

HOW ARE YOU FEELING TODAY?

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What emotions are you experiencing? Can you identify how those emotions impact your body? If you're feeling joyful, pay attention to what that feels like in your body. Maybe you feel tingling in your hands or feet. If you feel anxious, you might feel it as a tightness in your chest.

Recognizing emotions and how they impact us encourages Self-awareness, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel