



# Coltale's

## NEWSLETTER

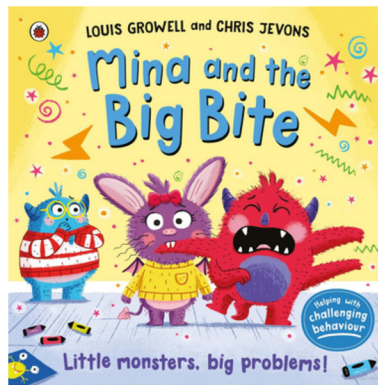
### SPRING 2025



## Book for the Spring

Join Mina on her journey as she learns that there are many other ways to handle tough feelings. Mina, like all little monsters, has lots of sharp teeth! But sometimes, when she's feeling stressed, she forgets that her teeth can hurt her friends.

You and your child can discover practical tips for coping with challenges and emotions, reminding us that teeth are for smiling, not biting.



In association with  
Dolly Parton's  
Imagination  
Library!



Colour in these pictures  
with a blue crayon like  
Mina



## Mina's Mindful Breathing



- Inhale like you're sipping your favourite drink for a count of 3!
- Exhale like you're blowing out birthday candles for a count of 5.
- Zone in on your breath until you're as chill as a cucumber!

