



April 2021

HOW DO YOU KEEP YOUR BODY CALM AND RELAXED? USE THESE EXERCISES BELOW!

PLEASE CONTACT US WITH ANY QUESTIONS,
COMMENTS, OR CONCERNS

Students K-5:

Use these links below to practice keeping your body calm and relaxed! See how much better you feel when you take the time to relax!

<https://www.youtube.com/watch?v=IibBI-BT9c4>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:8dfe7e5d-aad4-4bcf-9f31-a4cf2d7d29cf>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:339d3b68-671b-48db-a7c5-f96adc6130c2>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:fac309be-feed-479d-a717-9634288f54c2>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:5bf01b60-a580-4e00-b145-2b1ced75a344>

Students 6-8:

Use these resources below to practice meditation. It will help you feel calm during times of stress!

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:2d5066c9-c5b1-4c4b-9933-8abb82c759c3>

<https://www.youtube.com/watch?v=Z00g50KyZWc>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:7f452ffa-4101-4bec-abfc-0aedb48d0be9>

Students 9-12:

Meditation can be a way to help keep your body feel calm and relaxed. Use these simple exercises below to find different ways to meditate!

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:7f452ffa-4101-4bec-abfc-0aedb48d0be9>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:2d5066c9-c5b1-4c4b-9933-8abb82c759c3>

<https://www.youtube.com/watch?v=inpok4MKVLM>

Families and Staff:

Meditation is for everyone. It can help benefit your life in many ways. Use these guided exercises below and see the benefits of meditation!

<https://www.youtube.com/watch?v=ayfe4XWCZdg>

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:36474e86-ab98-422f-87aa-01dfe614ee7>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:4c606a56-2fca-4041-805b-f2f5522da82>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:b5617845-375a-4c77-a7ff-d6fe5f8853ee>

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