



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by:

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Activity Name:

Set Your Intentions

Age Group:

Elementary to High School

Description:

Take a moment to set your intention for the day. A few deep breaths to clear your energy and a quick “assignment.” In these videos you will spend less than 2 minute, performing exercises that help center and set intentions for the day through breathing and writing.

Supplies Needed:

Something to write with and a note card or paper, envelope, and a stamp.

Reference/s:

“CALM” App on Android and Apple platforms