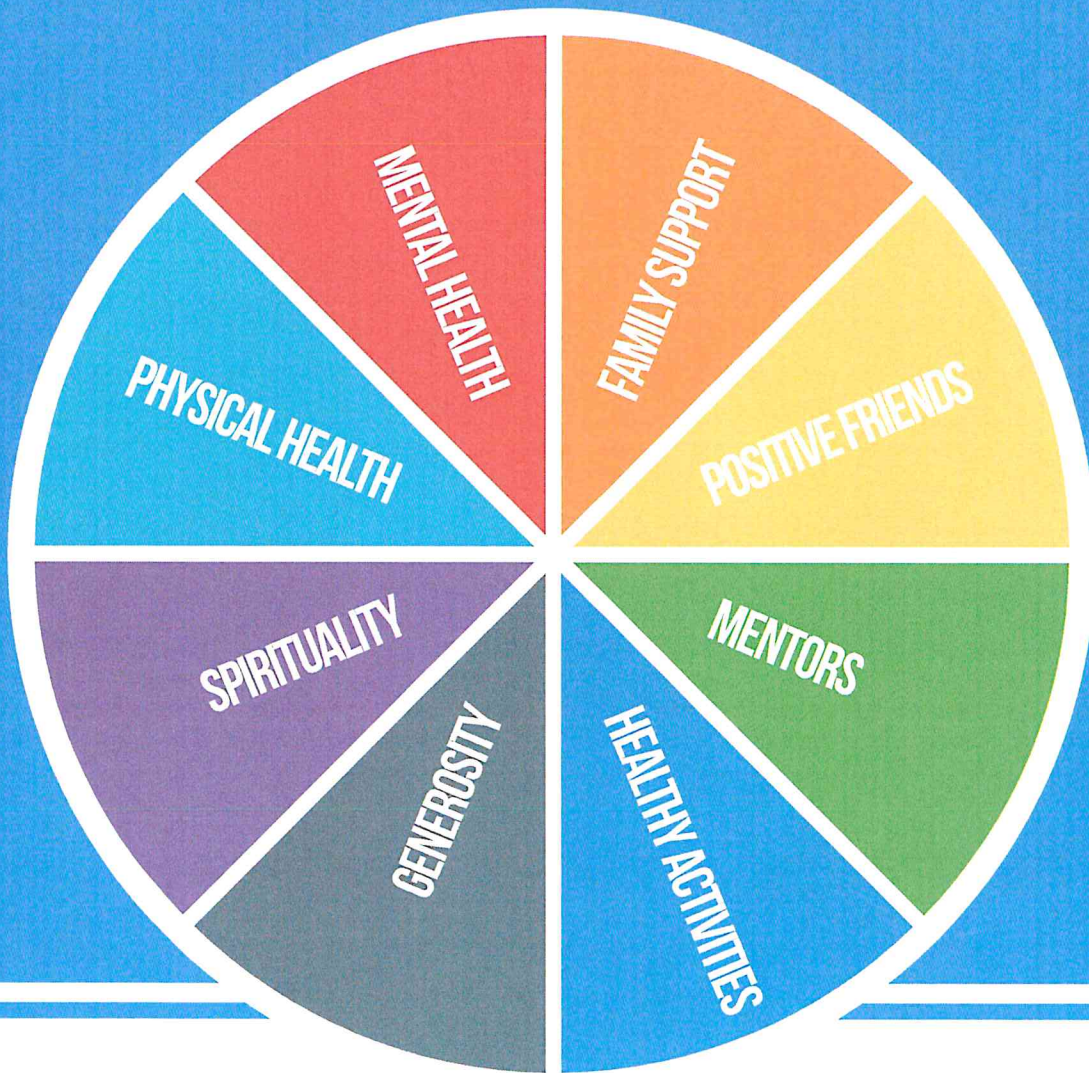


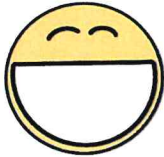
SOURCES
OF STRENGTH



**RESOURCES FOR PRACTICING STRENGTH
DURING THE BREAK**

CHECK IN!

HOW DO YOU FEEL?



I FEEL AWESOME!



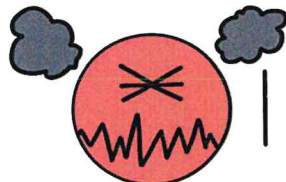
I'M DOING WELL.



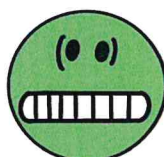
NOT GOOD, NOT BAD, I'M FINE.



I FEEL SAD.



I AM ANGRY!



I FEEL WORRIED OR ANXIOUS



I AM TIRED!

ADDITIONAL STRENGTH-BASED ACTIVITIES

Below are some different strength-based activities your household can practice this break.

FAMILY SUPPORT

- Call a family member, “just because”
- Take a sibling out for a fun activity
- Write your own family break mad lib
- Create a new family tradition
- Cook dinner for your family
- Recreate an awkward family photo
- Thank someone for being your family

POSITIVE FRIENDS

- Choose one friend to commit to checking in with once a week
- Plan a watch/listen party with friends
- Write a note thanking someone for being a Positive Friend
- Host a game night, party, or themed event with your Positive Friends
- Set a goal with a Positive Friend and work together to achieve it

MENTORS

- Tell your Mentor they’re doing a great job
- Challenge a Mentor to do a TikTok dance with you
- Ask a Mentor to tell you about a story about a time they learned a lesson
- Schedule a check-in with your Mentor
- Read a good book with your Mentor and then set up a time to discuss it

HEALTHY ACTIVITIES

- Take a one-hour screen break
- Cook or bake a new recipe
- Walk to a park
- Read a great book
- Try a new food
- Watch the clouds
- Cuddle with a pet
- Create a truly epic playlist
- Paint or draw
- Go on a hike

GENEROSITY

- Split wood for an elder in your community
- Shovel a neighbor’s walkway
- Buy gifts from small local businesses
- Do a litter pickup in your neighborhood
- Read a story to a younger sibling or neighbor
- Listen without any agenda
- Help an elderly neighbor or single parent
- Volunteer for a cause you care about

SPIRITUALITY

- Close your eyes and take the deepest breath you’ve taken all day. Repeat 3 times.
- Look at the night sky
- Name three things you are grateful for right now
- Practice yoga
- Pray
- Watch a live musical performance
- Sit by water and just breathe

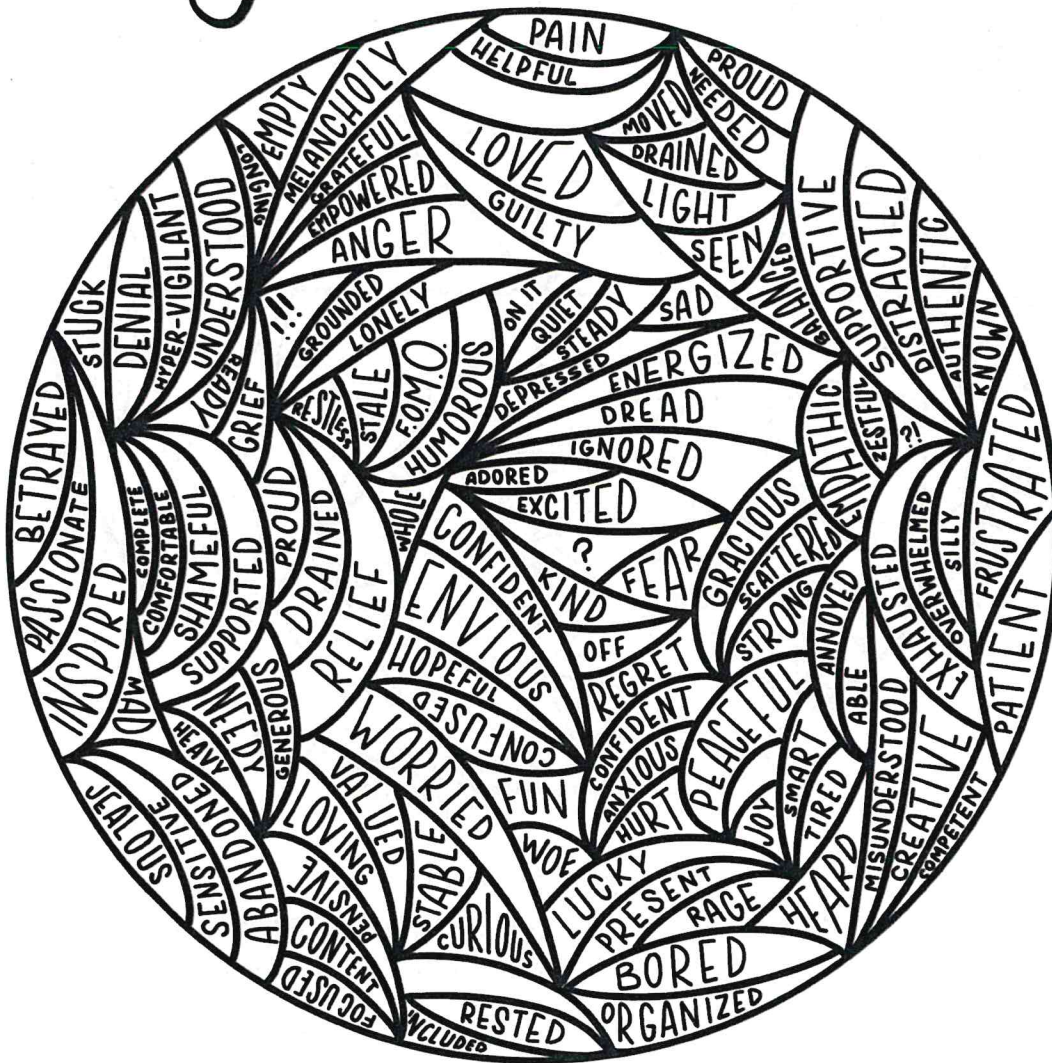
PHYSICAL HEALTH

- Schedule a doctor or dentist appointment
- Take a shower or bath
- Give yourself a hand/foot massage
- Go for a walk or run
- Choose a healthy snack
- Sit in the sun
- Take a vitamin and eat a vegetable
- Floss (dance or dental practice)
- Get an annual physical
- Drink water

MENTAL HEALTH

- Color the Tangled Ball of Emotions
- Make a list of 3 self-care strategies to try
- Reach out to your school counselor
- Start a journal
- Learn a breathing practice
- Pick a Strength you’d like to grow and write down one idea of how to do that

the Tangled Ball of Emotions



- 

[illegible]

COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- 
- SOURCES**
OF STRENGTH

WELLNESS PLAN

This Wellness Plan is a helpful tool to use when we are feeling down or stuck, to help strengthen our physical, relational, and emotional wellness.

Three things I am grateful for:

- 1.
- 2.
- 3.

Goal: Name three more things I am grateful for:

- 1.
- 2.
- 3.

Positive Friends and their contact information:

- 1.
- 2.
- 3.

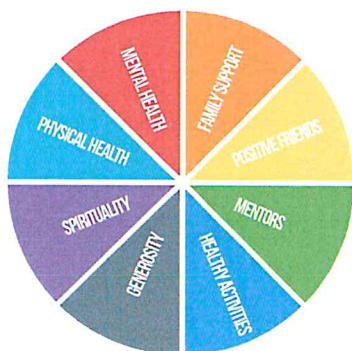
Goal: How often will I connect?

Trusted Adults and their contact information:

- 1.
- 2.
- 3.

Goal: How often will I reach out?

Draw a star next to the Strengths you feel strongest in, and circle the Strengths you hope to grow.



If I am experiencing Big Emotions, I can do these activities to help:

Energizing

- 1.
- 2.
- 3.

Calming

- 1.
- 2.
- 3.

Goal: What are new activities I would like to try?

Ways I can practice Generosity right now:

- 1.
- 2.
- 3.

Goal: How often do I hope to practice Generosity?

Three people I will invite to create their own Wellness Plans:

- 1.
- 2.
- 3.

Name and contact information of my counselor.

I have strengths, and I am strong enough to ask for help if I need it.

If I am concerned about myself or a friend,
I can **call the lifeline at 800.273.8255** or my counselor at: