

Topic: Recognizing Strengths

Let's Breathe

Breathing exercises help calm our bodies. When our bodies are relaxed, we are able to make positive decisions that benefit our long-term goals. Today we will learn: **Dragon Fire Breathing.**

1. Before you start: on a scale of 1-10, how are you feeling right now?
2. Watch this video to learn how to Dragon Breathe!

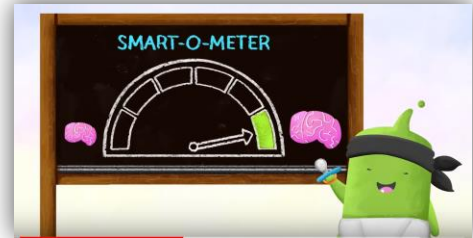


3. Now, on a scale of 1-10, how are you feeling?
Think: When would be a good time to use this strategy?

Let's Learn

We are all unique. We all have different strengths to share with the world, as well as areas to improve. Oftentimes, it's easier to focus on what we're not good at, but when we are able to identify our strengths, we can grow, have better confidence in ourselves, be happier, and an inspiration to others. Having a **growth mindset** helps us recognize what we're good at and grow in the areas we need.

Check out this video on growth mindset:



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 now! Did you know that 30-60 minutes of daily exercise has been proven to help keep us healthy. Here are a few ways to keep moving. Try a different one each day, and check them off as you go:

- [Stand up and stretch.](#)
- Go for a walk outside.
- [Turn on the music for a dance break.](#)
- 25 jumping jacks
- Run in place, as fast as you can, for 30 seconds.
- Sit ups or push-ups. How many can you do?
- Go for a bike ride



Let's Grow

Think about a **role model** you have. What strength do they have that you admire?

Did you know that Michael Jordan has one on the biggest failure records EVER? Check out this video, to find out how he used his "failures" to become one of the greatest basketball players of all time.



Remember that if you keep a **growth mindset**, and practice self-discipline, we can achieve those long-term goals. **Today, write about ONE thing you can do differently to work towards the strength of your role model?**