

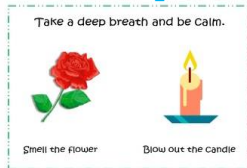
Topic: Reflecting

Let's Breathe

Breathing exercises helps calm our bodies. When our bodies are relaxed, we are able to make positive decisions. Today we will learn: **Smell the Flower & Blow out the Candles.**

1. First, on a scale of 1-10, how are you feeling right now?
2. This exercise can be done sitting or standing, but is done best with your eyes closed.
3. First, breathe in as if you are smelling a garden of flowers.
4. Then, exhale the breath by blowing as hard as you can out of your mouth as if you were blowing out birthday candles.
5. Repeat 3-5 times.
6. Now, on a scale of 1-10, how are you feeling?

Like music?
Here's a song to help.



Think: When would be a good time to use this breathing strategy?

Let's Learn

Reflecting is an important part of responsible decision-making. It helps us identify what went well, so we can what we want to improve on in the future. The reflection process helps us achieve our goals, be better students, friends, and community members. Reflecting doesn't always come natural to us. You may find it helpful to include a nightly reflection in your schedule. At this time, you can think about all that happened in your day, how it made you feel, and what you need to do the same or different tomorrow.

Click here for a story on Reflection!



Let's Move

It is very important that we all take the time to stay active—especially with our health being more important than ever right now! Did you know that 30-60 minutes of daily exercise has been proven to help keep us healthy? This can look different for everyone. If you find something you like, keep doing it. Here are a few ways to keep moving. Try a different one each day, and check them off as you go:

- [Try a new stretching exercise like this!](#)
- Go for a fast walk outside.
- [Take a dance break with Just Dance!](#)
- Imagine you have a hula hoop, and get twirling.
- Sit ups or push-ups. How many can you do?
- Go for a bike ride



Let's Grow

Think about today and your routines to fill out this chart.

Routine	What happened?	How did you feel?
School Work		
Staying Active		
Connecting with Others		

Which routine could you improve on? Today, write a plan for how you will improve this routine for tomorrow.

