


Well-being activities

Kindness

Compliment Circle Starters

- I think you...
- You are...
- I like how you...
- I like the way you...
- Thank you for...
- You are good at...
- You were a good friend when...
- It was nice of you to...
- Good job showing...
- You worked really hard at...



Our **ELEMENTARY** Lives

12 Ways to Show Kindness

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- Just listen to a friend
- Write someone a kind note
- Invite someone to join you
- Forgive someone for a mistake
- Let someone else go first
- Give someone a high-five
- Work with someone new
- Help clean up
- Help someone having a tough day
- Hold the door open for others
- Do an extra chore
- Spend time with a friend

Clipart by Sarah Pecorino, Kate Hadfield • Rebecca



Kindness Cloud

a {paper} chain of kindness




Make Kindness Rocks To Spread Happiness



Kindness Postcards



Write a positive note to a classmate	Let someone go before you in line	Push in someone's chair	Hold a door open for someone
Play with someone new during recess	Give a silent wave	Say "hi" to someone new	Thank an adult in the school for something they do.
Sharpen someone's pencils	Make a card for your favorite teacher	Give a compliment to someone	Help someone who has dropped something
Help someone before they ask	Give a nice compliment	Clean up after yourself	Clean up after someone else

Calming/ Self-regulation



Sensory Bottles 101



WHO IS CONTROLLING YOUR FEELINGS TODAY?

FEELING	A little bit	Somewhat	Fretty often	A lot	Too much I need help!
SADNESS					
ANGER					
FEAR					
DISGUST					
JOY					

☒ Check off how you are feeling.

Make a Coping Strategies Wheel



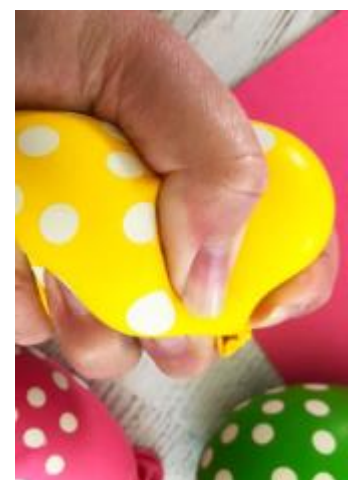
Thinking Putty

Stress Putty Recipe



Create a GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog.



BEAR WALK

Hands & feet on the floor, hips high - walk left and right.



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine | <input type="checkbox"/> Ride a Bike or Skateboard |
| <input type="checkbox"/> Hug or Climb a Tree | <input type="checkbox"/> Create Origami |
| <input type="checkbox"/> Journal or Write a Letter | <input type="checkbox"/> Cook or Bake |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk | <input type="checkbox"/> Ask for Help |
| <input type="checkbox"/> Make a Collage or Scrapbook | <input type="checkbox"/> Talk to Someone You Trust |
| <input type="checkbox"/> Rest, Nap or Take a Break | <input type="checkbox"/> Weave, Knit, or Crochet |
| <input type="checkbox"/> Go on a Hike, Walk or Run | <input type="checkbox"/> Build Something |
| <input type="checkbox"/> Take Good Care of the Earth | <input type="checkbox"/> Get a Hug |
| <input type="checkbox"/> Drink Water | <input type="checkbox"/> Visualizing a Peaceful Place |
| <input type="checkbox"/> Play a Board Game | <input type="checkbox"/> Stretch |
| <input type="checkbox"/> Do Something Kind | <input type="checkbox"/> Make Art |
| <input type="checkbox"/> Make and Play with Sime | <input type="checkbox"/> Use Positive Affirmations |
| <input type="checkbox"/> Discover Treasures in Nature | <input type="checkbox"/> Take Slow, Mindful Breaths |
| <input type="checkbox"/> Take a Shower or Bath | <input type="checkbox"/> Clean, Declutter or Organize |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Use Aromatherapy |
| <input type="checkbox"/> Drink a Warm Cup of Tea | <input type="checkbox"/> Cry |
| <input type="checkbox"/> Forgive, Let Go, Move On | <input type="checkbox"/> Try or Learn Something New |
| <input type="checkbox"/> Practice Yoga | <input type="checkbox"/> Listen to Music |
| <input type="checkbox"/> Garden or Do Yardwork | <input type="checkbox"/> Use a Stress Ball or Other Fidget |
| <input type="checkbox"/> Jump on a Trampoline | <input type="checkbox"/> Get Plenty of Sleep |
| <input type="checkbox"/> Cuddle or Play with Your Pet | <input type="checkbox"/> Kick, Bounce or Throw a Ball |
| <input type="checkbox"/> Practice Gratitude | <input type="checkbox"/> Take or Look at Photographs |
| <input type="checkbox"/> Do a Puzzle | <input type="checkbox"/> Eat Healthy |
| <input type="checkbox"/> Blow Bubbles | <input type="checkbox"/> Play Outside |
| <input type="checkbox"/> Smile and Laugh | <input type="checkbox"/> Sing and/or Dance |

BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply though your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

Happiness/gratitude



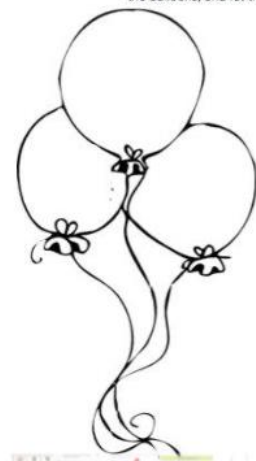
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|-------------------------|-------------------------|
| Day 1: Favorite Food | Day 16: Animals |
| Day 2: Smile | Day 17: Memories |
| Day 3: Happiness | Day 18: Something New |
| Day 4: Leaves | Day 19: Best Friend |
| Day 5: Morning Sky | Day 20: Seasonal |
| Day 6: Books | Day 21: Where You Sleep |
| Day 7: Something Funny | Day 22: Clothing |
| Day 8: Favorite Color | Day 23: In Your Closet |
| Day 9: Inspiring Person | Day 24: Gratitude |
| Day 10: Nature | Day 25: Artwork |
| Day 11: Something Old | Day 26: Transportation |
| Day 12: Hands | Day 27: Daily Routine |
| Day 13: Written Words | Day 28: Nighttime |
| Day 14: Movement | Day 29: Light |
| Day 15: Technology | Day 30: Self Portrait |

Worries



Let it go.

Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



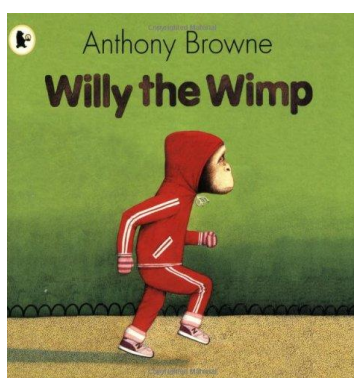
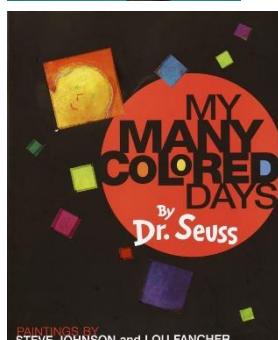
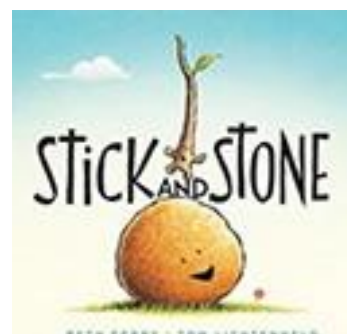
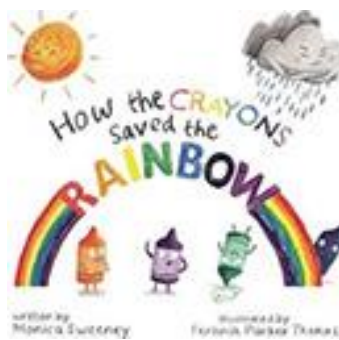
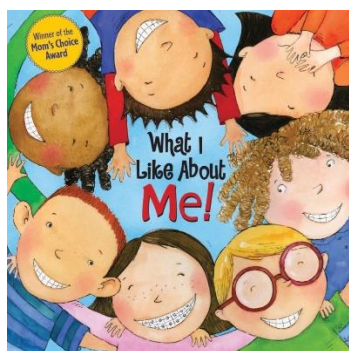
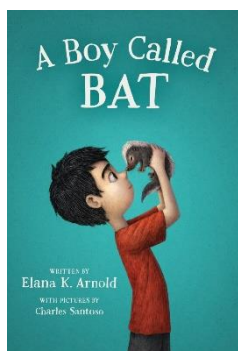
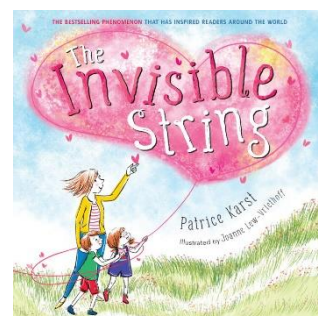
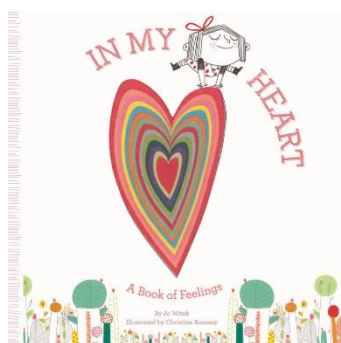
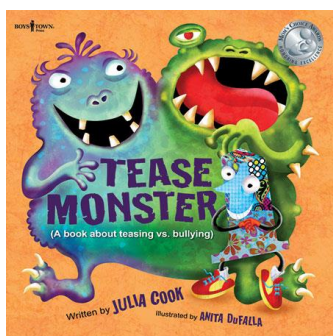
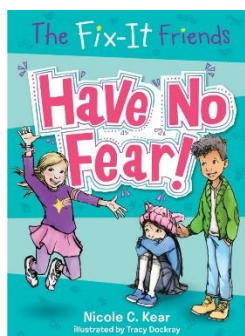
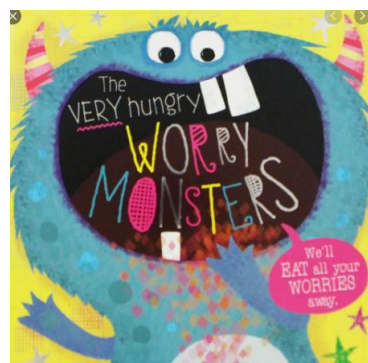
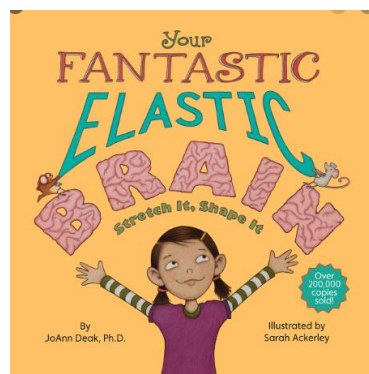
Outdoors

GROUNDING WITH YOUR FIVE SENSES

What are		How
5		SUN PICTURE ON THE WALL PEOPLE WALKING
4		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1		MINT Breakfast TOOTHPASTE



Mindfulness books



Posters to support

Self-Care & Mental Health for Kids



Share your own feelings to **encourage** self-awareness.

Find social groups that help them feel like they **belong**.

Set aside time for **low-stress** or solo activities.

Practice **self-care** for yourself to set the standard.

Focus on articulating feelings. "I am angry." "I am sad."

Encourage **journaling** and diaries.

Encourage your child to focus on the **moment**.

Establish a **self-care** routine.

Recognize **toxic stress** events.

Cultivate interests and **hobbies**.

Blessing Manifesting



I am **strong** like a lion

MY MIND IS MY **STRENGTH**

I ALWAYS DO MY **BEST**

I like myself

I dare to **Dream**

I can make a **difference**

I DESERVE **LOVE AND RESPECT**

I have faith in myself

I don't give up

I am **CREATIVE**

I am not afraid to fail

I AM **GOOD HELPER**

I LOVE TRYING NEW THINGS

I am not afraid to say what's on my mind

I am **curious**

I am kind to everyone

I am **accepted**

I am **WORTH IT**



50 Coping Skills for kids

Ride a bike or skateboard

ASK FOR HELP

CREATE ART!

PLAY a BOARD GAME

MAKE & PLAY WITH CLAY

Practice **Gratitude**

Use Kind & Compassionate Self-Talk

Take Slow, Mindful Breaths

Outdoor Play with Your Pet

Drink Water

Stroll & Laugh

EAT Healthy

Get Plenty of **Sleep**

Take **GOOD CARE** of the Earth

Look At or Take **PHOTOGRAPHS**

USE a BOTTLE BALL or other ball

Visualize a Peaceful Place

DO a PUZZLE

Play Outside

Build a **Kind**

Build something

TALK

do more to feel better

It might be difficult to do a lot of things that would usually help you feel happy and calm but there are still things you should try and **do** which can help you **feel better**. Don't just do nothing.

Go for a walk/jog.



Read a book.

Watch your favourite movie/TV show.



Do some yoga.

Draw or create something.



Make a healthy meal.

Play a game.



Listen to music.

Take a relaxing bath.



Video call friends /family.

Or create your own list...