

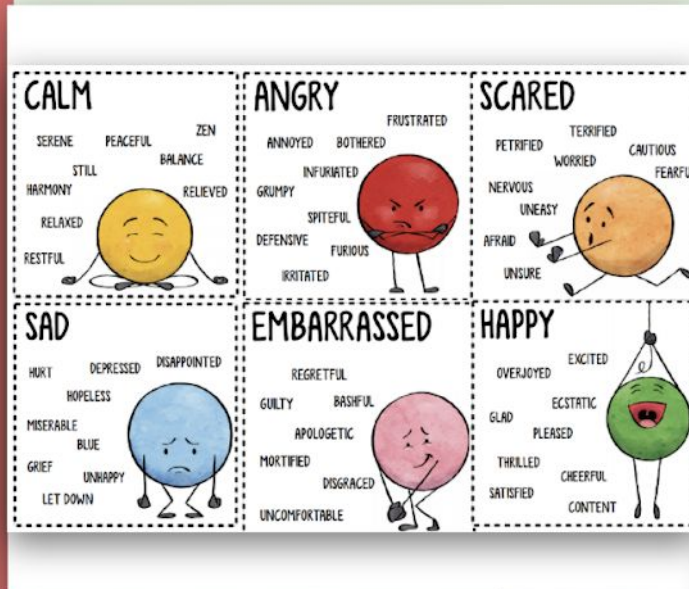
How are you feeling today?

Right now, we have many different feelings.

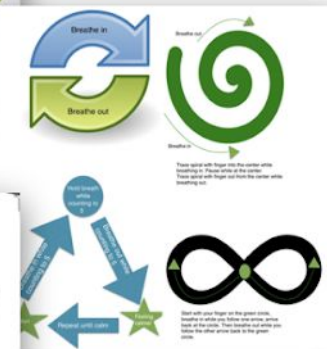
It is OK to feel however you are feeling!

Think about which feelings you want to stay in, and which ones you want to move out of.

Pick a strategy that helps you get to where you want to be!



Remember! You have lots of strategies!



1. Hands

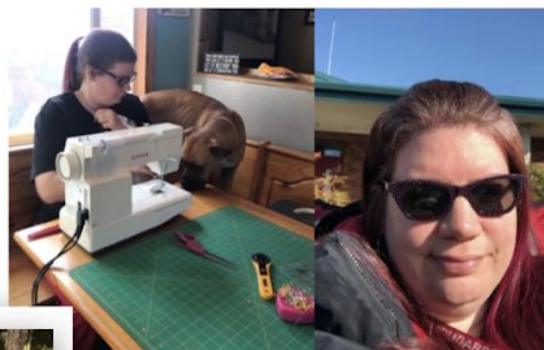
Seated, hook your thumbs and curl your fingers in toward the palms. With the in-breath your fingers open/expand, and with the out-breath they curl back in.

Teach someone in your family rainbow breathing, butterfly breathing, or spiral breathing!

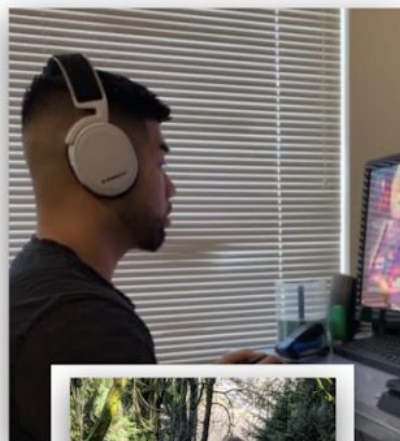
Check out how out Lakeridge staff are managing feelings during this time!

Ms. Berry plays at the park with her daughters to release all their extra energy!

Mr. Santos plays video games with friends to relieve stress and connect with others.



Ms. Amy quilts and serves lunches kids to stay positive!



Ms. Hines and Ms. Mafusire get outside to walk and reflect.



Ms. Greet uses bright colors in her knitting to help her relax.



Mr. Carter keeps a schedule of running, reading, and coloring.



Ms. Burke reads to find her calm.

