

10 EMOGERS

for Elementary School

1. Breathe 5 times.



2. Count to ten.



3. Smile and give a hug (or a fistbump).



4. Walk away quietly.



5. Drink a glass of water.



6. Meet in the middle.



7. Put yourself in someone else's shoes.



8. Active listening



9. Look for help.



10. Tighten and release your muscles.

