



TAKE BREATHS TO FEEL CALM

If you ever feel overwhelmed, doing a deep-breathing exercise can make you feel better. Here are three to try.

- 1. Four square breathing:** Count to four as you breathe in slowly, then hold your breath for four counts. Now count to four as you exhale, then hold your breath for four counts. As you do these breaths, use your finger to trace a square on the palm of your hand.
- 2. Whale breathing:** Sit up straight in your chair and take a deep breath. Hold it for five seconds. Tilt your head up and slowly breathe out, imagining that you are a whale exhaling through your blowhole.
- 3. Balloon breathing:** Relax your body, place both hands on your belly, and breathe in. Imagine that your belly is a balloon filling up with air. (You should feel your belly expanding.) Then slowly breathe out, imagining that the balloon is deflating.



DID YOU KNOW?
Chocolate coins, called gelt, are given during Hanukkah to teach children the importance of giving to others.



WARNING!
Ask an adult's permission before using an electric mixer and the oven.

Hanukkah begins on December 10 and ends on December 18 this year.

Bake a batch of Hanukkah cookies

Ingredients

- 1 cup unsalted butter, at room temperature
- 4 oz. cream cheese, at room temperature
- ¾ cup light brown sugar
- ¼ chopped walnuts
- 2¼ cups flour
- ½ teaspoon salt
- 1 teaspoon vanilla
- About 24 chocolate coins (also called gelt), unwrapped

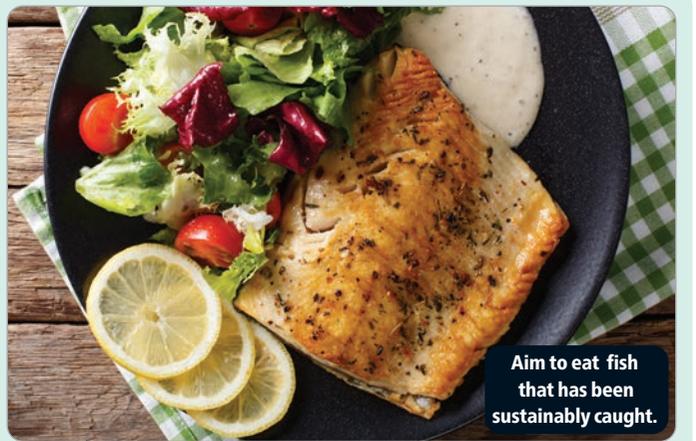
Instructions

- 1.** Using an electric mixer, cream the butter, cream cheese, and brown sugar until light and smooth, about 5 minutes. Stir in the walnuts.
- 2.** In a medium bowl, whisk together the flour and salt. With the mixer running on low speed, slowly add half of the flour mixture. Mix in the vanilla, then slowly add the remaining flour mixture and mix until dough comes together.
- 3.** Preheat oven to 350°F. Roll rounded tablespoons of dough into balls between your hands. Transfer the balls to a parchment-lined baking sheet and place about 2 inches apart. Press a chocolate coin onto each ball to flatten each cookie to ½ inch thick.
- 4.** Bake for 14 to 16 minutes or until golden brown along the bottom edge. Let cool. This recipe makes 24 cookies.



ECO TIP OF THE WEEK KEEP POPULATIONS OF FISH STRONG

Overfishing is a threat to keeping oceans healthy. When too many of some fish are taken out of the ocean, it can create an imbalance in the ecosystem (a group of plants or animals in a certain place that affect one another). One way people can help is to eat sustainable seafood, which is farmed or caught in a way that respects the ecosystem and keeps fish populations strong. At grocery stores and restaurants, look for fish that's marked as being sustainably caught. In the US, some common types of sustainably caught fish are albacore tuna, arctic char, mackerel, hake, and whitefish. To find sustainable fish in your area, go to seafoodwatch.org.



Aim to eat fish that has been sustainably caught.