is peace. This could be a still mind, meaning inner-peace, or a still environment, where a group of people (or even things in nature) are all peaceful. The forest can feel very peaceful. Shavasana, the relaxation pose at the end of the book, evokes a sense of peace and stillness.

PERSEVERANCE is when you continue to work hard and don't give up, even if you face challenges along the way. Zoe the Cow demonstrated perseverance when she didn't give up practicing tree pose, even though it was difficult for her. She practiced a lot and worked very hard.

PRIDE is a belief that you deserve respect and that you have a deep respect for yourself. You know that you are worthy and valued, just the way you are. Mackenzie the Mouse demonstrates pride in herself. She may be small, but that never holds her back—she proves that she is a warrior!

RESILIENCE is the ability to bounce back after going through difficult experiences. Hudson the Horse loves jumping in shows, but it tends to hurt his back. With a dose of self-awareness and a dash of self-care, he recognizes that he can get through it and feel better with a good stretch. Using these tools to get through hard times and jump again shows resilience.

SELF-AWARENESS is the ability to recognize your own strengths and weaknesses. Teddy the Tiger and Liam the Llama are self-aware by recognizing that gossiping might not be the best way to spend their time. They are making a choice to step away from that with the help of yoga.

SELF-CARE is about supporting your own mental and emotional well-being. Rosie the Ragdoll knows that she gets nervous when she performs. She takes care of herself by planning time for yoga, something that helps make her feel better and more able to do something she loves.



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SOCIAL-EMOTIONAL SKILLS

