

MS. ARTHUR'S TIPS AND TOOLS



emotional <ul style="list-style-type: none"> __ watch a good movie __ write each other positive notes __ verbalize and talk about feelings __ draw self portraits __ Say "I love you" __ spend time writing __ have a sing-a-long __ tell jokes __ try a new craft 	physical <ul style="list-style-type: none"> __ dance party __ go for a walk __ family bike ride __ take a hike __ play kickball __ tag __ roller skating __ go to the pool __ jumprope __ kids yoga __ wii fit games 	spiritual <ul style="list-style-type: none"> __ a gratitude list __ go outside __ talk about forgiveness __ write thank you's __ volunteer __ spend time outside or with nature __ practice positive self-talk __ plant a tree
mental <ul style="list-style-type: none"> __ read together __ draw or write stories __ kids meditation __ find shapes in clouds __ practice belly breaths __ go on a walk to find new things __ make vision boards __ try Headspace for kids __ create mandalas __ make mindfulness jars __ play mind strength games like memory 	practical <ul style="list-style-type: none"> __ clean up __ declutter old toys __ assign chores __ make a grocery list together __ learn about money __ make a weekly budget check-in __ make a weekly cleaning check-in __ homework/study __ have a morning & night routine 	social <ul style="list-style-type: none"> __ play in the park __ call or visit relatives __ have family dinner __ play boardgames __ host a sleepover __ invite friends over __ plan a bbq __ join a team __ do a neighborhood food drive __ have talks about friendship and how to be a friend.

Daily Quarantine Questions:

1. Who am I checking in on or connecting with today?
2. What expectations of "normal" am I letting go of today?
3. How am I getting outside today?
4. How am I moving my body today?
5. How am I expressing my creativity today?
6. What type of self-care am I practicing today?
7. What am I grateful for today?

Guided Meditation for Kids:



Stress
Relieving
Colouring
Activity:

