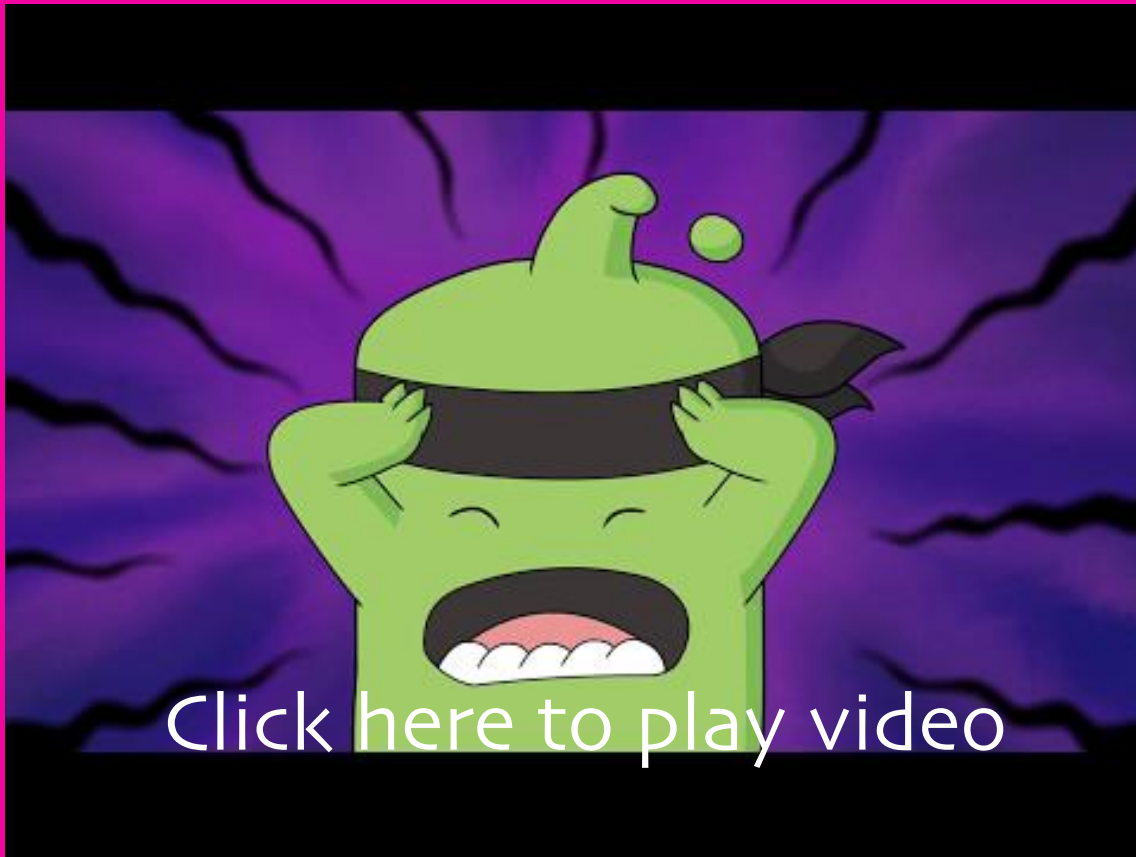


# Social Emotional Learning at Home

DAY 6



## Think:

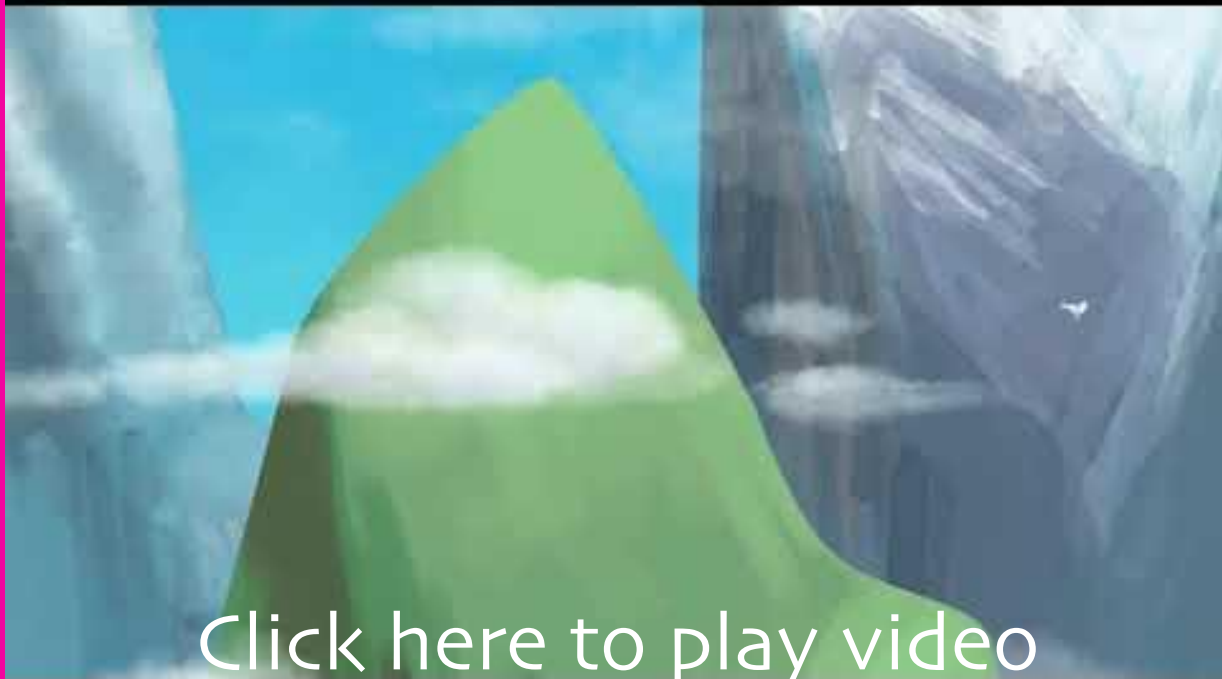
What is “the beast” in the video?

What made Mojo’s beast appear?

Think about a time you have experienced “the beast.”

## Do:

Try the mindful breathing exercise on the next slide. Notice how you feel after.



## Activity:

Think about a time when *your* “beast” appeared. Write a letter to your beast about how he/she makes you feel and how you can conquer him/her.

