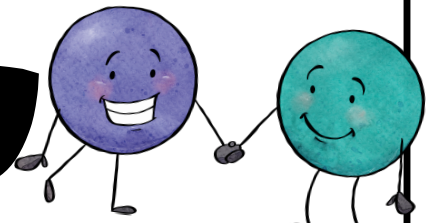


# 30

# Things YOU can do for YOUR Emotional Health



Practice a breathing technique.

1

Make a list of the feelings you can think of.

2

Play emotion charades. Can your family guess your feeling?

3

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

4

Do your chores without being asked.

5

Make a poster about KINDNESS for your classroom.

6

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

7

Explain to an adult what empathy means.

8

Go outside and count how many things that are red.

9

Make a list of 30 things you are grateful for.

10

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

11

Clean up without being asked.

12

Make a list of 25 things you love.

13

Write what it means to be a good friend.

14

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

15

Write about your hero.

16

Talk to an adult about your favorite place.

17

Write a note to someone you miss.

18

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

19

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

20

Make a card for someone you love.

21

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

22

Make a list of things that are important to you.

23

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

24

Ask an adult about a career they are interested in.

25

Try to name 10 different colleges.

26

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

27

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

28

Play a game with someone.

29

Name 5 things you love about yourself.

30