



How Can Families Use FYBS?



Feel Your Best Self introduces simple strategies to help calm yourself, catch your feelings, and connect with others. There are 12 strategies to explore – so each person can find a few that work best for them!



Watch the Videos together



Use the Tip Sheets to discuss the videos

FEEL YOUR BEST SELF Video Discussion Tip Sheet

Belly Breathing 


- 1) Put your hands on your belly. 
- 2) Take a deep breath to fill your belly with air. 
- 3) Hold your breath and count to 5. 
- 4) Slowly blow out all the air. 





Watch together! Then talk about:	Practice together! Then talk about:	Additional Tips
<ul style="list-style-type: none"> How did Nico feel when his block tower fell over? Can you think of a time when you felt like Nico did? Do you remember how Nico felt after Belly Breathing? Tell what you saw! What did you do to try feeling better? 	<ul style="list-style-type: none"> When you take a deep breath, where in your body do you feel it go? How do you feel after practicing Belly Breathing? What was your favorite part about Belly Breathing? What parts were tricky? When do you think you could use Belly Breathing? 	<ul style="list-style-type: none"> Take a break and try again later if kids are distracted, frustrated, or forcing their breathing - learning something new may need lots of repeating. Not every kid will like every strategy. If a kid doesn't like Belly Breathing, try another!



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FEEL YOUR BEST SELF 3 Friendly Wishes 

- 1) Think of 3 Friendly Wishes to share with someone. 
- 2) Write or draw these wishes on a piece of paper. 
- 3) Share your 3 Friendly Wishes with that someone. 
- 4) Notice how each of you feels. 



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Use the Strategy Cards to practice strategies