



# How Can Families Use FYBS?



Feel Your Best Self introduces simple strategies to help calm yourself, catch your feelings, and connect with others. There are 12 strategies to explore – so each person can find a few that work best for them!



Watch the Videos together



Use the Tip Sheets to discuss the videos

**Video Discussion Tip Sheet**

**Belly Breathing**

Watch together! Then talk about:	Practice together! Then talk about:
<ul style="list-style-type: none"> <li>How did Nico feel when his block tower fell over?</li> <li>Can you think of a time when you felt like Nico did?</li> <li>Do you remember how Nico felt after Belly Breathing? Tell me what you saw!</li> <li>Want to try practicing Belly Breathing together?</li> </ul>	<ul style="list-style-type: none"> <li>When you take a deep breath, where in your body do you feel it go?</li> <li>How do you feel after practicing Belly Breathing?</li> <li>What was your favorite part about Belly Breathing? What parts were tricky?</li> <li>When do you think you could use Belly Breathing?</li> </ul>

**Additional Tips**

Take a break and try again later if kids are distracted, frustrated, or forcing their learning - learning something new may need lots of repeating.

Every kid will like every strategy. If a kid doesn't like Belly Breathing, try another!

 [feelyourbestself.org](http://feelyourbestself.org)

 **UConn**

**3 Friendly Wishes**

- 1) Think of 3 Friendly Wishes to share with someone. ★★ ★
- 2) Write or draw these wishes on a piece of paper. ✍️
- 3) Share your 3 Friendly Wishes with that someone. 🗣️
- 4) Notice how each of you feels. 🔍

Copyright © 2022 by the University of Connecticut. All rights reserved. Permission granted to photocopy for personal and educational use as long as the names of the creators and the full copyright notice are included in all copies.

