SOCIAL & EMOTIONAL LEARNING DEPARTMENT PRESENTS

SEL Relaxation Corner

Starting Wednesday, November 11, 2020

Engage in Techniques

BREATHING
CALMING
STRETCHING
SELF-CARE

Mondays + Wednesdays

11:00 AM - 11:15 AM
11:15 AM - 11:30 AM
11:30 AM - 11:45 AM
12:00 PM -12:15 PM

SCAN QR CODE TO JOIN THE MEETING