



Rocky Mountain Rams

First things first, Ms. Jen misses you all very much. I have put together a menu board for those that would like to review some of the techniques we have done so far this year and some new ones.

If you need to talk please contact me at

Phone: 303-772-6750

Email: [parmeter\\_jennifer@svvsd.org](mailto:parmeter_jennifer@svvsd.org)

Join me in my **Webex Online Office** for a one-on-one conversation during my office hours, M-F 9:30 a.m. - 11:00 a.m.

We can setup a time to video/phone chat.

## Social Emotional Menu

<a href="#">Mindful Bingo</a>	<a href="#">Feelings Roll &amp; Respond</a>	<a href="#">Feelings Tracker</a>	<a href="#">Grounding Techniques</a>	<a href="#">Guided Imagery Script</a>
<a href="#">Play Dough Feelings Activity</a>	<a href="#">Pot of Gold Self-Esteem</a>	<a href="#">Calming Strategies</a>	<a href="#">Positive Self-Talk</a>	<a href="#">Coping Skills</a>
<a href="#">Yoga</a>	<a href="#">Feelings Coping Skill Cootie Catcher</a>	<a href="#">Affirmation Coloring</a>	<a href="#">Balloon Breathing</a>	<a href="#">Rain Breathing</a>
<a href="#">Sweet Treat Breathing</a>	<a href="#">Tree Breathing</a>	<a href="#">5 Star Breathing</a>	<a href="#">Lazy 8 Breathing</a>	<a href="#">Triangle Breathing</a>
<a href="#">Rainbow Breathing</a>	<a href="#">Feelings Breathing</a>	<a href="#">Hot Chocolate Breathing</a>	<a href="#">Brain Breaks Breathing Cards Set 1</a>	<a href="#">Brain Breaks Breathing Cards Set 2</a>