



Welcome to Summer Fun!

Week 5: The Stress Bucket

- 1. Watch this video:** <https://www.youtube.com/watch?v=FrFYcNFKi3A>
 - What am I surprised about in this video?
 - How does this relate to my life?
 - What can I do differently based on what I learned?
- 2. Challenge:** Learn this mindfulness activity called "Heartbeat"- <https://www.youtube.com/watch?v=3iUf73v92II>
- 3. Level up challenge:** Invite a family member or friend to do this mindfulness activity with you.