

Listen to a song about feelings...

<https://nj.pbslearningmedia.org/resource/sesame-revealing-emotions/song-revealing-emotions-sesame-street/>

Try a calm way to relax your body.  
Countdown!

<https://nj.pbslearningmedia.org/resource/hhk-10-9-8-calm-is-great/happy-healthy-kids-10-9-8-calm-is-great/>

Try a calm way to relax your body.  
Huff, puff and blow slow...

<https://nj.pbslearningmedia.org/resource/hhk-huff-puff-and-blow-slow/happy-healthy-kids-huff-puff-and-blow-slow/>

Play a game about feelings...

<http://d3tt741pwxqwm0.cloudfront.net/KET/evlearnket/howdoyoufeeltoday/webgl.html>

Try this mindful exercise

<https://nj.pbslearningmedia.org/resource/wpt-tracing-fingers/get-up-and-go/>



# Try yoga and a songs from PBS and Fireflies Musical Yoga...click on the link

<https://www.pbslearningmedia.org/resource/4de58876-a53e-4a15-bb15-3568e7ac952e/fireflies-musical-yoga-for-kids/#.XsQkwijYq3A>

Fireflies Musical Yoga for Kids is a 12-part series, consisting of three-minute instructional videos presented by Kira Willey, nationally acclaimed indie artist and musical yogini. It provides educators with a wonderful tool to help children connect their bodies and minds to music and positivity. Each segment is tied to positive character strengths to aid teachers in promoting positive behaviors. Kira encourages children with movement and music through her interactive yoga lessons. Her unique approach marries original music with yoga, fostering a deep connection and understanding of the importance of incorporating fitness and focus throughout the day.

Do have the game Candy Land at home?

Try to play this way,  
when you land on a color  
use the chart on the right  
while you play...

Candy Land Prompts

	I like to _____.
	Ask another player a question.
	I'm grateful for _____.
	I'm really good at _____.
	I feel happy when _____.
	I want to learn how to _____.

HERE IS ANOTHER WAY  
TO PLAY CANDYLAND



## Mindful Candyland?

**Yellow:** Talk about a time you felt glad.

**Red:** Talk about a time you felt mad.

**Blue:** Talk about a time you felt sad.

**Orange:** Take one hot chocolate breath.

**Green:** Name one sound you can hear.

**Purple:** Describe one sensation in your feet.