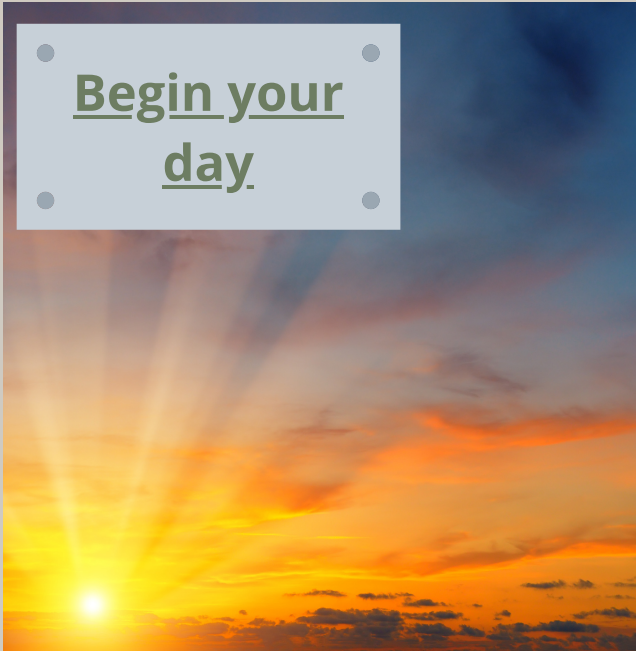




• Begin your
day •



• Between
lessons •



• Re-energize •



• Before testing •

Refocus
breathing, movement,
and rest



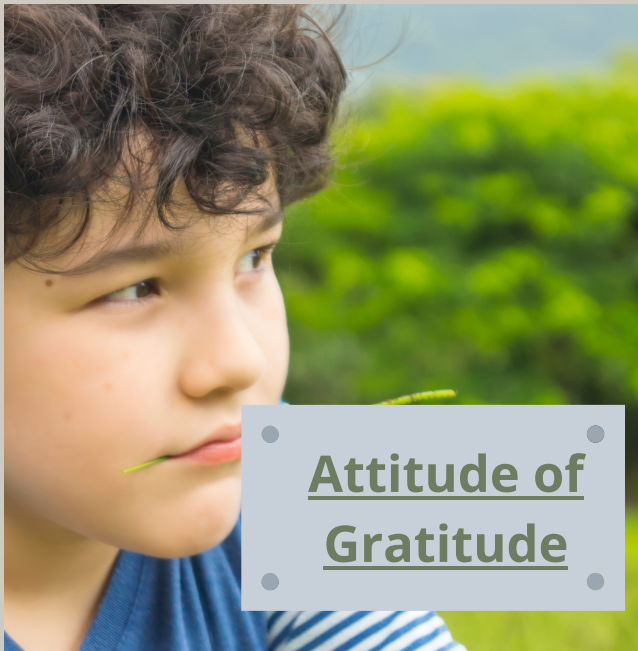
• Afternoon
slump •



• Listening •



• After recess
or lunch •



• Attitude of
Gratitude •