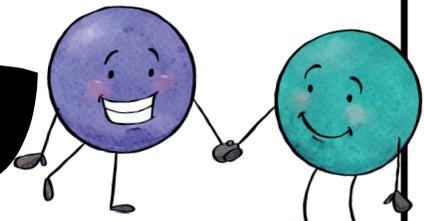


30

Things YOU can do for YOUR Emotional Health



1. Practice a breathing technique.

1

2. Make a list of the feelings you can think of.

2

3. Play emotion charades. Can your family guess your feeling?

3

4. Write a letter to someone to let them know you appreciate them.

4

5. Do your chores without being asked.

5

6. Make a poster about KINDNESS for your classroom.

6

7. Make a list of 10 ways to show respect at school.

7

8. Explain to an adult what empathy means.

8

9. Go outside and count how many things that are red.

9

10. Make a list of 30 things you are grateful for.

10

11. Practice hot cocoa breathing. Smell the cocoa and cool it off!

11

12. Clean up without being asked.

12

13. Make a list of 25 things you love.

13

14. Write what it means to be a good friend.

14

15. Make a list of all the ways you showed kindness this week.

15

16. Write about your hero.

16

17. Talk to an adult about your favorite place.

17

18. Write a note to someone you miss.

18

19. Practice sitting still for one minute. What sounds did you hear?

19

20. Name 3 ways you can calm down if you are feeling stressed.

20

21. Make a card for someone you love.

21

22. Draw a picture of your future self. What is your career?

22

23. Make a list of things that are important to you.

23

24. Read a book. What feelings did you notice as you read?

24

25. Ask an adult about a career they are interested in.

25

26. Try to name 10 different colleges.

26

27. Name 3 things you love doing and 1 thing you want to try.

27

28. Name 3 things you can do to be helpful in your community.

28

29. Play a game with someone.

29

30. Name 5 things you love about yourself.

30