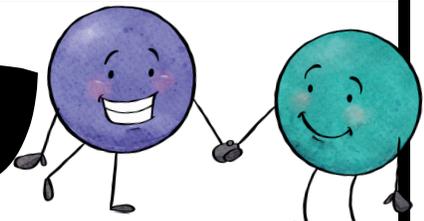


# 30

# 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 KINDNESS 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 with out 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>