

30 Days of Emotional Health

Practice taking 3 belly breaths every hour. Keep a chart!	Name, write or draw as many emotions as you can think of	Play emotions charades with your family! Can they guess the emotion on your face?	Write a letter to encourage someone or tell them what you appreciate about them	Ask how you can help at home by doing 3 extra chores	Make a colorful poster about kindness	Make a list of ten ways students can respect each other
Go outside and listen. Name 8 things you can hear!	Write a story about a character who has a superpower of COMPASSION	Make a tasty treat for your family!	See if you can be second ALL day, let others go first!	Read a book. What feelings did you notice as you read?	Write or draw what it means to be a good friend.	Ask and adult about a career you are interested in
Write a script about kindness for puppy and snail to act out!	Draw a picture of yourself and write 3 things that you are good at	Make a board game about good choices (move forward) and bad choices (move backwards)	Practice sitting still and pay attention to what you hear and smell	Listen to some music and dance like no one is watching!	Invite a family member to watch this flipped lid video with you: https://www.youtube.com/watch?v=3bKuoH8CkFc&t=38s	Draw a picture of your future self in your future career
Make a list of things that help you calm down when you're angry	Write a note to someone you miss	Write about your hero	Clean up without being asked	Do some go noodle with your family! https://www.gonoodle.com/	Make a coupon book of helpful things you can do for a friend or family member	Make a list of 30 things you are thankful for!