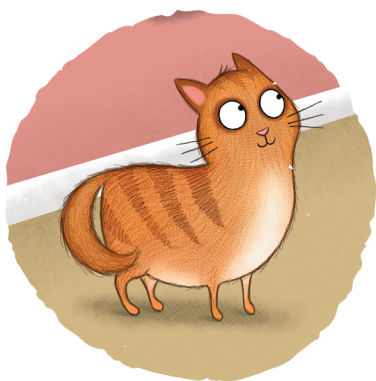




*Little Mouse Adventures*

# YOGA AT THE MUSEUM





*Little Mouse Adventures: Yoga at the Museum*  
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*“Yoga at the Museum* is dedicated to my amazing daughter Kaitlyn, my staunch supporter and inspiration for having Little Mouse’s next adventure be at a museum.”

*Little Mouse Adventures*

# YOGA AT THE MUSEUM

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STAFFORD HOUSE BOOKS



Little Mouse sits at home, doing his homework. He looks forward to seeing his friend, Mr. Opus, when he is done.




Little Mouse is trying to finish his math problems, but is stuck and draws doodles instead.



    
 $5 + 2 = ?$

  $3 \times 4 = ?$  

$7 + 6 = ?$   


times table  
homework  
 $\times 7 = ?$   
 $\times 8 = ?$



“What’s wrong?” asks Mama Mouse. “My homework is hard,” says Little Mouse, “and I feel frustrated.”



“How about if we take a break and do some mindful breathing?” asks Mama Mouse. They take three deep breaths in and out together, and Little Mouse feels calmer. He tries again, and finishes more of the math problems.

$$8 \times 3 = 24 \dots$$

$$\dots 7 + 5 = 12$$



Little Mouse visits his friend, Mr. Opus, who lives at the McDoodle family's house. Tammy is coloring with her crayons.





“My school class is going on a field trip,” says Tammy to her mother. “We’re going to the museum.”

