**Let’s Breathe**

Imagining ourselves in a happy or calming place, is a great way to reduce stress, anxiety, feel good, and develop a positive attitude at for any situation. Imagery requires focus and self-discipline, because we can easily get distracted. We get better the more we practice! Today we’ll go to an enchanted forest.

First, on a scale of 1-10, how are you feeling right now?

Now, on a scale of 1-10, how are you feeling now? **Think:** When and where would this calming technique be helpful?

**Let’s Learn**

Can you imagine a classroom, neighborhood, or world where everyone is exactly the same? Luckily everyone is different, and it is our job as good social citizens to learn about each other, how we are the same, and how we are different. When we appreciate each other’s differences, our classroom and communities are positive places, we can learn from each other, and we get introduced to new exciting things! And a great way to learn about others is by kindness, asking questions, and thinking before we speak.

Here are 2 stories that help us think about the importance of differences, and how that can make us the greatest us friends!

**Let’s Grow**

Think about your best friend. Are you exactly the same? What does your best friend think/do about the ways you are different? Write about how your differences help your friendship?

**CHALLENGE:** Want a penpal just like Elliott and Kailash? You can get a FREE penpal by clicking here!