**Grade 6.2-27**

**SEL: Understanding Emotions Wk. 27**

* **Context:**This is the 1st of 2 sessions focused on understanding and learning ways to regulate our emotions. In this session, we talk about the value of regulating and calming our bodies and learn some techniques focused on breathing.
* **Activity Link:** <https://curriculum.characterstrong.com/ssel/grade-6-session-17/>
* **Stop on Slide**: 22
* **Grouping:**Students will be in partners.
* **Other Notes:**In the video, the hosts will talk about how everyone feels stress, but we deal with it a little differently. As students are practicing breathing, the breaths should be slow and controlled. Tip: Try breathing in for the count of 3 and out for the count of 3.