

Emotional Health Activities for Home

2020

Cross off each day after you complete your task!

1 Make a list of all the feelings you can think of	2 Play an emotion character, have your family guess what feeling you are	3 Practice a breathing technique: breathe in through your nose for a count of 3, out for 4	4 Do a helpful chore without being asked	5 Make a poster about kindness	6 Write a letter to someone to let them know how much you appreciate them	7 Close eyes & imagine yourself in your favorite peaceful place...tune into your 5 senses
8 Write a note to someone you miss	9 Practice hot cocoa breathing: smell the cocoa, then cool it off	10 Go outside and count as many things you can that are red	11 Explain to an adult what empathy means	12 Make a list of 10 ways you can show respect when back at school	13 Write about your hero and why you admire them	14 Make a card for someone you love
15 Draw a picture of your future...what is your career and life like?	16 Talk to an adult about your favorite place and why you like it so much	17 Read a story, what feelings did you notice as you read?	18 Name 5 things you love about yourself	19 Make a list of things that are important to you	20 Go outside and run, jump, skip, dance-PLAY in some way	21 If you have a pet, watch them, hug them, pet them, love them
22 Name 3 things you enjoy doing, and 1 new thing you would like to try	23 Play a game with someone (board game, card game, etc.)	24 Think of 3 things you can do to be helpful in your community	25 Try to list 10 different colleges, or 10 different jobs you can do as an adult	26 Write what it means to be a good friend	27 Ask an adult about a career they are interested in and why	28 Name 3 ways you can calm down when feeling stressed-Ask for help if you don't know
29 Close your eyes & focus on your breath for 3 min. Say "In" on the inhale, "Out" for the exhale	30 Find a song that brings you positive feelings and reminds you of your life--play it & sing!	31 Practice sitting still for 2 min. What sounds do you hear?				