

# Mindfulness Activities

**Feeling stressed? Try one of these mindful activities!**

Go on an imagination vacation. Write about/draw where you went.	Play a game with a family member.	Practice square breathing. <a href="https://www.youtube.com/watch?v=YFdZXwE6fRE">https://www.youtube.com/watch?v=YFdZXwE6fRE</a>
Draw a picture for someone.	Write a paragraph about how you are feeling. Throw it away when you have finished.	Draw a picture of something that makes you happy.
Take a nature walk.	Watch a meditation video and relax. <a href="https://www.youtube.com/watch?v=uPl3MOdF1co">https://www.youtube.com/watch?v=uPl3MOdF1co</a>	Make a meal/dessert with your family.
Color a picture.	Take a break, sit, and think about 5 things you are thankful for.	Try some yoga: <a href="https://www.youtube.com/watch?v=4ZpkRAcgws4">https://www.youtube.com/watch?v=4ZpkRAcgws4</a>
Look around the room and name 10 things you see.	Say 3 positive statements to yourself.	Find random items around the house to glue on paper to make a picture.
Write a note to someone you care about.	Listen to some music. (dance to it if you want)	Go for a run or do a dance/workout video at home.
Have a dance party.	Read a book.	Write a poem.

**Share with us a picture/video of the activities you choose to do so we can show the world that we are #borostrong**

**Email us your picture or tweet us at your school!**

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