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MONTENEGRO ADIGUN MY MIND IS A MOUNTAIN Lil' LIBROS

MY MIND IS A MOUNTAIN


MI MENTE ES UNA MONTAÑA

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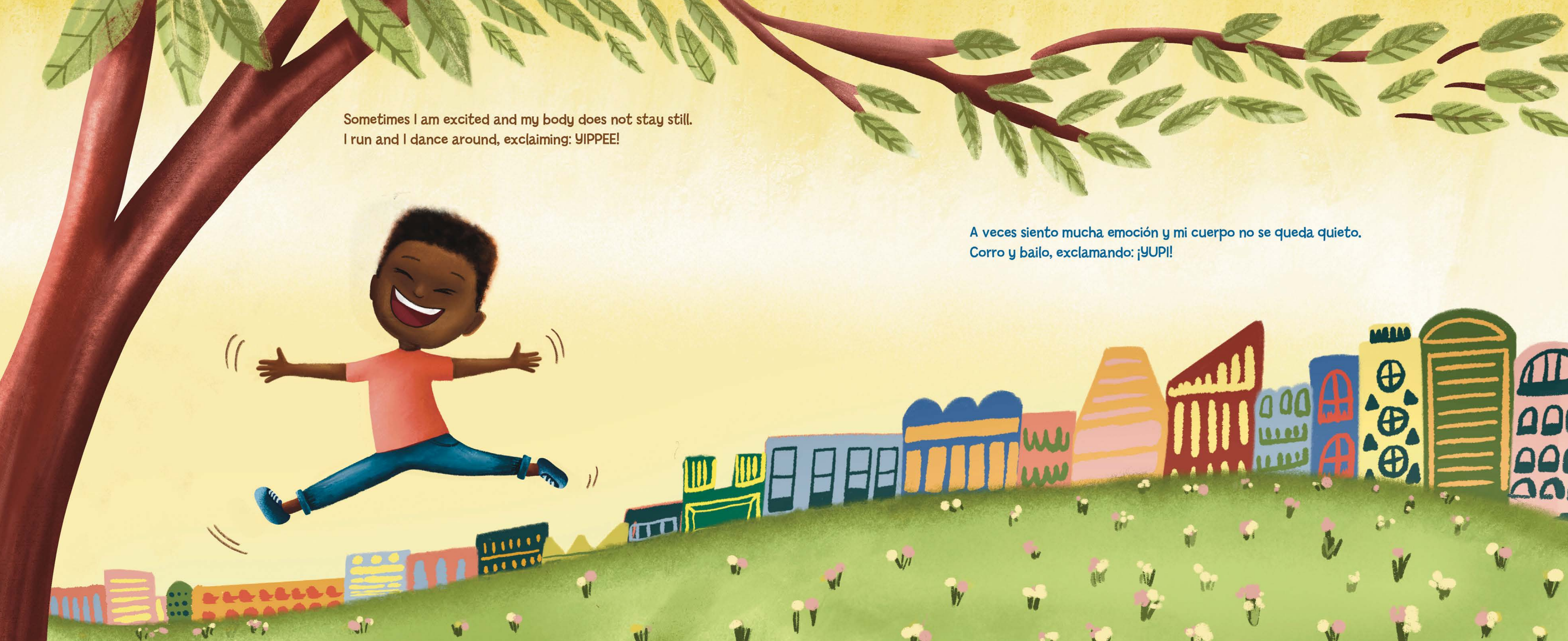
Lil' LIBROS



An illustration of a forest scene. In the center, a young boy with dark skin and short hair stands on a large, light-colored log. He has a sad expression, with a frown and his arms crossed. To his right, another boy of the same appearance is sitting on a lower log, hunched over with his head buried in his arms, appearing to be crying. The background features rolling hills and various trees and plants in shades of blue and green. The overall mood is somber and reflective.

Sometimes I am sad and I know this
because my body moves slowly,
I cry and I frown.

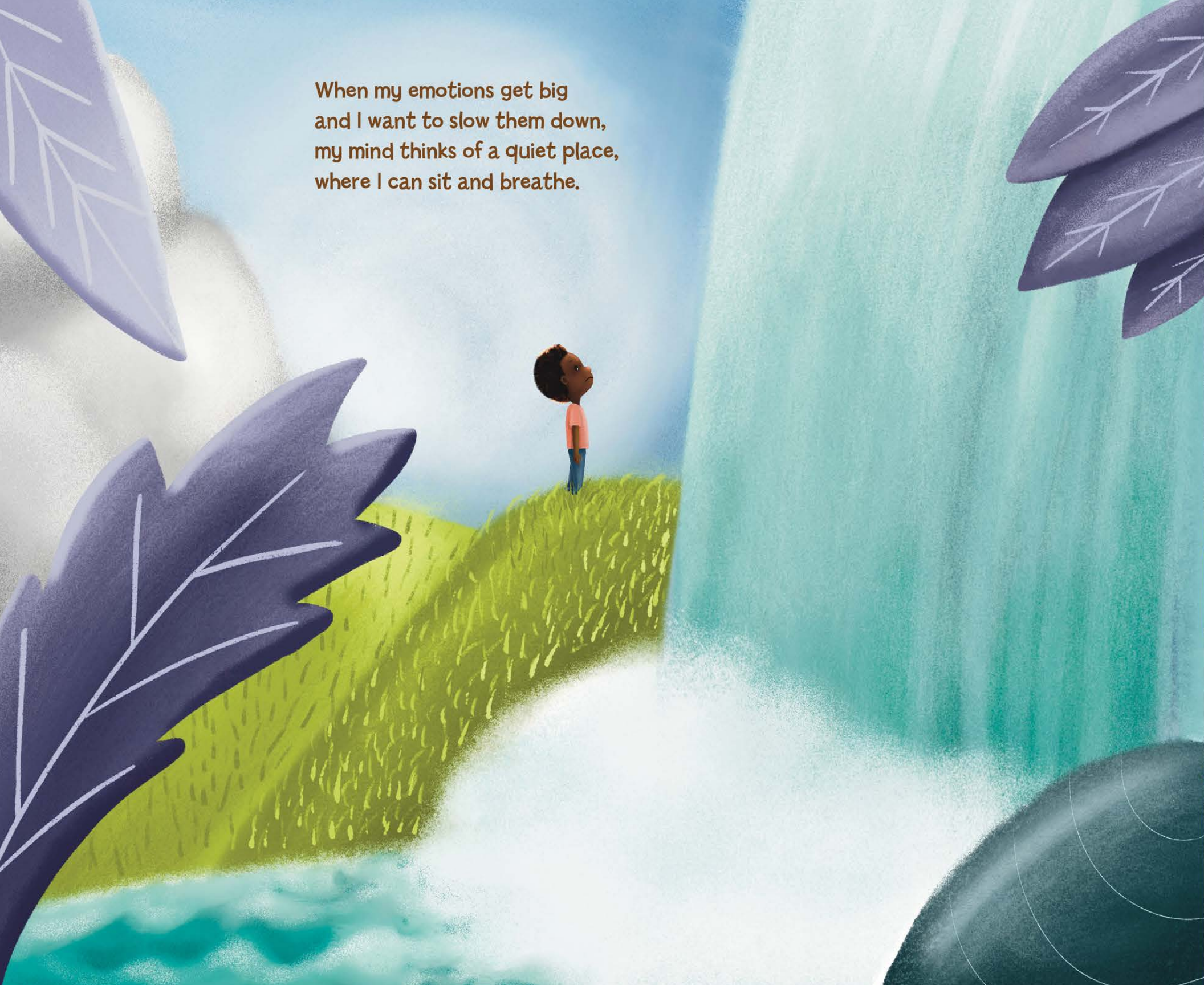
A veces estoy triste y mi cuerpo me lo enseña
cuando me muevo lentamente,
lloro y frunzo el ceño.

A young boy with dark skin and hair is jumping joyfully in the air. He is wearing a red t-shirt and blue pants. His arms are outstretched, and his legs are bent in mid-air. He has a wide, happy smile. The background is a bright, yellowish sky. To the left, a large tree with a thick brown trunk and green leaves hangs over the scene. In the foreground, there is a green grassy hill with small pink and white flowers. In the background, there is a colorful town with various buildings in shades of blue, yellow, red, and green. The overall style is bright and cheerful.

Sometimes I am excited and my body does not stay still.
I run and I dance around, exclaiming: YIPPEE!

A veces siento mucha emoción y mi cuerpo no se queda quieto.
Corro y bailo, exclamando: ¡YUPI!

When my emotions get big
and I want to slow them down,
my mind thinks of a quiet place,
where I can sit and breathe.



Cuando mis emociones se hacen grandes
y quiero calmarme,
mi mente piensa en un lugar tranquilo,
donde puedo sentarme y respirar.



While on my mountain, I sit very still,
my back tall like a tree.
Can you sit very still, and try it with me?



En mi montaña, me siento sin moverme,
con mi espalda alta como un árbol.
¿Puedes tomar asiento para intentarlo conmigo?



Great job, we did it!
Our strong minds helped us find our way.
We used breathing to handle big emotions,
now we can continue our day.

¡Buen trabajo, lo logramos!
Usamos nuestras mentes fuertes como guía.
Respiramos profundo para manejar grandes emociones,
y ahora podemos continuar con este día.

