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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