

ROOT.ED



what animal are you today?

An everyday mindful tool for big
feelings and calm moments



AGES
4+

Note from the makers

We created this with one simple question:
What if children could understand their feelings and know what to do with them?

We've seen how often children feel big things...
but don't always have the words to explain them.

Sometimes it's easier to understand feelings when we make them about something else.
And what better than animals?

So instead of asking, "How are you feeling?," let's try asking,
"What animal are you today?"

It's a small shift, but it opens things up.

Each animal is paired with a simple way of breathing helping children (and even us adults)
move from overwhelm to calm, from restlessness to a little more ease.

Also, when it comes to big feelings, most of us are told to "take a deep breath."
But we're rarely shown how, when, or why.

That's where these cards come in.

Pause. Notice. Name it through an animal.. Gently shift it.

We invite you to make this a small, comforting ritual in your day -
a moment to slow down, connect, and just breathe together.