

The illustration depicts a brown rabbit with large ears and a white belly, looking slightly worried. It stands in a lush green field with various flowers, including a large white daisy and several yellow flowers. In the background, there are two small mice, one brown and one white, and a dark forest line. A large tree with green leaves is on the left side of the frame. The sky is a soft, light green with white clouds.

# Kit <sup>and the</sup> Missing Notebook

a book about  
calming anxiety

written by **Chris and Lindsey Wheeler**

illustrated by **Carmen Saldaña**

**ACTIVITY GUIDE**

# Help Kit Find Her Notebook

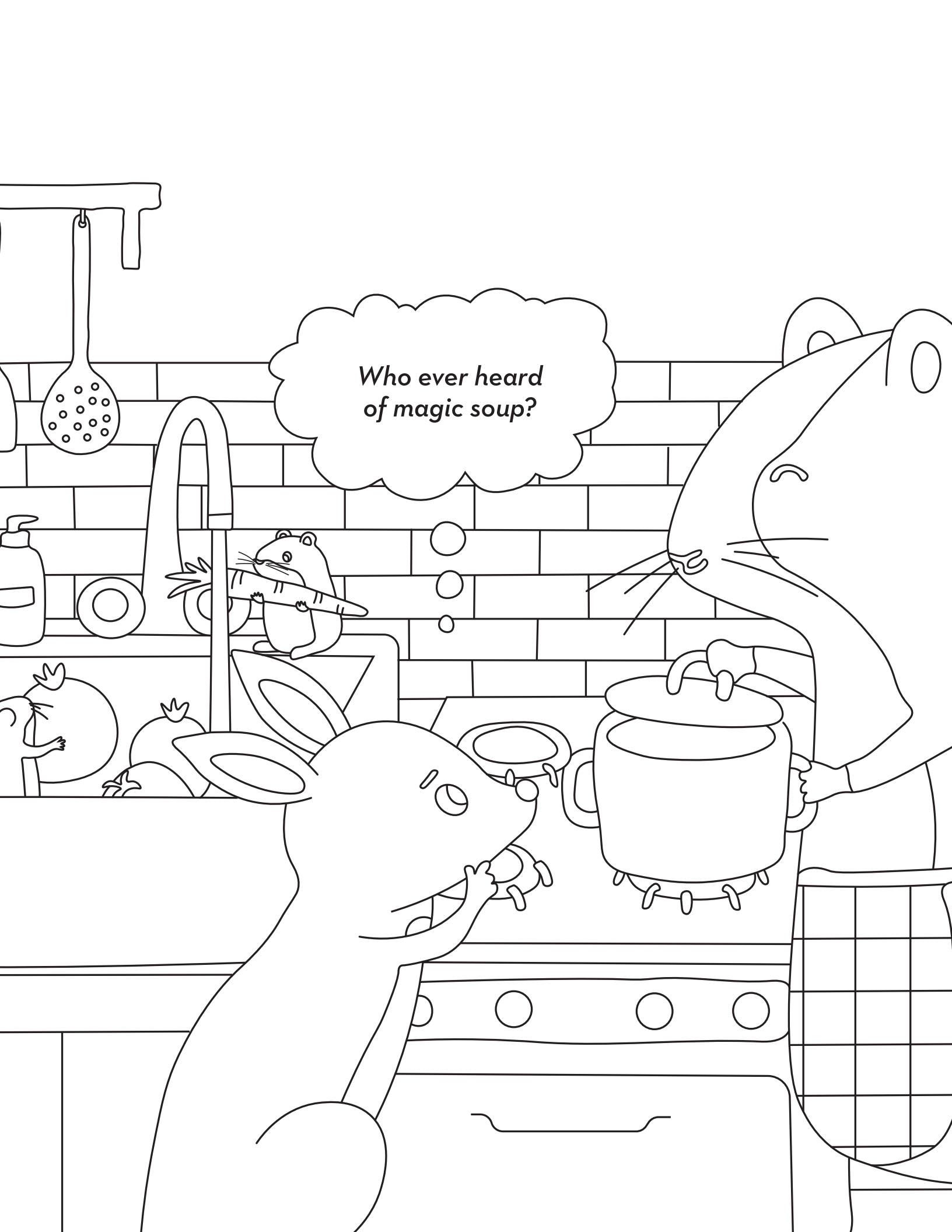


Kit has lost her notebook! It is very special to her, and she writes down everything she needs to remember. Complete the maze to help Kit reach the end and find her notebook!

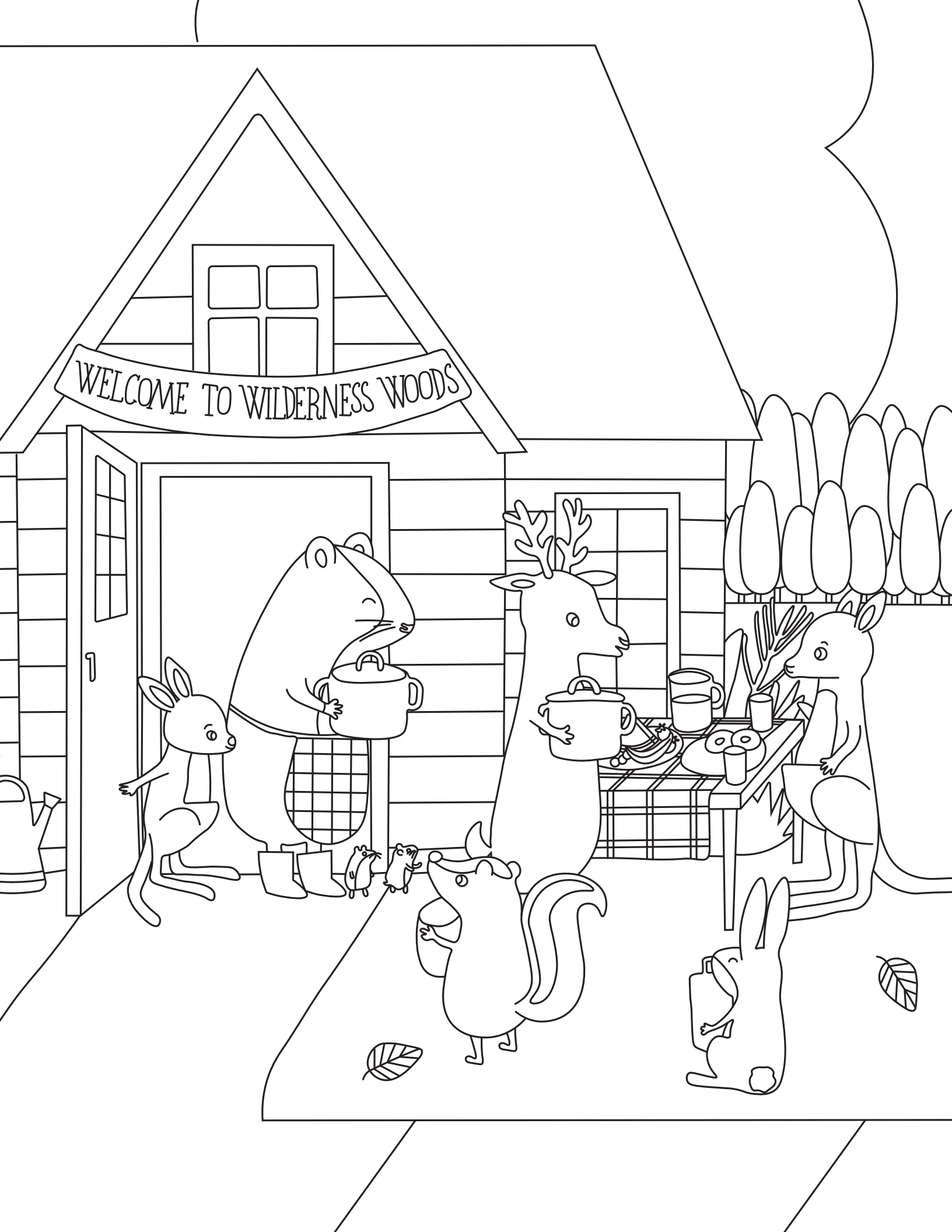


Welcome to  
Wilderness Woods!





Who ever heard  
of magic soup?



WELCOME TO WILDERNESS WOODS

# Extension Activities

Grab your copy of **Kit and the Missing Notebook** and explore additional calming activities when you have anxious thoughts, including an alternate breathing exercise!

---

## 1. BALLOON BELLY BREATHING

**Breathe in adventure, exhale suspense!** Teach the young ones the magic of deep belly breathing with a fun twist. Have them imagine their bellies are like balloons that they fill with air as they inhale. Slowly scarfing the air to expand their adventurous balloon, and as they exhale, whoosh! The balloon deflates! Repeat this enchanting breathwork five times, and watch serenity sweep over them!

## 2. MINDFUL MAGICIANS

Turn children into **Mindful Magicians** as they whisk away their worries! With every slow wave of their magical wand (or pointer finger), they can whisper a calming spell (“Swish and flick, worries be gone!”) and cast away anxiety with each methodical movement. This imaginative way to focus the mind transports them to a world of tranquility!

## 3. GUIDED FAIRYTALE FLIGHTS

Close those tiny, twinkling eyes and begin the quest through mystical lands with **Guided Fairytale Flights**. With a soothing voice, lead them through a tranquil forest or over the serene sea. This spellbinding storytelling not only calms the mind but also invites young dreamers to a peaceful haven.

## 4. SERENE SENSORY SANDBOX

All aboard for a voyage to the **Serene Sensory Sandbox!** A sandbox or sensory bin filled with items like calming glitter slime, smooth pebbles, and soft fabric patches can soothe a stormy sea of emotions. Encourage them to describe the sensations, revel in the calm of tactile exploration, and find peace amidst playtime!

## 5. PEACEFUL PUZZLERS

“Patience, little Peaceful Puzzlers!” Engage those astute minds with captivating puzzles. By focusing on fitting pieces together, children can enter a world of concentration, diverting their thoughts from stress to the challenge and quiet satisfaction of completing the picturesque puzzle. What a delightful way to dock in the harbor of calmness!

Invite your young ones to try these activities when they feel a bit stormy. It’s a chance to become captains of their own calm seas, anchoring down in the haven of harmony!

**Kit loved Mrs. G's Magic soup. It brought her comfort and helped her calm down. Use the blank space to write your family's favorite comfort food recipes, and cut out all four for meals this month!**

## RECIPE: Mrs. G's Magic Soup

### INGREDIENTS:

2 large cooked chicken breasts, chopped (you can also use pulled rotisserie chicken)  
28 oz can of diced tomatoes  
32 oz organic chicken broth  
2 cups shredded carrots  
2 cups chopped celery  
1 bunch of cilantro, chopped fine  
4 cloves of garlic, minced  
2 tablespoons tomato paste

1 teaspoon chili powder  
1 teaspoon cumin  
a dash of olive oil  
1-2 cups cooked rice  
1-2 cups water, depending on how thick you like your soup  
sea salt and fresh cracked pepper to taste  
15.5 oz can of black beans, drained (optional)

### INSTRUCTIONS:

In a large pot over medium-high heat, add all of your ingredients. Cover and let simmer on low for about an hour, adjusting salt and pepper as needed. Stir occasionally.

*Smell the soup and cool the soup. Enjoy!*

## RECIPE:

### INGREDIENTS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### INSTRUCTIONS:

*Kit loved Mrs. G's Magic soup. It brought her comfort and helped her calm down. Use the blank space to write your family's favorite comfort food recipes, and cut out all four for meals this month!*

## RECIPE:

### INGREDIENTS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### INSTRUCTIONS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## RECIPE:

### INGREDIENTS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### INSTRUCTIONS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## ABOUT THE BOOK

### Kit and the Missing Notebook

9780310150794

Join Kit as she learns a lesson about overcoming anxiety and makes some new friends—and some delicious soup!—along the way. As kids get to know this little kangaroo with big feelings, they will discover how they can manage their own stress and new experiences in a healthy, positive manner.



When Kit's family moves to Cozy Lane, she feels anxious. Exploring the neighborhood with her notebook where she writes everything down makes her feel a little better. But when her notebook goes missing, not even her new hamster friends can help her calm down. Then Mrs. G., the guinea pig next door, has an idea. They all make soup together, and as Kit breathes in the smell and breathes out to cool it, she finds herself feeling calmer. She even realizes her notebook isn't as lost as she thought!

---

## ABOUT THE AUTHORS



Chris and Lindsey Wheeler are best friends who have been married since 2004 and are parents to Eliana the one and only. They refer to their trio as the Triangle Family, since triangles are the strongest shape. They seek to find laughter and beauty in pain, a perspective that enables them to choose joy in the daily grief of chronic disease, mental illness, adoption trauma, and disability. They live in Fayetteville, Arkansas.

[www.bottleoftears.com](http://www.bottleoftears.com)

