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 jacks15 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 OrigamiWhat 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