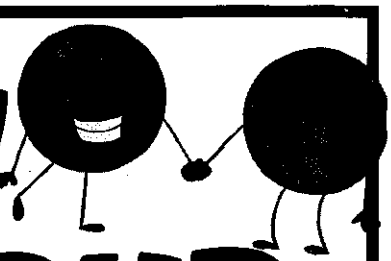
Things YOU can do for YOUR Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up with out being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

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