## **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:

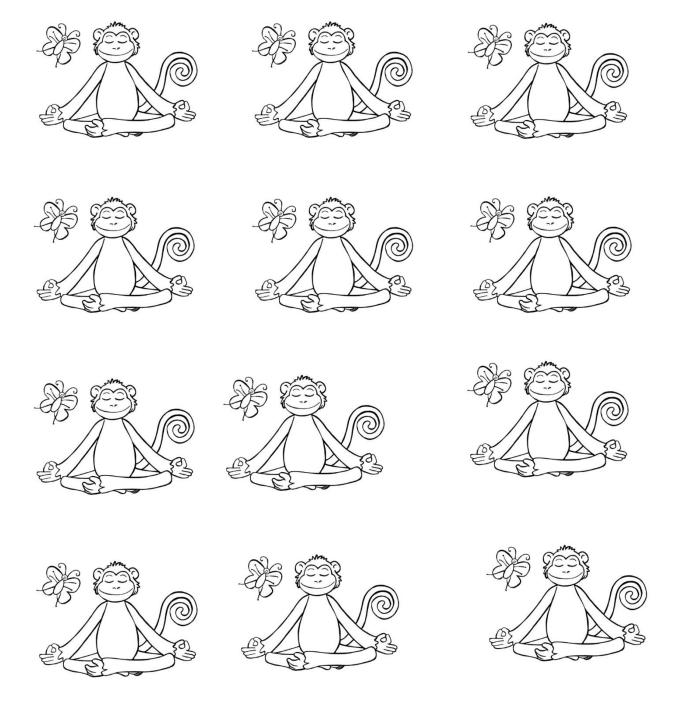
- a) a breathing break when s/he starts to feel upset
- b) reminds you/sibling to do a breathing break when s/he notices you/sibling getting upset
- a) teaches a breathing break to a friend

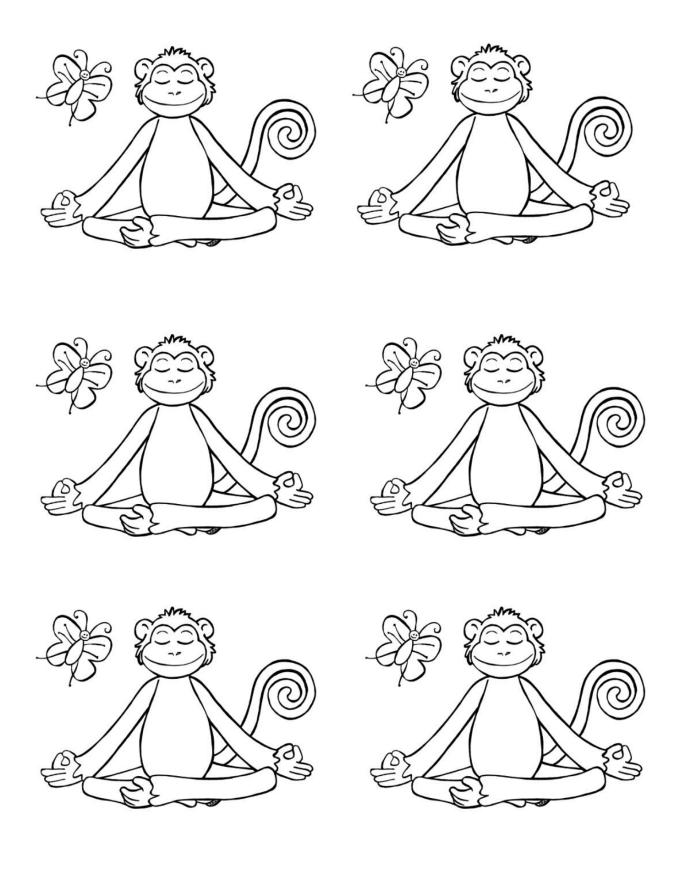
The child colors a monkey on the fridge chart or puts a square in a jar on the kitchen counter.

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





Shanti the Monkey by Svea Lunoe  ${\hbox{$\mathbb C$}}\>\>\>$  From the Book Yoga Makes Me Feel ...