



Summary of Lesson Five

In this lesson, students learn how to recognize when their minds feel busy or overwhelmed and practice a simple strategy called WIND to calm themselves. Using the story *Slow and Steady Helps Tia Get Ready*, students explore how pausing, investigating their feelings, noticing body clues, and doing something calming can help them feel more in control. Through short scenarios and group discussion, students apply the WIND steps in real-life situations.

At Home Practice:

Practice W.I.N.D™ with your child.

Use the W.I.N.D.™ practice anytime you are feeling overwhelmed, anxious or your mind is too busy.

Modeling mindful behavior will support your child in being more mindful.

You can download the full size poster from the *Labyrinth Adventures* caregiver page.

