

Mental Health Month Wellness Activity

Youth (grades 1-5)

<p>Smell a flower</p> 	<p>Practice forgiveness</p> 	<p>Take a moment to look at what is outside</p> 	<p>Color a picture</p> 	<p>Play in the water</p> 	<p>Ask for help when needed</p> 
<p>Read a book</p> 	<p>Know you are kind</p> 	<p>Look at the stars</p> 	<p>Start your day with a smile</p> 	<p>Make a card send it to a friend</p> 	<p>Decide today will be a great day!</p> <p>have a great day!</p> 
<p>Do something nice for someone else</p> 	<p>Make funny faces in the mirror</p> 	<p>Share with someone</p> 	<p>Tell a joke and laugh</p> 	<p>Recognize you are important</p> 	<p>Love yourself</p> 
<p>Skip</p> 	<p>Blow some bubbles</p> 	<p>Set a goal for your future</p> 	<p>Say "Good Morning" to someone</p> 	<p>Find a heart shaped rock</p> 	<p>Clean your room</p> 
<p>Listen ...</p> 	<p>Show someone you care</p> 	<p>Sing out loud</p> 	<p>Watch the sunset ...</p> 	<p>Dance anyway you want</p> 	<p>Look for shapes in the clouds</p> 