

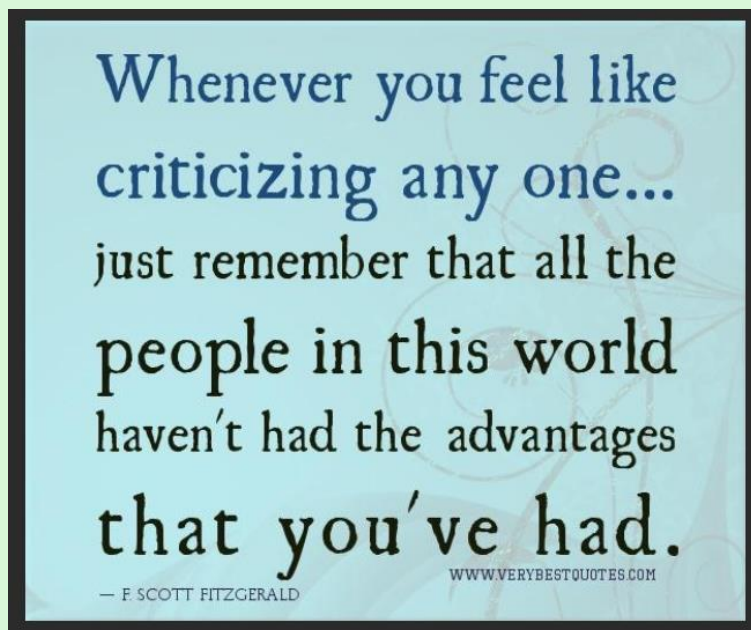
Tuesday, March 31, 2020

Good morning, Creekers.

This month's Creekers' Code is **Empathy**.

Empathy is the ability to understand how someone else is feeling. It is the ability to “put yourself in someone else's shoes” and to understand the way a situation might make them feel.

Here is a quote about empathy by F. Scott Fitzgerald.



Tuesday- Word of the Day is Compassion- this means to care, comfort, and show empathy.

CALM DOWN YOGA for kids



I am strong.

WARRIOR 2 POSE



I am kind.

TREE POSE



I am brave.

CHAIR POSE



I am friendly.

DOWNWARD-FACING DOG POSE



I am wise.

HERO POSE