

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

