

Home Contest



Either post Shanti the Monkey page on the fridge or cut the page into Shanti the Monkey Squares.

Each time your child does any of the following:

- a) a breathing break when s/he starts to feel upset
- b) reminds you/sibling to do a breathing break when s/he notices you/sibling getting upset
- a) teaches a breathing break to a friend

The child colors a monkey on the fridge chart or puts a square in a jar on the kitchen counter.

At the end of six weeks, bring the squares into class for a prize!

Breathing breaks practiced in class:

- ❖ Counting Breath
- ❖ Balloon Breath
- ❖ Strong Fist Breathing
- ❖ Gentle Fist Breathing
- ❖ Tapping Exercise

