

## Topic: Analyzing Situations

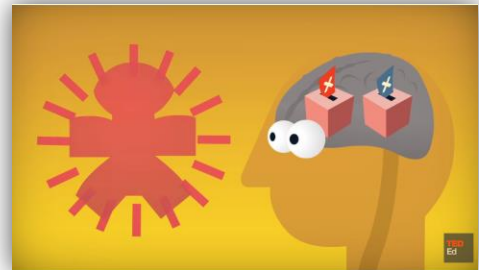
### Breathe

Emotions can get in our way when analyzing situations. Stress can play a role in blocking access to clarity. Take a moment with us to let go of stress...



### Learn

Every day, a sea of decisions stretches before us, and it's impossible to make a perfect choice every time. But there are many ways to improve our chances — and one particularly effective technique is critical thinking. The video below describes a 5-step process that may help you with any number of problems.



### Move

How about a quick 10 minutes of Tae Bo to recharge our minds and bodies? Let's do this!



### Grow

Part of analyzing situations in a social setting is reading body language. As a family, here are some questions to talk about with body language and a video to learn more:

- Why do you think body language is important?
- How do you use body language in your daily life?
- How does body language help you to communicate?

