

March 17, 2020: Week 1

Hey Tigers! It's your WES School Counselor, Mrs. Scammacca.
Take a break and relax with some cool breathing exercises.

[Deep Breathing with Shapes...](#)

[Deep Breathing Printables](#)



[Rainbow Breath-Flow](#)

Is it time to calm down? [Bring It Down~ Flow](#)



~Meditation Music for the Week:~

[To Listen While Doing Work, or Just to Relax](#)

~This Week's Mindfulness Read Alouds~

[Now, Mindfulness and Being in the Present](#)

[I Am Peace, A Book of Mindfulness](#)