

Field day

The grass was damp.
 The grass was green.
 It was a perfect day.
 It was warm outside.
 I felt happy.

1st grader's and 2nd grader's went to a station. We play Upcycled court.

Any body can do Upcycled court. First we went through the hoola hoops. Next we go through the tunnel. Then we throw the Frisbee. Then we bounce on the jacks. Then we roll the dice. I got an 8! then we ran back to start again. I won that round.

It make me very happy! Aubrey and Kennana cheered me on for a short time.

Riley is in 2nd grade. it was time for the second round. Riley is long-lined and she is 7 years old.

Riley has blonde hair. Riley is pretty. She played the game wrong. The she cried.

First she started from the and of th cart making her way to the front

to ~~the~~ middle. Then she started crying because she lost the game Riley lost the game because she didn't follow the rules the teacher told her you need to follow the rules Kennon tells Riley to take deep breaths then she felt happy

It is kind of similar to what mommy teaches me mommy tells me to take my problem scale take deep breaths to calm my self down so that the amigdala will stop barking mommy calls it emotional regulation it sounds fancy

we got regular popcorn and cold water we went to our classroom for math. I saw Kennon in the hallway and she was happy I think the deep breaths worked

Problem Solace

