

# 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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FUTURE WITHOUT BOUNDARIES™

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