



30 THINGS TRAILBLAZERS

CAN DO FOR EMOTIONAL HEALTH

<p>Practice a breathing technique.</p> <p>1</p>	<p>Make a list of the feelings you can think of.</p> <p>2</p>	<p>Play emotion charades. Can your family guess your feeling?</p> <p>3</p>	<p>Write or draw a letter to someone to let them know you appreciate them.</p> <p>4</p>	<p>Go to www.mindyeti.com and do a fun breathing exercise.</p> <p>5</p>	<p>Make a poster about KINDNESS for your classroom.</p> <p>6</p>
<p>Make a list of 10 ways to show respect at school.</p> <p>7</p>	<p>Explain to an adult what empathy means.</p> <p>8</p>	<p>Go outside and count how many things are red.</p> <p>9</p>	<p>Make a list of 30 things that you are grateful for.</p> <p>10</p>	<p>Practice hot cocoa breathing. Smell the hot cocoa and cool it off!</p> <p>11</p>	<p>Check out Cosmic Kids Yoga on YouTube.</p> <p>12</p>
<p>Make a list of 25 things that you love.</p> <p>13</p>	<p>Write what it means to be a good friend.</p> <p>14</p>	<p>Make a list of all the ways you showed kindness this week.</p> <p>15</p>	<p>Write or draw about your hero.</p> <p>16</p>	<p>Talk to an adult about your favorite place.</p> <p>17</p>	<p>Write a note to someone you miss.</p> <p>18</p>
<p>Practice sitting still for one minute. What did you hear?</p> <p>19</p>	<p>Name 3 ways you can calm down when you are feeling stressed.</p> <p>20</p>	<p>Make a card for someone you love.</p> <p>21</p>	<p>Name 5 things you love about yourself.</p> <p>22</p>	<p>Draw a picture of your future self. What is your career?</p> <p>23</p>	<p>Make a list of things that are important to you.</p> <p>24</p>
<p>Read a book. What feelings did you notice as you read?</p> <p>25</p>	<p>Teach an adult one of the breathing techniques you have learned in guidance class this year.</p> <p>26</p>	<p>Watch the Kindness Boomerang video on YouTube. Talk with an adult about ways you can pay kindness forward.</p> <p>27</p>	<p>Name 3 things you love doing and 1 thing you want to try.</p> <p>28</p>	<p>Name 3 things you can do to be helpful in your community.</p> <p>29</p>	<p>Play a game with someone.</p> <p>30</p>