

Trace and Breathe

Trace along the rainbow with your finger
as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste





Throw a Football



Spend Time With a Pet



Blow Bubbles



Chew Gum



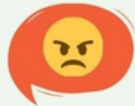
Knit or Weave



Hang upside down



Balance on One Leg



Name the Feeling



Do a Puzzle



Run

Shoot Baskets



Have a Dance Party



Finger Paint



Do Cartwheels



Hike



Smell and Taste a Lemon



Color a Picture

Climb a Tree



Count to Ten



Give Thanks



Garden



Pray



Do Pushups



Cry it Out



Breathe Deeply



Phone a Friend



Bounce a Balloon 100 Times



Scooter



Smile Gently



Journal



Wrap Yourself in a Blanket

52

Self-Care Ideas For Kids



Send a Thank You Card



Do a Downward Dog Pose



Stretch



Listen to Music



Blow a Feather



Read a Book



Jump Rope



Toss Pebbles in a Pond



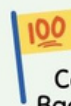
Eat a Healthy Snack



Play with Putty or Clay



Do Situps



Count Backward from 100



Put on Fuzzy Socks



Paint



Pop Bubblewrap



Skip



Blow a Pinwheel



Go on a Bike Ride



Ask for a Hug



Squeeze an ice-cube



Have a Cozy Drink