

A MENTAL WELLNESS *Guide*

SUPPORTING ELEMENTARY STUDENTS



Everyday Strategies

- 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.

For additional resources, visit the [SDCOE Virtual Wellness Center](#) and the [Parent Guide to Mental Health and Wellness](#).

SCAN FOR
DIGITAL VERSION



**Calming
Videos**

- [Belly Breaths](#)
- [Bubble Breathing](#)
- [Five-Finger Breathing](#)
- [Silly to Calm](#)
- [Square Breathing](#)



**Wellness
Apps**

- [BrightLife Kids](#)
- [Meditations for Kids](#)
- [Mindful Powers](#)
- [Moshi Kids](#)
- [Smiling Mind](#)



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