



ABCs of Feelings



A B C D E

Angry

Brave

Confused

Determined

Embarrassed



F G H I J K

Frustrated

Grateful

Happy

Intelligent

Jealous

Kind



L M N O P

Loved

Mad

Nervous

Optimistic

Proud



Q R S T U

Quiet

Relaxed

Sad

Tired

Upset



V W X Y Z

Vibrant

Worried

eXcited

Yucky

Zestful



Mindful Moments

Take a break! Practice a mindful moment to help you calm your body and brain.



NATURE WALK

Go for a walk!
Take notice of your surroundings. What do you see? How does the air feel on your face? Can't go outside? Walk around your home!



PICK A COLOR

Choose your favorite color. Look around the room and find ten objects that are your color. Pick a new color and repeat!



BELLY BREATH

Get into a comfy position and close your eyes. Inhale through your nose. Feel your belly fill up. Exhale through your mouth. Repeat 5 times.



DOODLE DELIGHT

Think of all the things that make you happy. Write or draw them in a journal. Don't have pen and paper? Use your finger to draw them on any surface!



EYE SPY

Look around the room and focus on an object. What color is it? What shape is it? What do you notice about it now that you didn't notice before?



THINK HAPPY

When were you happy today? Where were you? Who were you with? What were you doing? When were you happy yesterday?



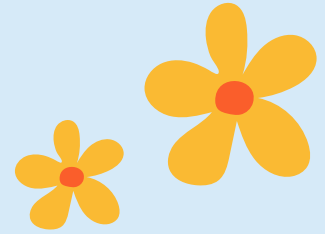
Listen to Music



Do a Silly Dance



Speak Kindly to Myself



Take Deep Breaths



Do Yoga Poses

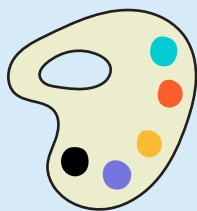
When I feel
UPSET
NERVOUS
SCARED
I can...



Make a List of Things I am Grateful For



Go Outside



Paint or Draw



Talk to Friends



Write in a Journal



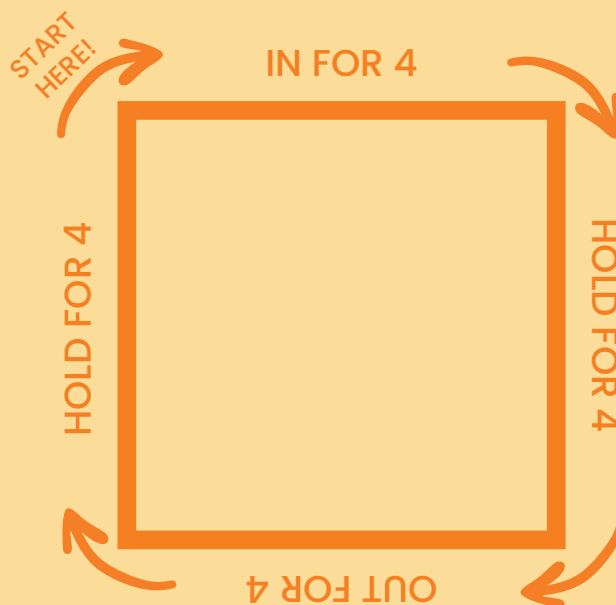
Shape Breathing

Breathing exercises can help your body and brain relax.

Follow along to practice deep breathing with shapes.

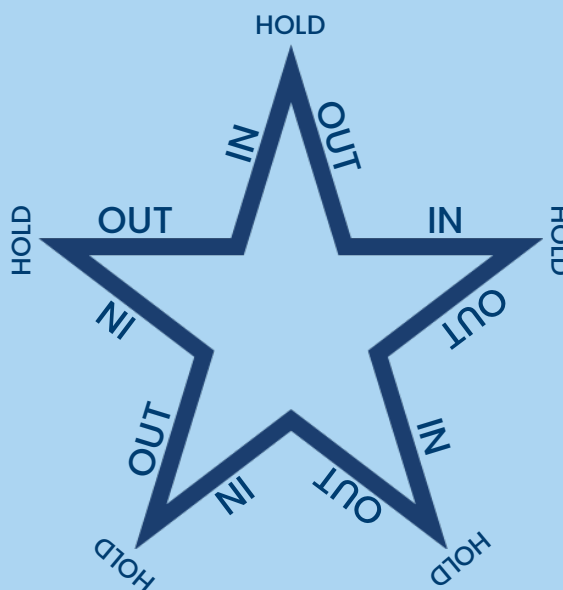
SQUARE BREATHING

1. Begin at the top left of the square.
2. Breathe in for four counts while you trace the first side of the square.
3. Hold your breath for four counts while you trace the second side of the square.
4. Breathe out for four counts while you trace the third side of the square.
5. Hold your breath for four counts as you trace the final side of the square.
6. Good job! You just completed one deep breath!



STAR BREATHING

1. Begin at any "In" side on the star.
2. Trace your finger over the breathe in side of the point.
3. Hold your breath when your finger gets to the tip of the point.
4. Breathe out as you trace your finger over the other side of the point.
5. Keep going until you reach where you began.
6. Good work! After you trace the whole star, you have completed 5 deep breaths!



Get Grounded

When you feel overwhelmed, focus on your senses!

Write or draw the following:



5 things you can see right now.



4 things you can feel on your skin right now.



3 things you can hear right now.



2 things you can smell right now.



1 thing you can taste.

fitFlow

Follow the instructions for each pose as you progress through the yoga sequence.

1

DOWN DOG

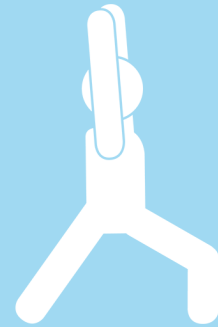
Plant hands and feet firmly on the mat. Lift your hips into an inverted "V." Press your chest toward your thighs and drive your heels down to the mat.



2

CRESCENT

Step back to a lunge position. Bend the front leg and lift the back heel. With abs engaged, reach arms to the sky with palms facing each other. Gaze forward. Switch legs.



3

WARRIOR II

Straighten your arms out like a "T" with your palms face down. Turn your torso square with your hips and gaze over the fingers of your lead arm. Switch legs.



4

HERO

Move to a seated position. Place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and relax your shoulders. Rest your hands in your lap.



I

BELIEVE

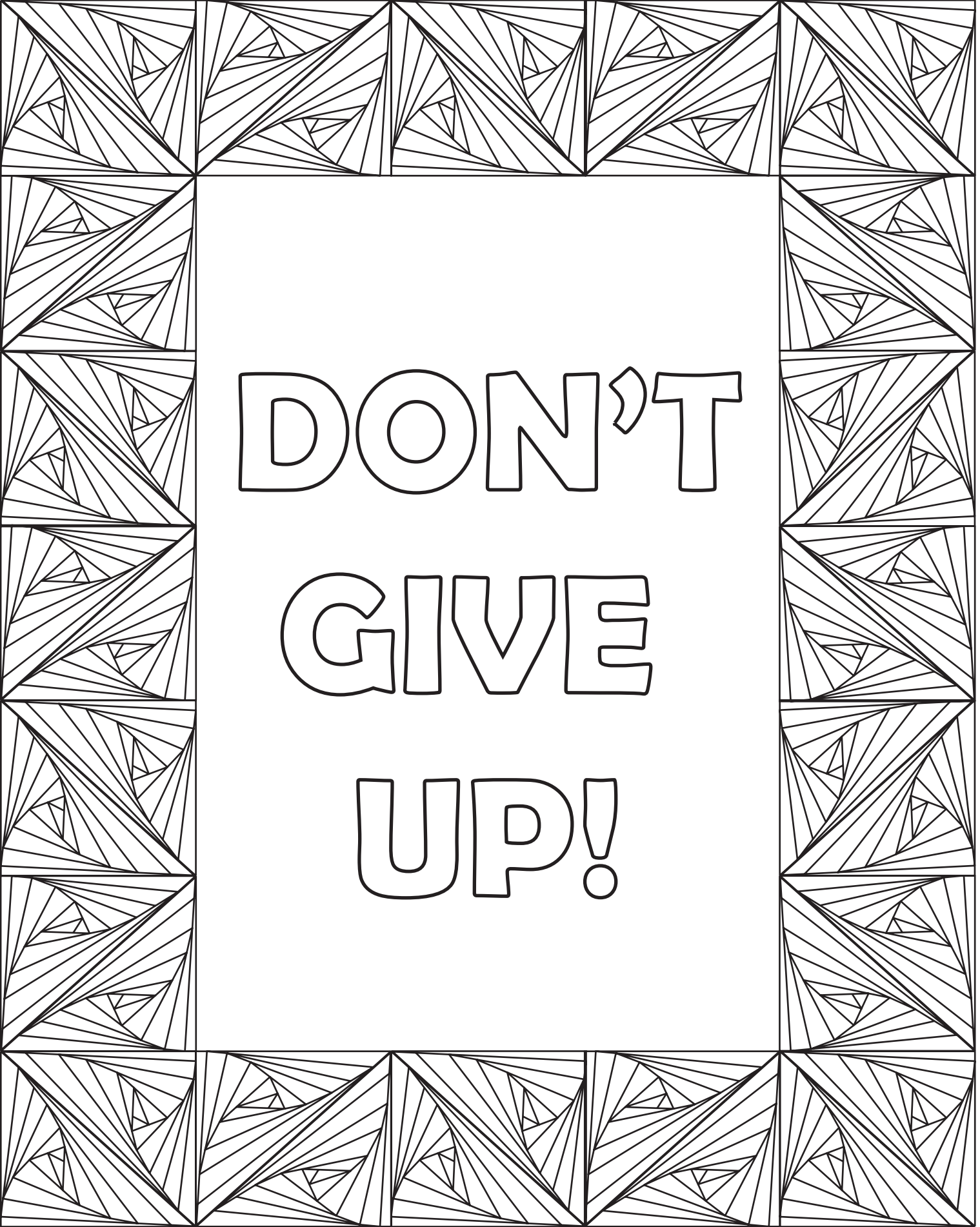
IN

ME

I can do

hard

things



**DON'T
GIVE
UP!**