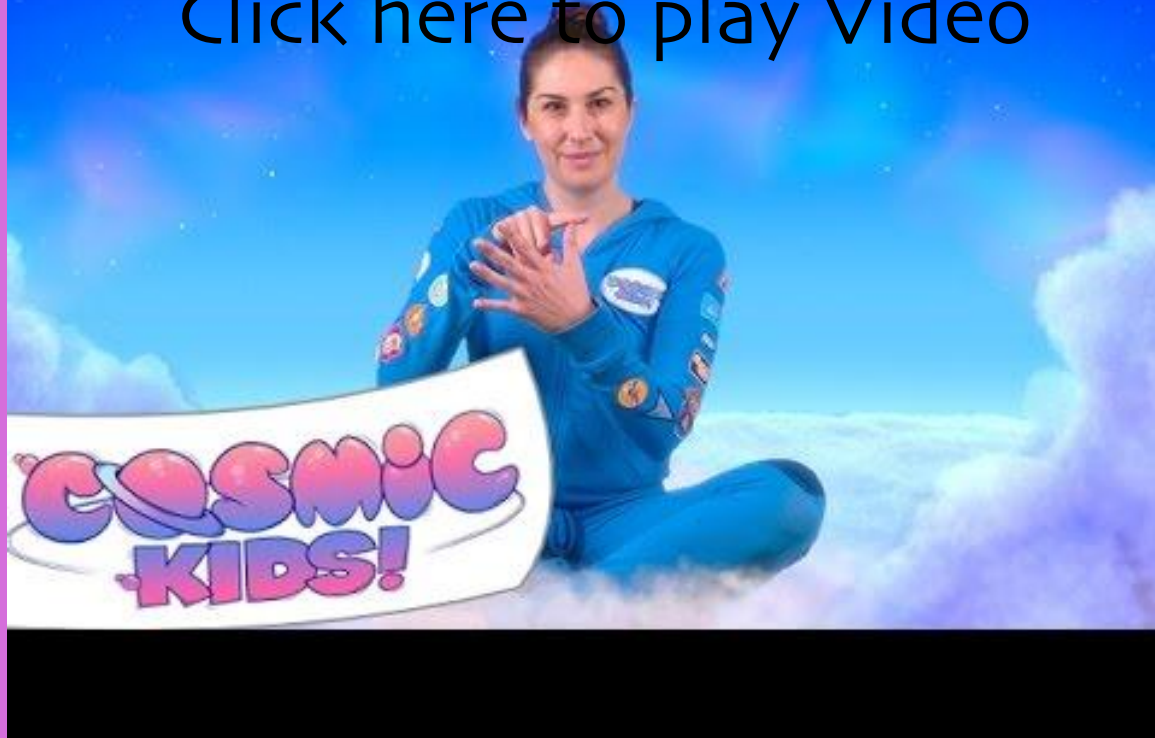


# Social Emotional Learning at Home

DAY 5

Click here to play Video



## Think:

What are some things that make you feel nervous or worried?

What clever ways did you learn to balance the nervous feelings with calm feelings?

## Do:

Practice the finger breathing strategy along with the video.

## Activity:

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

