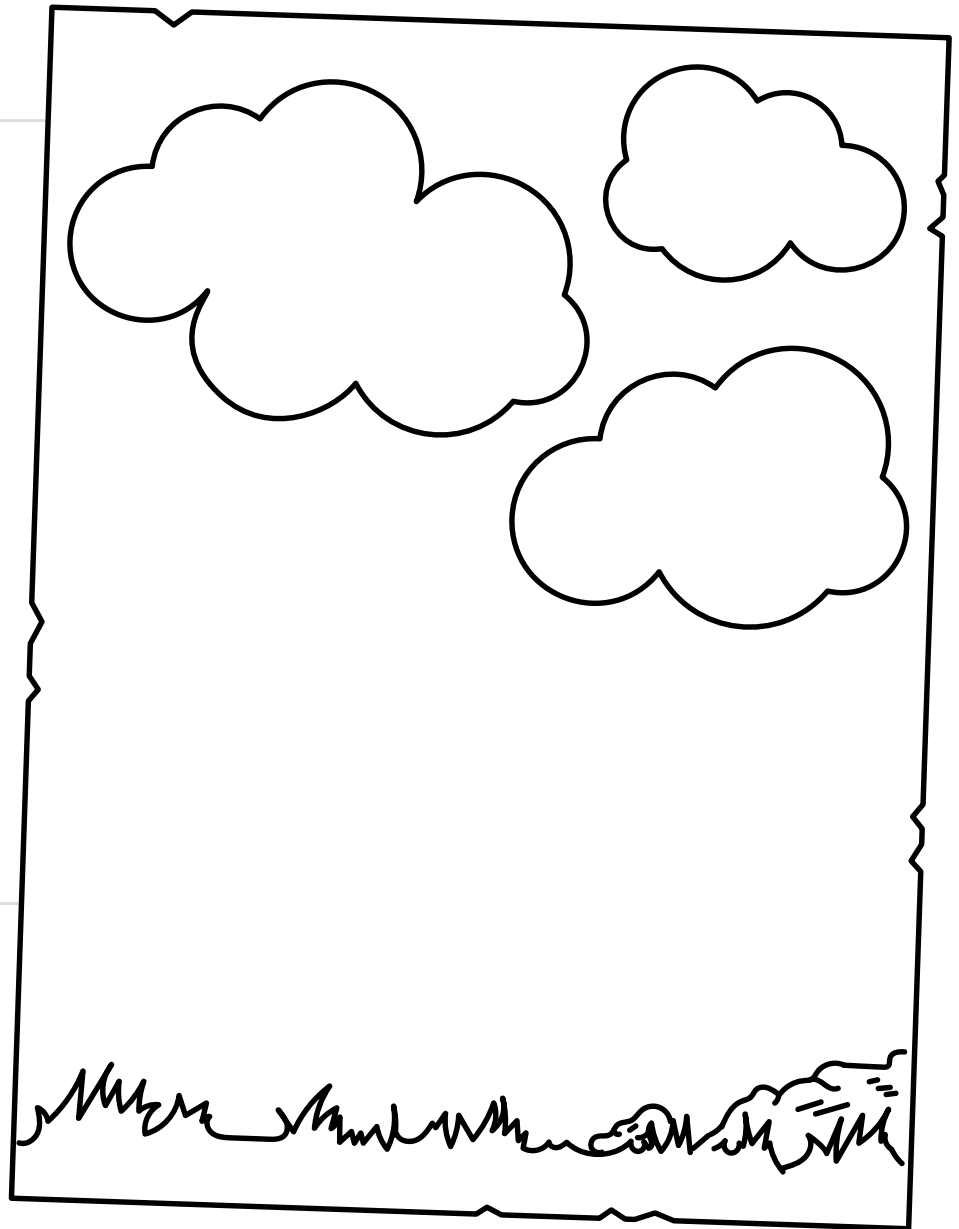


Let Your Feelings Float Away!

Are you feeling any big, stormy feelings today?
Let's help them float away like clouds in the sky!

Think about your feelings

1. Pause and breath in, exhale, and think.
2. Draw yourself standing on the ground.
3. Draw or write your feelings on the clouds.
4. Take another deep breath. Imagine those clouds slowly floating away.



FAMILY CONNECTION!

Make paper boats with your student to practice letting stormy feelings float away.

A summary of today's lesson!

