

TAKING CARE OF *You*



A Young Person's Guide to Wellness



Videos for Wellness



Bubble Breathing



Silly to Calm



Square Breathing



Five-Finger Breathing



Belly Breaths



Apps for Wellness



Mindful Powers



Smiling Mind



Moshi Kids



Meditations for Kids

Strategies for Wellness

1



Create a routine or daily schedule: Include time to wake up and go to bed, meals, screen time, chores or tasks, playtime, hanging out with family, and downtime

2



Express how you feel: Tell or show someone how you feel through writing, drawing, singing, painting, arts and crafts, or music

3



Get active: Get some exercise in every day with a family-friendly exercise video, a scavenger hunt, playing hide-and-seek, building a fort, or making an obstacle course

4



Stay connected: Notice what you are thinking and feeling, observe what's around you, and notice what is happening right now.



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