### Mindful Mondays

During a difficult time, it is important to remember all the good things in your life. Be mindful of all the positives in your life! Take some time today to write down the things you are grateful for today. I can be as little as being grateful for something funny your dog did, or what you got to eat for dinner!

### Talk About It Tuesdays

*Feelings can be tricky.* Some are good, some are bad, some are icky, some you just try to avoid at all costs! However, feelings are a part of everyday and a normal part of life. It is important to express your feelings and talk about them with trusted adults in your life, even if you think those feelings will upset them, it is healthy to let those feelings free and talk it out. Today, find some time to talk about your feelings, even if they're not so great. Talking through your joys, fears, frustrations, excitement, and disappointments is a good thing to do!

### Wellness Wednesday

It has been really challenging to eat right while being home for so many hours of the day! Today, take time to consciously think about what you are eating. You could make a log of what you've eaten, or share a picture of a healthy meal you ate with a friend. Appreciate feeling well by treating your body well!

### Mindful Monday Resources:

- Lesson about Gratitude & Happiness
- Coping Skills for Kids
- Positive and Negative Self-Talk
- Remember the 7 Habits of Mind
  - Be proactive.
  - Begin with the end in mind.
  - Put first things first.
  - Think win-win.
  - Seek first to understand, then to be understood.
  - Work together.
  - Work on bettering yourself.

### Talk About It Tuesday Resources:

- The Feel Wheel Activity!
- Song about Feelings
- Identifying Feelings Worksheet
- Mood Ring Colors
- Identifying Emotions Worksheet
- Different Emotion Words Within One Emotion
- BIG Emotions vs. Small Emotions Worksheet
- Emotion Regulation: Think It, Say It
- Feeling Faces

### Wellness Wednesday Resources:

- Kids Health Website
- Exploring Food Together
- Harvest for Healthy Kids
- Nourish Interactive
- Healthy Eating Interactive Learning
- Exploring Nutrition Interactive Learning
- Exercising Interactive Learning
- My Plate Matching Game
- Nutrition Pathfinders Interactive Games
  - Scroll to the bottom of this site to find the three games.
- PBS Kids: Healthy Habits
<table>
<thead>
<tr>
<th><strong>Therapeutic Thursdays</strong></th>
<th><strong>Fitness Fridays</strong></th>
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<tbody>
<tr>
<td><em>We all know how hard it is to focus right now!</em> Every hour throughout the “school day”, take 5-15 minutes, to rest your mind and not think about ANYTHING! Set a timer for whatever time you think you can do, find a quiet area to sit, let your mind go BLANK! If there are noises in the background, you can use the following resources to find quiet music to play.</td>
<td><em>No one likes to sit all day...boring!</em> Exercise and moving is so important for your body. At the start of every hour of the school day (9am-3pm), or as many as you can, try to do 10 of something OR if you want to take it a step further, spend the first 10 minutes of the hour doing some kind of fitness activity or a combination of movements below.</td>
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<td><strong>Therapeutic Thursday Resources:</strong></td>
<td><strong>Fitness Friday Resources:</strong></td>
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<tr>
<td>● Use your phone OR google’s online timer.</td>
<td>● Squats or lunges, Jumping squats, Push ups, Planks, Burpees, Sit up, Jumping jacks, Skip in place, Run in place</td>
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<tr>
<td>● Calm.com</td>
<td>● Fitradio.com</td>
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<tr>
<td>● Go Noodle  ○ Stretching Videos  ○ Breathing Videos</td>
<td>● Go Noodle  ○ Workout Videos  ○ Guided Dance Videos  ○ Gross Motor Skills Videos  ○ Locomotor Skills Videos</td>
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<td>● Mindful Kids Youtube Channel</td>
<td>● Cosmic Kids Yoga Youtube Channel  ● Deep Breathing Calming Activity  ● Identifying &amp; Coping with Anxiety  ● Belly Breathing Activity</td>
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