



Toolbox Tuesday: Wisdom  
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Wisdom is our focus for this week, and when we think about this word, it is not only about experiences, but also about learning from past experiences and choosing to do something differently. We have learned many breathing strategies, and a favorite for many of you is butterfly breathing. Let's practice this strategy together.

We show wisdom when we learn to change the way we respond by practicing one of the breathing strategies we have learned. Practicing when we feel calm helps in times when we are trying to feel calmer.

