

Parent/
Guardian
Referral

Staff
Referral

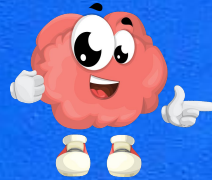
HERE TO HELP

Helpful Tools for you to use:

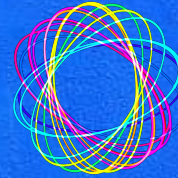
Mindfulness



**Brain
Break**



Creativity



**Calming
Music**



Meditation



**Visual
Relaxation**



Mrs. Saint Preux
School Social Worker

***Bearden Middle**

***West Hills**

***Maynard**

Shanawaski.saintpreux@knoxschools.org

865-363-5690

Call or Text