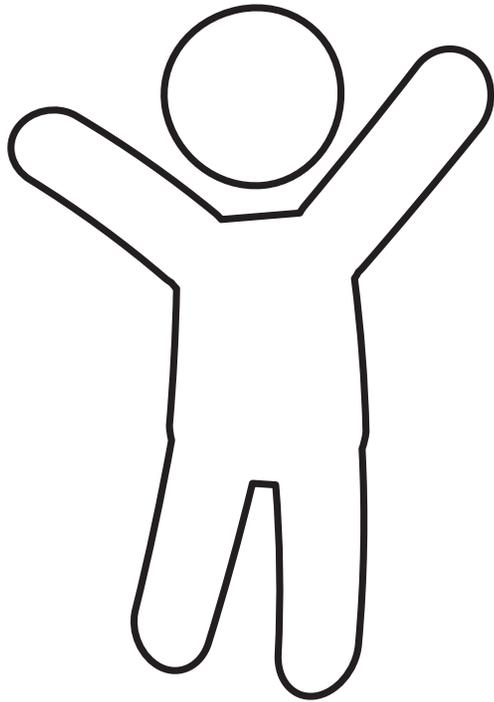


THIS IS ME!

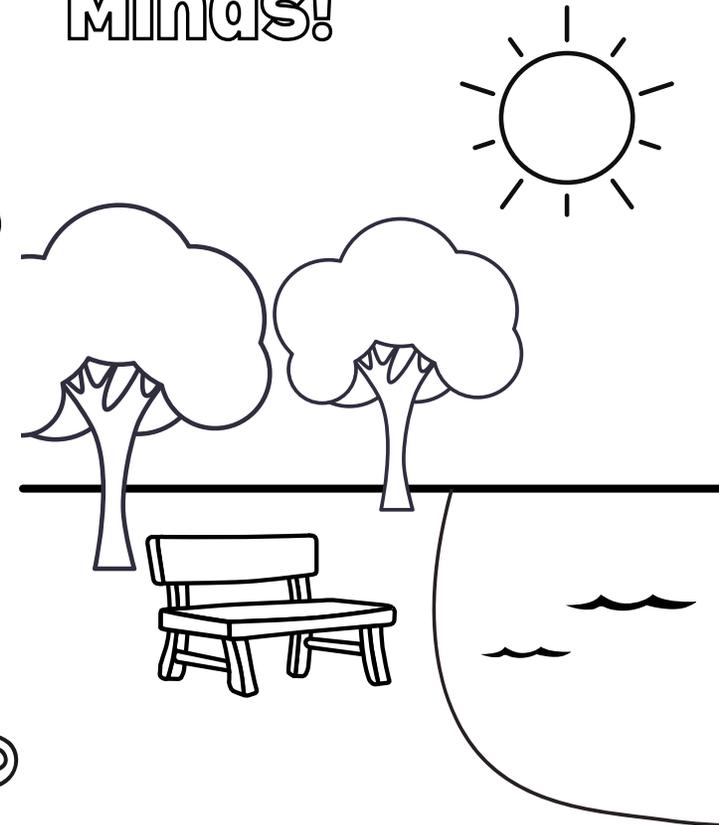
Color the outline to look like you! Then fill the outside space with positive words that describe you!



My favorite thing about myself is:



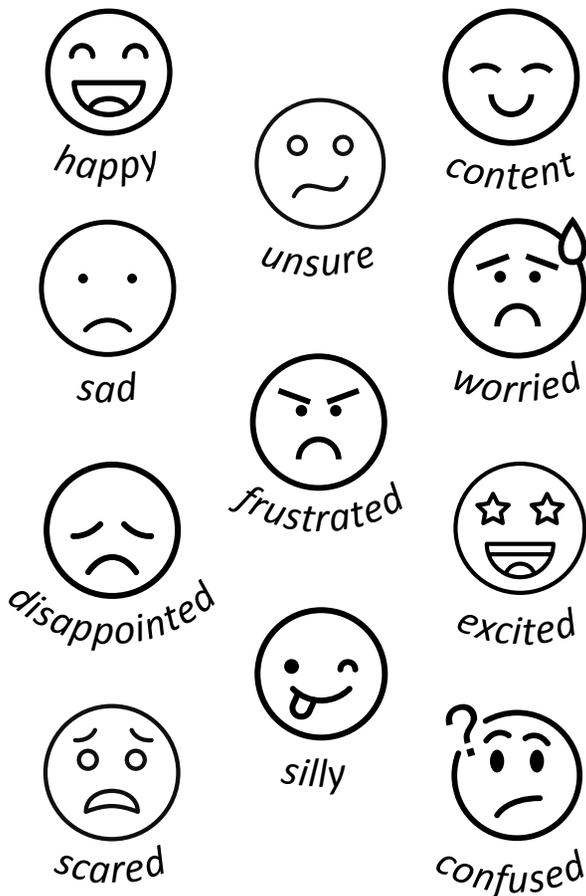
Activities for Happy and Healthy Minds!



Guide your child through these activities to help them practice describing emotions, deep breathing, mindfulness, and self-esteem. Coloring is encouraged!

Feelings & Emotions

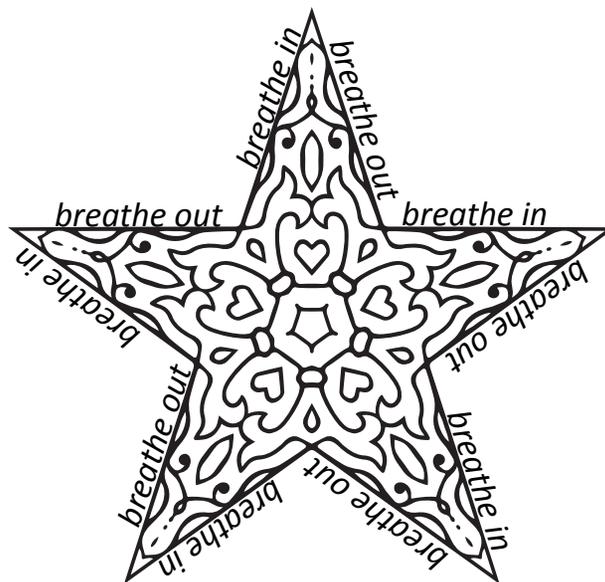
Color in the different emotions and feelings. Take some time to talk to a parent, friend, or sibling about times when you feel each way.



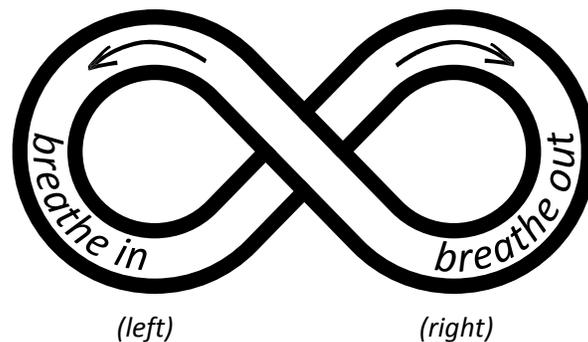
How are you feeling right now?

Deep Breathing

Slowly trace the star with your finger. Take big breaths in and big breaths out as you trace up and down each point of the star.



Slowly trace the shape below with your finger. Take a big breath in on the left side, and a big breathe out on the right.



Mindfulness

Sit or lay down somewhere comfortable. Think of your favorite place and imagine yourself being there right now. If you were there, what are...

- 5 things you would see 
- 4 things you could feel 
- 3 things you would hear 
- 2 things you could smell 
- 1 thing you could taste 

Other Mindfulness Activities

- Color a coloring page with calming patterns like the one on the back of this brochure!
- Start a daily journal of things you are grateful for, or things that make you happy each day!
- Make a super tight fist for 5 seconds and then relax your hands. Think about how your hands feel when they are relaxed after being so tight. Try it with your toes and other muscles too!