



Name: _____



1



Write and send
a letter to a friend
or relative

2

Look for something
positive to say to
everyone you see
today



3

Write down
3 things
you're good at!

- 1)
- 2)
- 3)

4

Take a break
from digital
devices and
practice active
listening with
the people
around you

5



Have a virtual
hang out with
someone who
might need a
friendly face!

6

Offer up hugs to
your loved ones!



7



Do something kind
for a neighbor

8

Draw a picture
of a happy
memory



9



Say thank you
for the acts that
go unnoticed

10

Write about how
you're feeling
today and name
the emotions

.....
.....
.....

11

Read a picture
book about
a character
that changes
for the better



12



Practice mindful
breathing throughout
the day

4 second inhale,
4 second exhale

13

Do a fun
exercise today!



14

Take 15 minutes
to write down
your worries.

Talk about them
with an adult
and problem solve
together!

15



Find a healthy recipe and cook that meal together with your family!

16

Go for a walk, how many different things do you notice using all 5 senses?



17

List 3 adjectives that mean "angry"

- 1)
- 2)
- 3)

18

Draw a portrait of someone you admire and tell them why you admire them



19



Have a family dance party!

20

Practice yoga for 15 minutes (follow a video or do your own poses)



21

Write down 5 things you are grateful for

- 1)
- 2)
- 3)
- 4)
- 5)

22

World Meditation Day: Choose your favorite "mindful" activity!



23

Watch a short video without the sound. Try guessing how characters are feeling by watching their facial expression and body language

24



Ask each member of your family how many hours they slept last night. How is their mood and energy level today?

25

Eating with your eyes shut. Does food taste different?



26



Sing a song with your family. Start with a sad intonation, finish with a happy intonation!

27

Ask each member of your family what smell makes them feel calmer



28

List 3 adjectives that mean "happy"

- 1)
- 2)
- 3)

29

Ask each member of your family what makes them feel joy!



30



National Water a Flower Day: get outside and water a flower or plant!

31

Look at yourself in the mirror and say 3 things you are proud of



Notes:

