

Topic: Identifying Emotions

Breathe

It can be hard to stop for a few minutes. Breathing activities help soothe our emotions and bring us fully into the moment. Let's take 5...



Learn

Which one is your emotional monster? We all have emotional needs. When those needs aren't met, sometimes a monster can come out. Do people in your family have different monsters or do you tend to go to the same one? How can you help each other with those emotions?



Move

How about a family dance party? Here's a beginner cardio video for all levels.

Remember to talk about how everyone feels before starting the video and check in again after moving... big change?



Grow

As your family goes through the day, check in on what Zone you are in:

- Blue- tired, sick, sad
- Green- happy, calm, present
- Yellow- excited, wiggly, giggly, agitated
- Red- furious, terrified

