

Mind and Body Wellness Activities - May 2020

<p>Write 3 things you are grateful for:</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Date:</p>	<p>GAME NIGHT! Play a game that involves NO technology! 😊</p> <p>Name of Game:</p> <p>Date:</p>	<p>Paint or Draw a picture of a place that makes you happy. Hang up on the fridge or in your room.</p> <p>What did you draw?</p> <p>Date:</p>	<p>Google "Mindful breathing for kids" and find 3 techniques for Mindful breathing. Which ones did you try?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>Date:</p>	<p>Have a dance party in your living room to one song. What song did you dance to?</p> <p>_____</p> <p>Date:</p>
<p>Have a meal with someone else with no phones, TV or media.</p> <p>What meal was it: _____</p> <p>Who did you eat with?</p> <p>_____</p> <p>_____</p> <p>Date:</p>	<p>Read a book!</p> <p>What book did you read?</p> <p>_____</p> <p>_____</p> <p>Date:</p>	<p>Go for a walk with a family member and point out something on your walk that you have never noticed before. Write what you noticed:</p> <p>_____</p> <p>Date:</p>	<p>Make a fort with someone you live with and watch a movie or play a game in the fort.</p> <p>Who did you build fort with?</p> <p>Date:</p>	<p>Write a letter to someone who doesn't live in your home. Mail it. .</p> <p>Who did you write to?</p> <p>Date:</p>
<p>Write a daily affirmation (a positive reminder or statement that is used to encourage or motivate yourself). Write your affirmation below.</p> <p>Date:</p>	<p>Make a list of 5 positive things you love about you or your life:</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> <p>Date:</p>	<p>Do some exercises:</p> <p>15 jumping jacks</p> <p>15 push ups</p> <p>15 squats</p> <p>Date:</p>	<p>Write in a journal about how you are feeling today:</p> <p>Date:</p>	<p>Find something beautiful in your room. What is it?</p> <p>_____</p> <p>Date:</p>
<p>Practice Yoga! There are some great videos on YouTube (Cosmic Kids Yoga, Yoga Ed etc.).</p> <p>Which Yoga poses did you practice?</p> <p>Date:</p>	<p>Create Origami</p>  <p>What did you create?</p> <p>Date:</p>	<p>Teach someone in your home a coping strategy OR cuddle with a pet. Your choice.</p> <p>What strategy did you teach? or What pet did you cuddle with?</p> <p>Date:</p>	<p>Clean your room or another space in your home!</p> <p>What space did you clean?</p> <p>Date:</p>	<p>Cook or bake something yummy with someone you live with.</p> <p>What did you make?</p> <p>Date:</p>

During our time away from Arundel Middle, the School Counseling Office challenges each student (and family) to complete one box a day to practice different coping strategies and tools. You may choose the box to do in any order.

Please mark the date you complete the task/activity or fill in the box as directed.

Upon return to school, please turn this form to your School Counselor to receive Wildcat Notes.