

Social Emotional Learning at Home

DAY 5



Mindful breathing is a strategy to help us manage our emotions. If we feel worried, sad, angry, overwhelmed, frustrated, etc. we can practice mindful breathing to calm down. Try it now by pressing play!

Think:

How do you feel after completing the mindful breathing?

How can this strategy help you in the future?

Activity:

Set a timer for 4 minutes. Think of ALL the things you feel worried about. Now practice one of the breathing exercises you learned in the video. How do you feel?

