

ADDITIONAL STRENGTH-BASED ACTIVITIES

Below are some different Strength-based activities you can engage in with your household.

Family Support

- Call a family member, "just because"
- Take a sibling out for hot chocolate
- Write your own family winter mad lib
- Create a new winter family tradition
- Cook dinner for your family
- Recreate an awkward family photo
- Thank someone for being your "Family of Choice"

Positive Friends

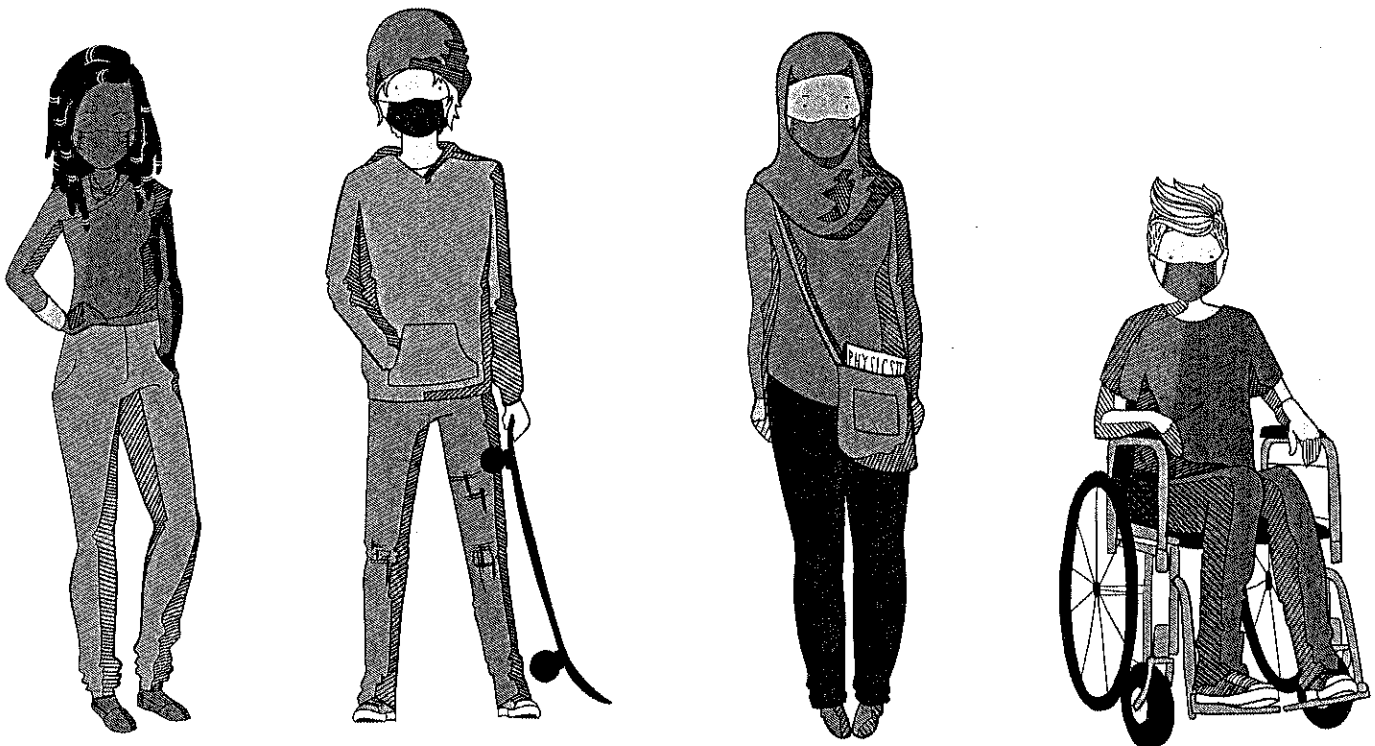
- Have a snowflake cutting contest
- Choose one friend to commit to checking in with once a week
- Plan a watch/listen party with friends
- Write a note thanking someone for being a Positive Friend
- Host a virtual game night, party, or themed event with your Positive Friends

Mentors

- Tell your Mentor they're doing a great job
- Challenge a Mentor to do a TikTok dance with you
- Ask a Mentor to tell you about a story about a time they learned a lesson
- Host a virtual check-in with your Mentor

Healthy Activities

- Take a one-hour screen break
- Cook or bake a holiday recipe
- Walk to a park
- Read a great book
- Try a new food
- Watch the clouds
- Cuddle with a pet
- Create a truly epic playlist
- Paint or draw
- Go on a hike



Generosity

- Split wood for an elder in your community
- Shovel a neighbor's walkway
- Buy gifts from small local businesses
- Do a litter pickup in your neighborhood
- Read a story to a younger sibling or neighbor
- Write notes to those who are stuck at home
- Listen without any agenda
- Help an elderly neighbor or single parent
- Volunteer for a cause you care about

Spirituality

- Close your eyes and take the deepest breath you've taken all day. Repeat 3 times.
- Look at the night sky
- Name 3 things you are grateful for right now
- Practice yoga
- Pray
- Watch a live musical performance
- Sit by water and just breathe

Physical Health

- Schedule a doctor or dentist appointment
- Take a shower or bath
- Give yourself a hand/foot massage
- Go for a walk or run
- Choose a healthy snack
- Sit in the sun
- Take a vitamin and eat a vegetable
- Floss (dance or dental practice)
- Get an annual physical
- Drink water

Mental Health

- Color the Tangled Ball of Emotions
- Make a list of 3 self-care strategies to try
- Reach out to your school counselor
- Start a journal
- Learn a breathing practice

