

to be  
like me

Name:

## SOCIAL-EMOTIONAL LEARNING (SEL)

### Yoga/Relaxation



Click on the photo to meet Jill and Emily and learn some relaxation techniques that you can do in your chair.



For more information about STRIPES Yoga, please visit their website.

### Discussion Questions:

- 1 How did you feel before completing these exercises? How did you feel afterwards?

- 2 Name 3 situations that make you feel stressed or anxious. Would these exercises be helpful in these situations?