

Topic: Solving Problem

Breathe

Sometimes our mind can get so busy that it makes it hard to solve problems. This exercise teaches how to gain control of your stressful energy when it becomes too hard to handle. Click below and let's breathe!

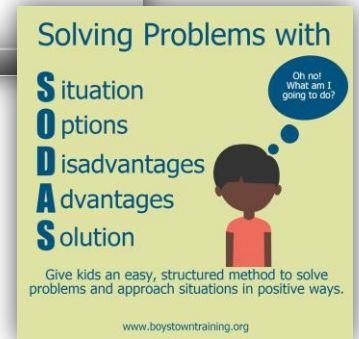


Learn

You can use the SODAS method for making decisions. Here's a video explain the skill:



And click on this pic for a worksheet to practice the SODAS method

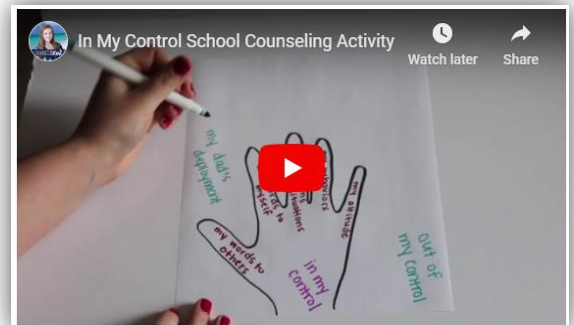


Move

Do you get bored easily? This is a great workout video for you because it is a no-repeat HIIT workout! High intensity interval training workouts are not only good for your body, but also improve your mood and help your brain feel alert.



Grow



<https://www.counselorkeri.com/2017/10/06/what-can-i-control-a-simple-visual-activity-for-school-counseling/>

Reflect: What problem or concern within your control are you going to focus on today?