ADAPT’s DSP SUPERHERO
COLORING BOOK
Sure is! The weather channel says 95 degrees.

Whew boy is it hot out today!

Well, it's one heck of a day to have a picnic.

I'm feeling pretty weak from the heat. If we don't leave soon a seizure might come on. I think I need to get home.

Hey, what's going on?

Okay, let's head back.

To escape the heat, Katrina grabs a drink and walks into the shade of a tree.

Hey everyone, I think I'm gonna head home. I'm not feeling too well.

Bye Katrina! Great to see you! Hope you feel better soon.
Ugh, seriously?!?! The AC’s broken? This isn’t my day. The AC’s broken. It’s broken. The AC’s busted. The AC broke...

Never fear. Your DSP is here!

Here’s some cold water to cool down. Why don’t we sit and try some meditation?

Breathe in through your nose for count of 4... Breathe out through your mouth for a count of 4... As you inhale, imagine breathing in calmness, peace and strength. As you exhale, imagine breathing out all of your anxiety, stress, and worry. There is nothing for you to worry about in this present moment...

I feel more relaxed now. I feel a lot better than I did earlier. Thank you for your help. You truly are a superhero!

I’m glad I could help. It’s all in a day’s work.