

# CALM CORNER



# MOJO's YOGA MOVES!



lotus pose



child's pose



frog pose



plank pose



star pose



windmill pose



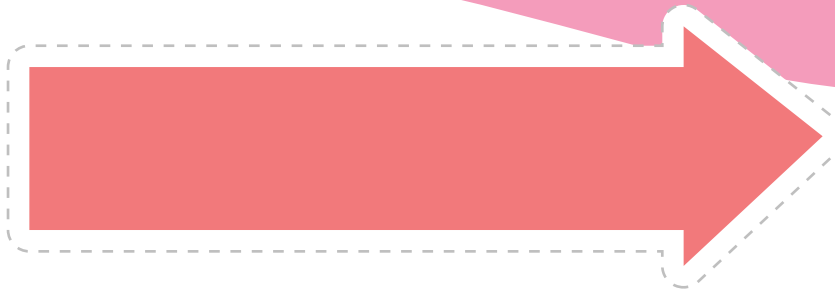
warrior pose



tree pose



wall sit pose



# EMOTIONS MATCHING GAME



# EMOTIONS MATCHING GAME

**ANGRY**

**ANXIOUS**

**HAPPY**

**PROUD**

**ANNOYED**

**NERVOUS**

**MEH**

**MISCHIEVOUS**

**EMBARRASSED**

**EXCITED**

**SAD**

**SILLY**

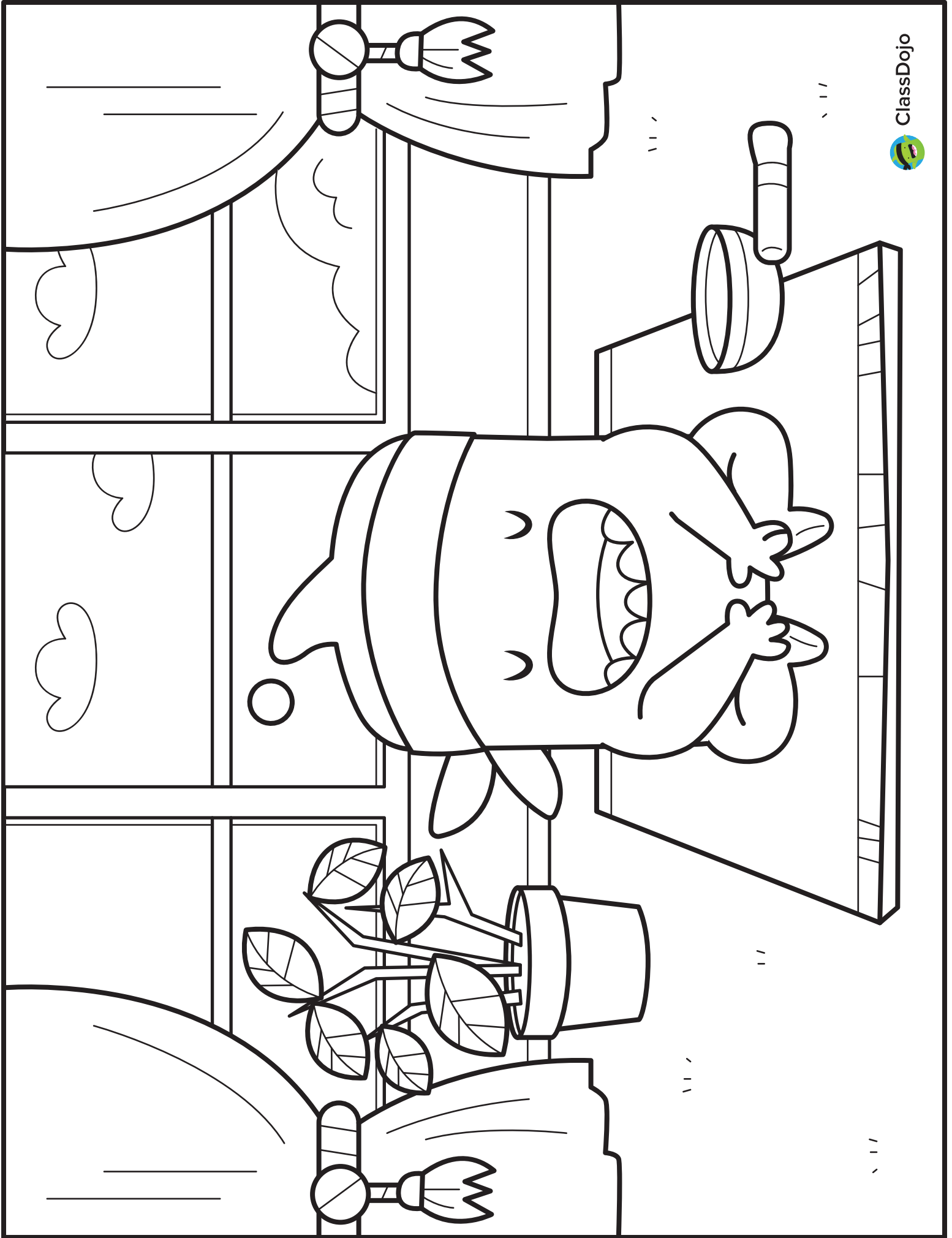
**FRUSTRATED**

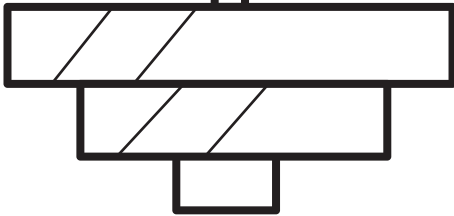
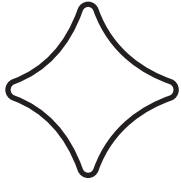
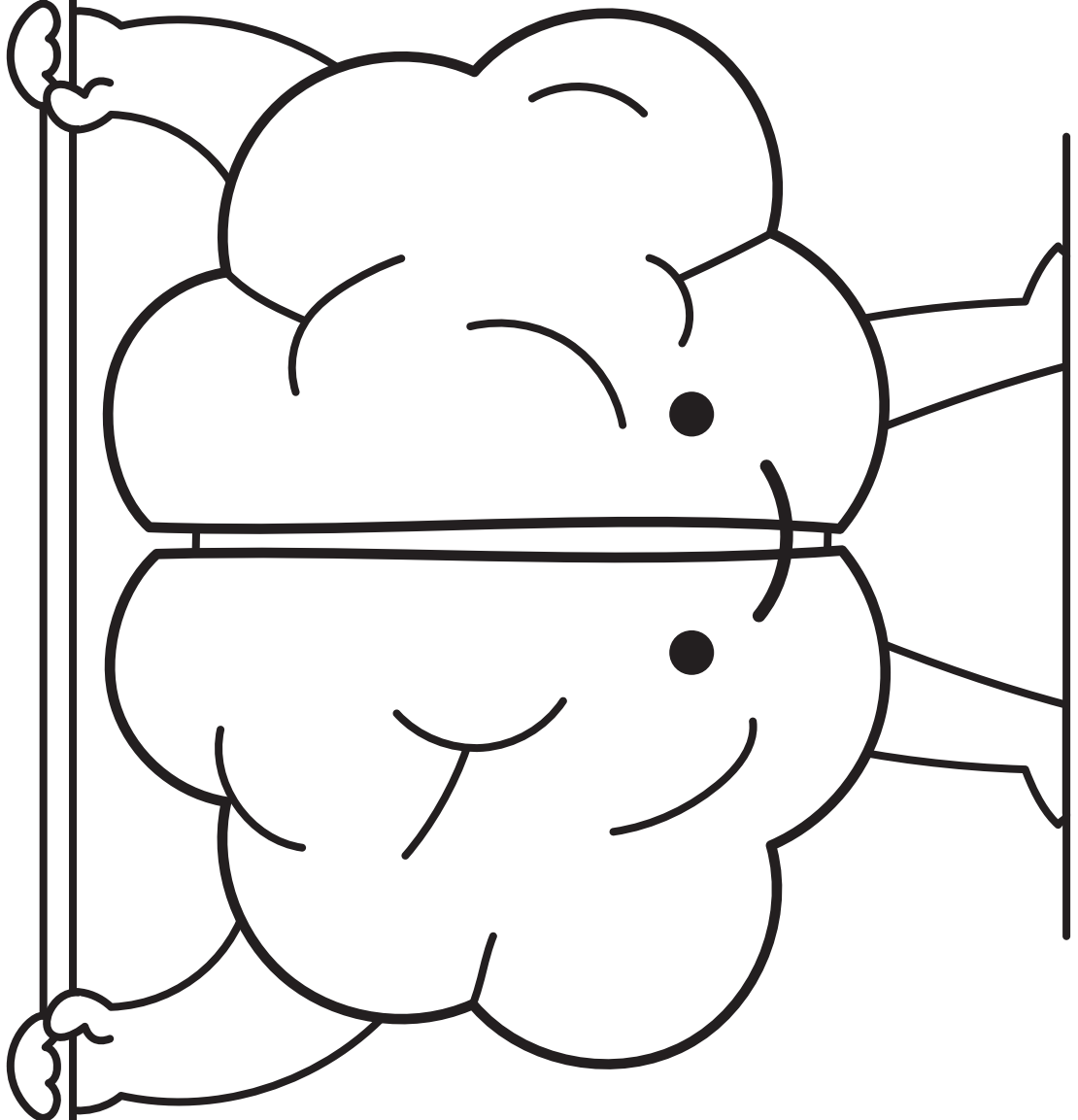
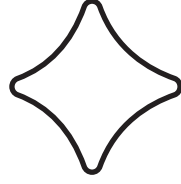
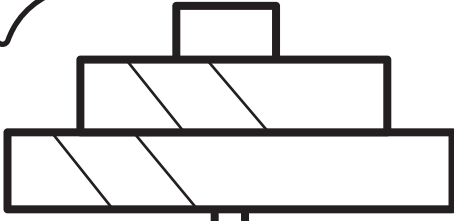
**ENERGETIC**

**TIRED**

**CREATIVE**











# Emotional Check-in



**Relaxed**  
**Happy**  
**Excited**



**Confused**  
**Nervous**  
**Scared**



**Angry**  
**Frustrated**  
**Cranky**



**Sad**  
**Hurt**  
**Disappointed**

**Today I am feeling...**

**Because...**



# AM I READY TO GO BACK?



First I felt

Then I used this  
calming strategy

Now I feel

