

# E-COUNSELING CENTER PLAYLIST

Ms. Shaw

Week of October 12-16, 2020



## STRETCH IT OUT



Stretching it out with Yoga

Below is a video of different yoga poses that you can do to take a brain break or stretch after sitting and school work. If you are feeling overwhelmed try a few yoga poses and use them throughout the week.

[Yoga Poses](#)

## CAREGIVER RESOURCE

***Yoga poses for the family***

*I have shared a link to some different yoga poses students can do individually or as a family. Doing different yoga poses can benefit your stretching, muscles, bones, and the heart.*

[Yoga Poses to try with the family](#)

***We are so Grateful for You!***



*If you need to talk to a School Counselor, please email your school's School Counselor or fill out the [Help Slip](#) .*

*We are here to help!*

*#youbelong*