

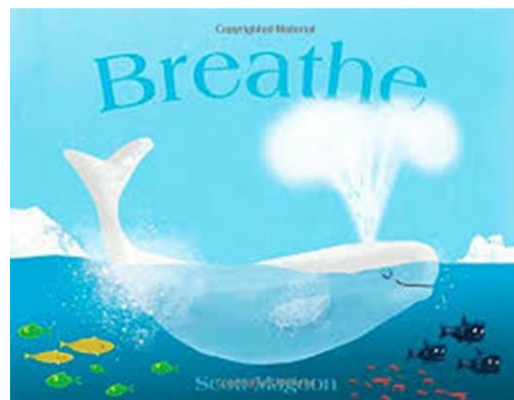
Just Breathe.

Each day take moment to take a deep breath; feel it fill your lungs and leave your lungs. Just notice where you are and what is going on with your body. Deep breathing is an excellent way to manage big emotions.

Weekly Wellness Challenge

May 25, 2020

Students, families and staff can all participate! Each week there will be a new challenge!



School District #52

