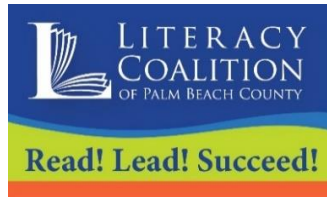



READ and THINK before you ACT.




## Leading through Reading

### Take a Deep Breath (K-2)


#### READ



When we see and hear frightening things, our brain sends worry signals to our bodies.



Our bodies respond to worry signals by trying to **fight** (use angry words and fists), take **flight** (to run and hide), or **freeze** (stay still).



You can calm your mind and body so that you feel better today and are healthier when you're older.

#### THINK

Take a moment to decide when and where you can do calming exercises each day.

#### ACT

#### Calming Exercises to Get You Started

##### Floaty Statue

Stretch your arms out and stand on your toes:

- Pretend you are a feather floating through the air for about ten seconds. Slowly wave your arms from side to side.
- Suddenly, stop and turn into a statue. Don't move.
- Slowly, relax and pretend you are that floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed straight.



##### Flowery Breathing

Pretend you have a nice smelling flower in one hand and a birthday candle in the other:

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you gently blow out the candle
- Repeat 3 times



Resource: [Save the Children](#)

*This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.*

*Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to [nbirardi@literacyabc.org](mailto:nbirardi@literacyabc.org)*