

# Mrs. Oakley's Class - Brain Smart Starts

Week of: May 18th. We'll participate in the same Brain Smart Start for the entire week. We switch up every Monday.

Day	Brain Smart Start Activities
Monday	<p><a href="https://jr.brainpop.com/health/feelings/empathy/">https://jr.brainpop.com/health/feelings/empathy/</a></p> <p>This week our focus will be on empathy, or being aware of the feelings of others. Empathy shows that we care about others. Breathing: Hawk's Breathing. Repeat 3 X.</p>
Tuesday	<p><a href="https://jr.brainpop.com/health/feelings/empathy/">https://jr.brainpop.com/health/feelings/empathy/</a></p> <p>Breathing: Smile Breathing. As you inhale make your smile bigger and bigger. As you exhale, return your smile to a "straight line smile." Repeat 3 X.</p>
Wednesday	<p><a href="https://jr.brainpop.com/health/feelings/empathy/">https://jr.brainpop.com/health/feelings/empathy/</a></p> <p>Breathing: Spreading the Love Breathing. As you inhale, your hands are over your heart. As you exhale, spread your arms wide to "spread the love." Repeat 3 X.</p>
Thursday	<p><a href="https://jr.brainpop.com/health/feelings/empathy/">https://jr.brainpop.com/health/feelings/empathy/</a></p> <p>Breathing: Hug Yourself Breathing. As you inhale, wrap your arms around yourself. As you exhale, drop your arms to your sides. Repeat 3 X.</p>
Friday	<p><a href="https://jr.brainpop.com/health/feelings/empathy/">https://jr.brainpop.com/health/feelings/empathy/</a></p> <p>Friday Free Choice Breathing: Either choose a breathing technique for this week or make up your own.</p>



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