

<p>Calm Down with Your Senses</p> <p>Grounding Technique</p> <p>Practice this calm down technique to use when you are feeling stressed or anxious.</p>	<p>Mindfulness</p> <p>Mind Yeti</p> <p>Mindfulness can help us to focus and calm our strong emotions. Explore the many ways to practice mindfulness.</p>	<p>Second Step</p> <p>SEL Passport</p> <p>Passport</p> <p>Use the passport to practice the skills we've learned in our Second Step lessons.</p>
<p>Positive Affirmations</p> <p>Positive Affirmations</p> <p>Positive affirmations help us to believe in ourselves. Review the list of affirmations and create a poster of your favorites. Hang it where you will see it every day.</p>	<p>K-2 School Counseling Summer Choice Boards</p>	<p>Animal Workout</p> <p>Working out can be a fun way to get out some energy or help us feel better. Click on this link to try a fun workout at home!</p>
<p>Gratitude</p> <p>Can you think of something you are thankful for for each color listed?</p> <p>Gratitude Game</p>	<p>Cosmic Kids Yoga</p> <p>Yoga can help to calm our worries and feel relaxed. It can also increase your flexibility and strength. Click on the link and try one of the yoga practices.</p> <p>Cosmic Kids Yoga</p>	<p>Fun Summer Activities</p> <p>Having fun, staying active, and enjoying summer activities is an important part of taking care of yourself! Check out the list of 50 almost FREE things to do with kids this summer.</p> <p>50 Almost FREE things to do with kids this summer</p>