

30 things Peterson Puffins can do for emotional health



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Play Red-Light Green-Light, to practice self-control.	Name all the feelings you can think of and share with a family member.	Make a colorful poster about kindness, to hang on your wall.	Write a letter or draw a picture for a friend that you miss.	Practice "5 Finger Breathing": trace your fingers slowly, inhale on the way up, exhale on the way down.
Color or paint a rainbow to hang in your window, to spread happiness in your community without leaving home.	Make or draw a list of ten ways kids can show respect to each other at school.	Write a letter or draw a picture, to tell someone what you appreciate about them.	Think of 5 places you have visited that make you happy. Draw a picture of one of those places.	Practice sitting still for one minute and focus on the sounds you hear. Share with a family member.
Write or tell a story about a character who has the super power of kindness.	Put on your favorite song and have a dance party with a family member.	Play emotions charades. Can you guess the feelings on each other's faces?	Practice the "Grounding Exercise:" <ul style="list-style-type: none"> • 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 	Invite a family member to watch this flipped-lid video with you: https://www.youtube.com/watch?v=3bKuoH8CKFc&t=38s
Make something special for a family member, like homemade cookies or draw a picture.	Create a feelings poster. Draw as many feelings as you can think of and hang up in your home.	Name 5 things you love about yourself.	Make an acrostic of your full name, with positive character qualities about yourself.	Make a list or draw pictures of things that help you calm down when you're angry.
Draw a picture of someone that helps you when you feel nervous or scared.	Make a list or draw 30 things you are thankful for.	Write and act out a play, where characters show kindness and respect.	Write or draw what it means to be a good friend.	Make greeting cards with cheerful pictures and positive messages, to send to family and friends.
Take a walk outside and count how many colors you see. When you get home, draw what you saw.	Teach a family member about PACE: <ul style="list-style-type: none"> • Take a sip of water • Brain Buttons • Cross Crawls • Pretzels Breaths 	Help a parent or guardian with a cleaning project at home.	Draw a picture of your future self in your future career.	Read a book. What feelings did you notice in the characters?

Pick one activity each day and color the square after you have completed it! Have a favorite one? It's okay to do it more than once!