

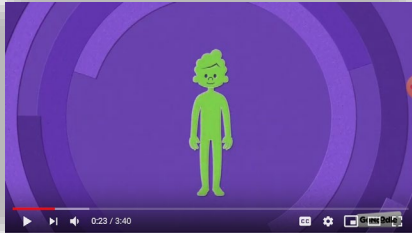
Topic: Stress Management

Breathe

Let's unwind. Let's take a moment to stop. Let's breathe.

Making it part of your daily routine will help with the ability to focus in the moment, regulate your attention and emotions as well as manage stress. Practicing every day will also help you recognize what strategies help you quiet your mind and relax your body.

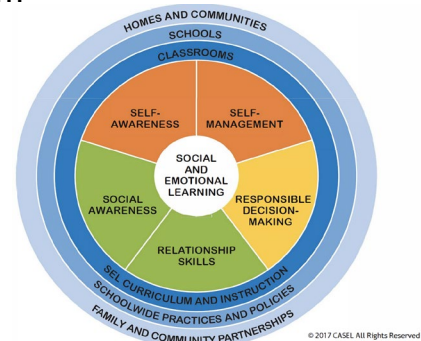
Click below to reset and calm the mind...



Learn

Each lesson in this section cover different social emotional learning topics. Kids, teens and adults... we all keep learning and growing our social emotional skills!

Click more to learn about the topics we'll cover...



Move

Let's move with new suggestions each day on fun ways to exercise. Aim for at minimum 30 minutes of activity a day- make it more if you can! Mix it up and go back to workouts and activities that you have enjoyed.

How about we start with a silly way to move and groove:



Grow

This section is an opportunity to reflect and grow.

Grab a notebook or journal to write your thoughts. You could decorate or make your own or type your answers into a word document- whatever is best for you. Making something you want to write in will help you keep up the habit for the long haul!

Today's question: What are 10 ways our family can reduce stress? What is one new thing we can do each day this week?