

# **FOCUS WITH RAMMY**

RAMMY SHOWS HIS STRENGTH BY BEING BRAVE, KIND AND THOUGHTFUL. DISCOVER NEW WAYS TO FOCUS TOGETHER.



#### **RAMMY'S MEDITATION MAZE**





#### **MY FAVORITE PLACE**

Rammy loves to meditate and relax in his favorite place.

### DO YOU HAVE A FAVORITE PLACE?

What do you like about it? Draw your favorite place in the space below.





nickelodeon.

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