



LIVE YOUR WHY

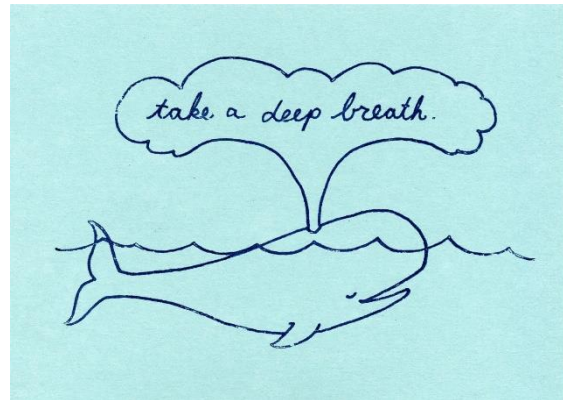
Afterschool Edition



Try this deep breathing exercise to help alleviate stress and anxiety.



Scan this:



Coping Skill for Middle School and High School

Kids: Taking Deep Breaths

[youtube.com/watch?v=e2j7S8dy8jo](https://www.youtube.com/watch?v=e2j7S8dy8jo)



Where and when would be a good place and time to do these exercise?



How do you include calming exercises like breathing into a busy day?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy