## SEL Lesson Plan: Stress Management with Can

Grade Level: 6-12

Duration: 40 minutes

Objective: Learn calming techniques through therapy dog interactions

## Activities:

- 1. Breathing exercises while petting therapy dogs
- 2. Mindfulness meditation with canine presence
- 3. Progressive muscle relaxation techniques
- 4. Create personal stress management toolkits
- 5. Practice grounding techniques with dog assistance