Mind and Body Wellness Activities

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| Write 3 things you are grateful for:  1.  2.  3.  Date: | GAME NIGHT! Play a game that involves NO technology! 😊  Name of Game:  Date: | Paint or Draw a picture of a place that makes you happy. Hang up on the fridge or in your room.  What did you draw?  Date: | Practice 3 techniques to Mindful breathing (google: mindful breathing for kids) Which ones did you try?  1.  2.  3.  Date: | Have a dance party in your living room to one song. What song did you dance to?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: |
| Have a meal with someone else with no phones, TV or media.  What meal was it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Who did you eat with? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: | Read a book!  What book did you read?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: | Go for a 10-minute walk with a family member and point of something on your walk that you have never noticed before. Write what you noticed:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: | Make a fort with someone you live with and watch a movie or play a game in the fort.  Who did you build fort with?  Date: | Write a letter to someone not in your family. Mail it or hand deliver.  Who did you write to?  Date: |
| Write a daily affirmation (a positive reminder or statement that is used to encourage or motivate yourself).  Write your affirmation below.  Date: | Make a list of 5 positive things you love about you or your life:  1.  2.  3.  4.  5.  Date: | Do some exercises:  15 jumping jacks  15 push ups  15 squats  Date: | Write a journal about how you are feeling today:  Date: | Find something beautiful in your room. What is it?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date: |
| Practice Yoga! There are some great videos on YouTube (Cosmic Kids Yoga, Yoga Ed etc.).  Which Yoga video did you practice?  Date: | Create Origami    What did you create?  Date: | Cuddle or play with your pet!  What pet did you play with?  Date: | Clean your room or play space!  What space did you clean?  Date: | Cook or bake something yummy with someone you live with.  What did you make?  Date: |

During our time away from GBPE, I challenge each student (and family) to complete one box a day to practice different coping strategies and tools. You may choose the box to do in any order. Please mark the date you complete the task/activity or fill in the box as directed. Upon return to school, please turn in this form to Mrs. Edwards (School Counselor) and receive a PRIZE from the TIGER CART. If you have any questions or need clarification about this activity page, feel free to contact Mrs. Edwards at [stedwards@aacps.org](mailto:stedwards@aacps.org)