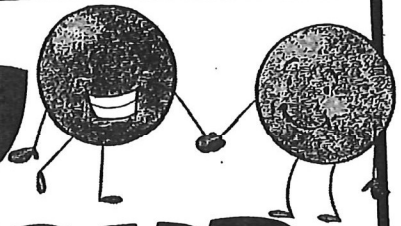


# 30

# Things **YOU** can do for **YOUR** Emotional Health



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

# WHAT CAN I DO IF I'M FEELING **worried?**

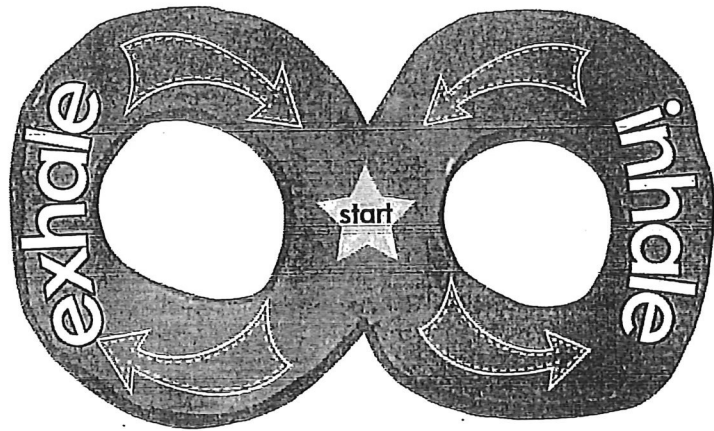
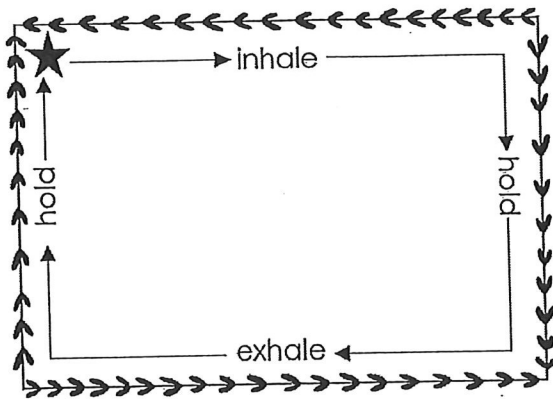


## Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

## Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



## Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

## Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



## Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



**Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!**

# Health and Safety Check

Use this chart to check off the things you do to stay safe and healthy.



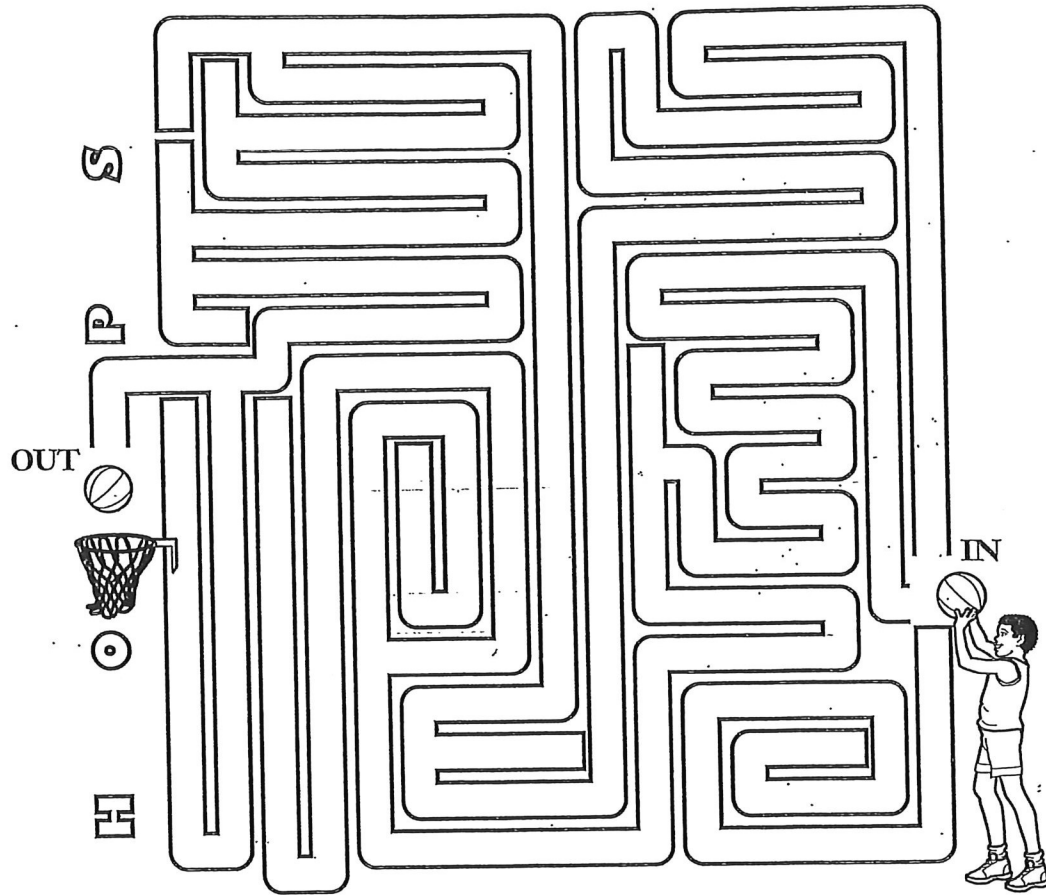
## My Healthy Habits Chart

Keep a record of your healthy habits.

Healthy Habits							
<div>I wash my hands.</div>							
<div>I brush my teeth.</div>							
<div>I eat healthy foods.</div>							
<div>I exercise.</div>							
<div>I bathe daily.</div>							
<div>I visit the doctor.</div>							

# Hoops

Make the winning basket to be MVP of the game.

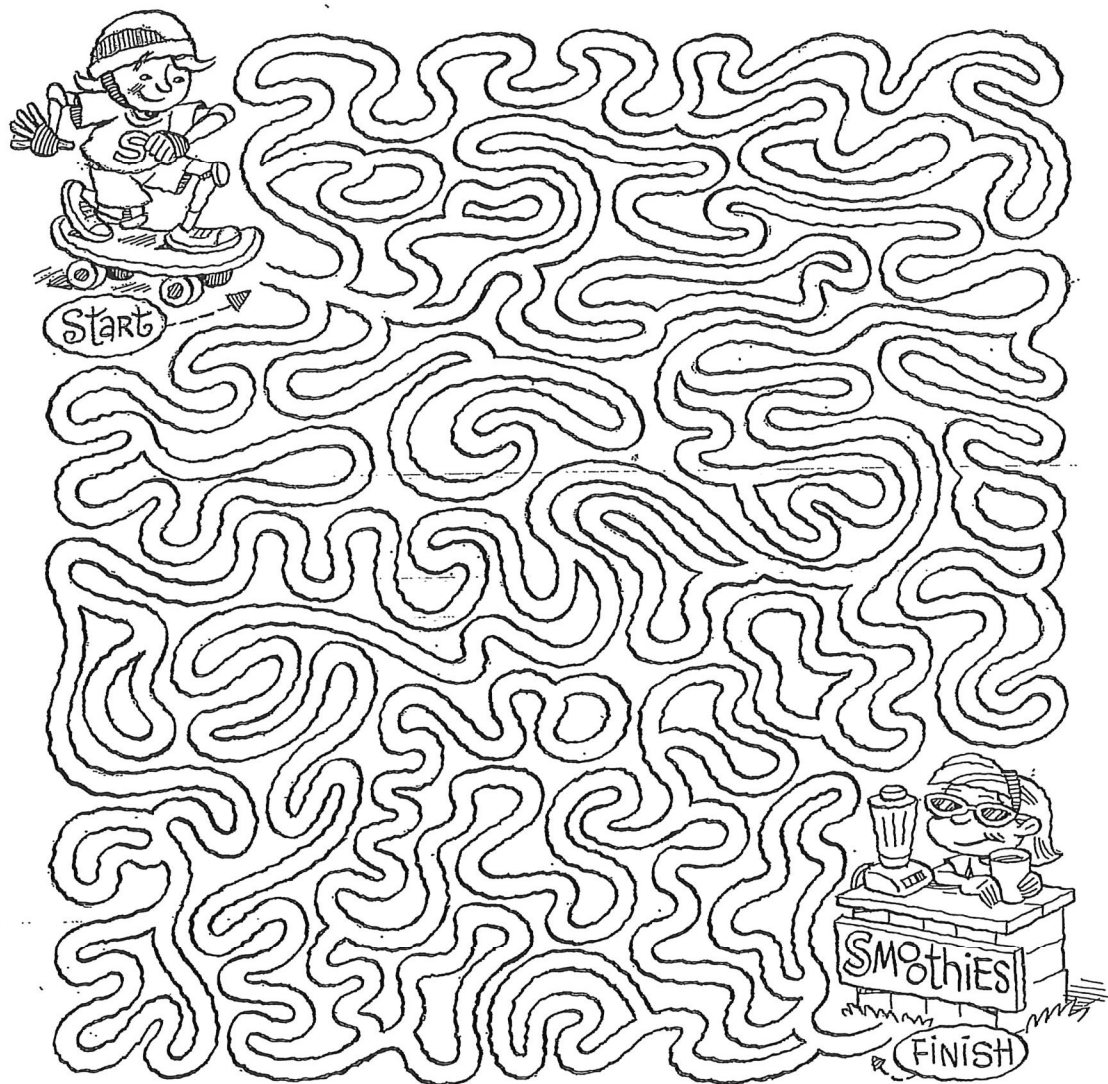


Answer on page 186.



# Skateboard Sam

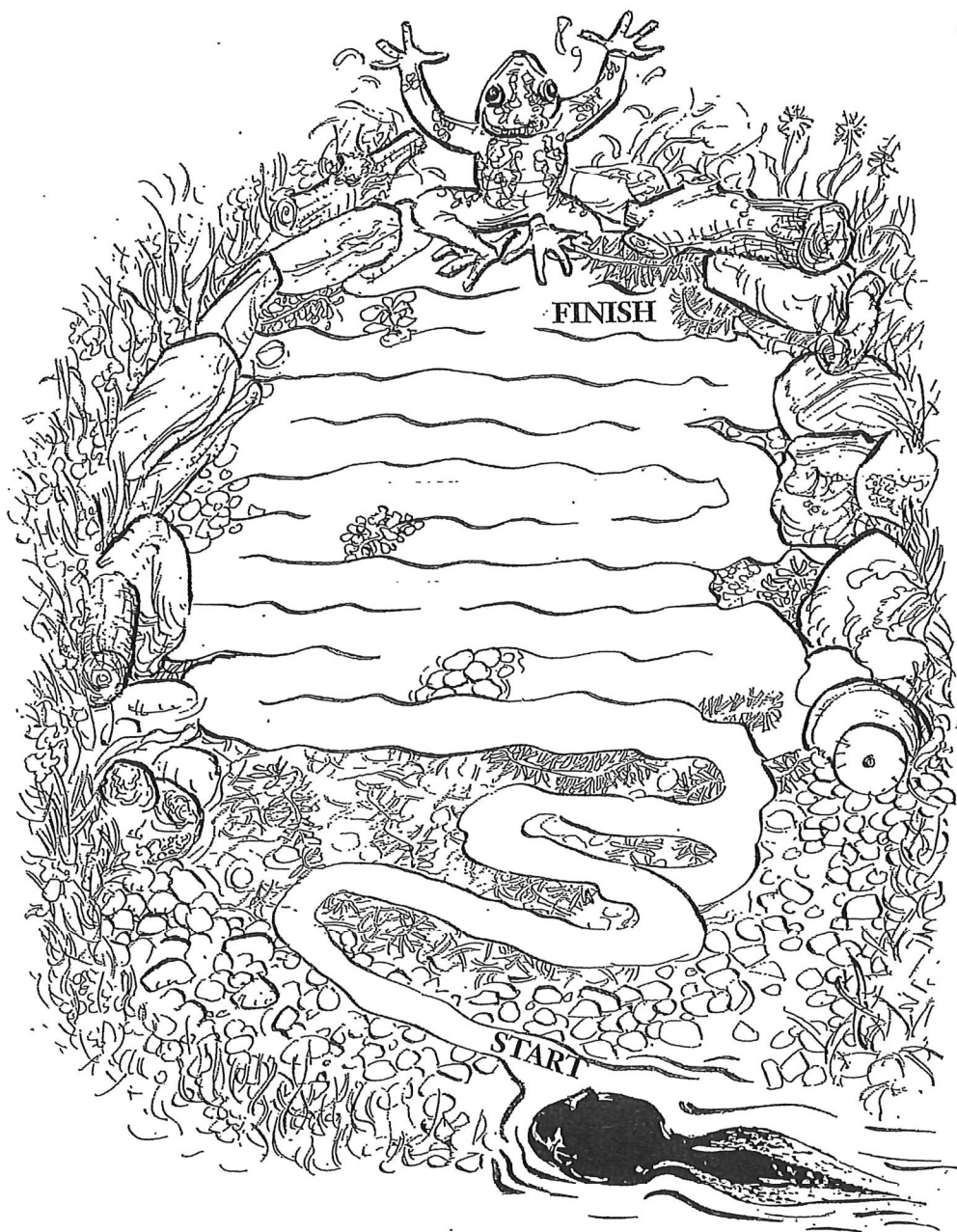
Skateboard Sam loves his fruit smoothies, but first he must find his way through the maze.



Answer on page 181.

## Leapfrog

Grow from a tadpole to a hopping frog over the course of this maze.



Answer on page 171.