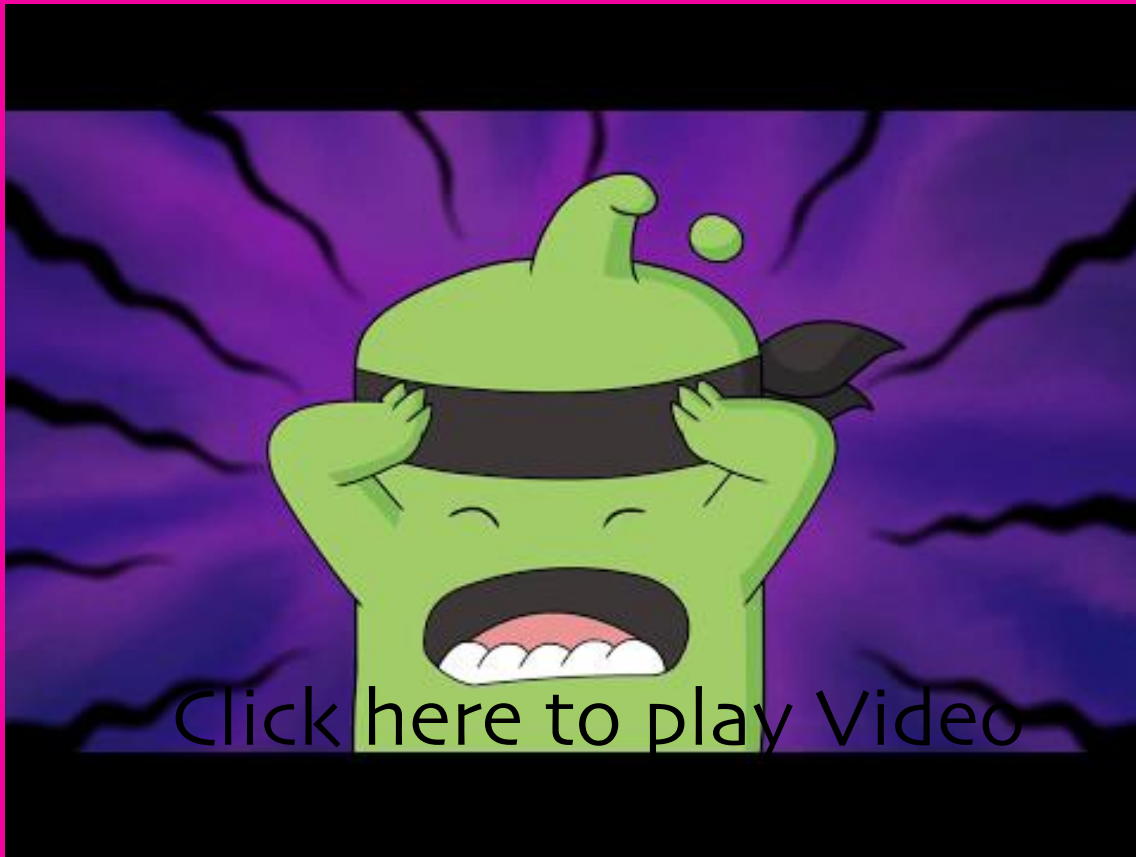


Social Emotional Learning at Home

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.
Draw a picture of your
beast.

