

Topic: Stress Management

Let's Breathe

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth. Inhale slowly through your nose.

Place your fingers gently on your ears to close off external sound. Breathe out through your mouth, saying “buzzzzzzzzzzzz” for as long as you can. Repeat.

Try a different sound such as “hummmmmmm” or “ohhhhhh

Repeat the bumble bee breathing until your body is calm and relaxed.



Let's Learn

We may be worrying more than usual these days.

Worrying is a natural part of life—even though it's not much fun, everyone does it sometimes! This video talks about what it means to worry and a few things to do to help feel better.

Click below to watch the video:



Let's Move

One of the best ways to feel better when we are worried is to move our bodies. Let's do it!

Click on the video below:



Want to do another? Try this:
<https://family.gonoodle.com/activities/get-up>

Let's Grow

What are some things that help you feel better when you are worrying? Do you dance, do you draw, do you sing? Write down 10 things that work for you....

Now let's think about a goal for today. What is ONE new activity you will do TODAY to help calm your mind and body?