

Click on Parents and Students Tab on the school website and Choose Social Emotional Support Section

On the Left of the page , click on Eckerd connects –Mrs. K page and click on the video links to practice the skill and win fabulous prizes

Participate for a chance to WIN!

Eckerd Connects wants to give out prizes to those who have learned how to use the skill in this video!

The winner will receive a school supply prize package including notebooks and coloring supplies!

We want you to send us a fun video or photo of you practicing progressive muscle relaxation.

In order to enter the contest, please e-mail your entry to ckolobow@eckerd.org by the end of the day on April 30th.

The winner of the contest will be chosen at random, so everyone has a chance!

