



Lesson Eleven

In this lesson, students learn to recognize the feeling of stress and how it shows up in their bodies. Through movement, breathing, and a story, they explore healthy ways to calm down when emotions feel too big. Students practice Bunny Breaths, a simple breathing technique, and discover that using patience and mindful movement can help them feel more in control.

At Home Practice: 🖋️ **Draw Your Calm Place**

Help your child think about a place where they feel safe, peaceful, and happy. It can be a real place—like their bedroom, a favorite chair, or grandma’s house—or an imaginary place, like a quiet cloud or a cozy cave.

Ask questions like:

“Where do you feel the most calm?”

“What helps your body feel relaxed and your heart feel happy?”

Encourage your child to draw that place on a piece of paper. You can label it together or let them describe it to you.

This helps your child build awareness of what helps them feel safe and calm.

📌 **My Calm Place Is:** _____