

## Elementary School Wellness Toolkit

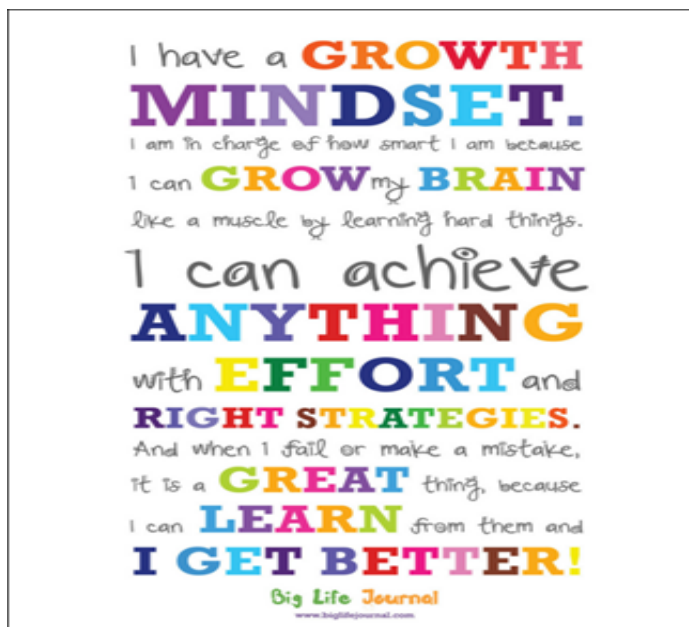
### \*Tips to Online Learning at Home

#### Create a Daily Routine

1. Take Breaks
2. Stay Positive
3. Set up a workspace to complete assignments
4. Ask for help
5. Stay organized

#### Reminders:

- Teacher Office Hours: 9am-11am and 2pm-4pm
  - Utilize this time to call your teacher(s) with any questions you may have about your remote learning
- Attendance is taken daily through EPIC
  - Make sure you are logging on and doing your reading every day so that we can mark you as present and your brain can continue to grow!
- All deliverables are due to your teacher every Thursday by 8am
  - Make sure you get these turned in on time and ask for help if needed 😊



## Mindfulness Activities to do at Home

*“Mindfulness is deliberately paying attention, being fully aware of what is happening both inside yourself – in your body, heart & mind – and outside yourself in your environment. Mindfulness is awareness without judgment or criticism but with kindness and curiosity.” – Jan Chozen Bays, MD*

### Yoga and Kid Friendly Meditation

Yoga is a word that means connection, to unite, to come together. The practice of yoga encourages us to unite 3 things - our bodies and how we move, our minds and how we think, and our hearts and how we feel. Through fun-flowing sequences, partner poses, cooperative yoga games, breathing and relaxation you can embrace your full potential in a positive, nurturing and non-competitive environment.

Cosmic Kids Yoga on YouTube is a great resource for students to practice a yoga flow that will stimulate their bodies, minds and hearts.



### The Power of We

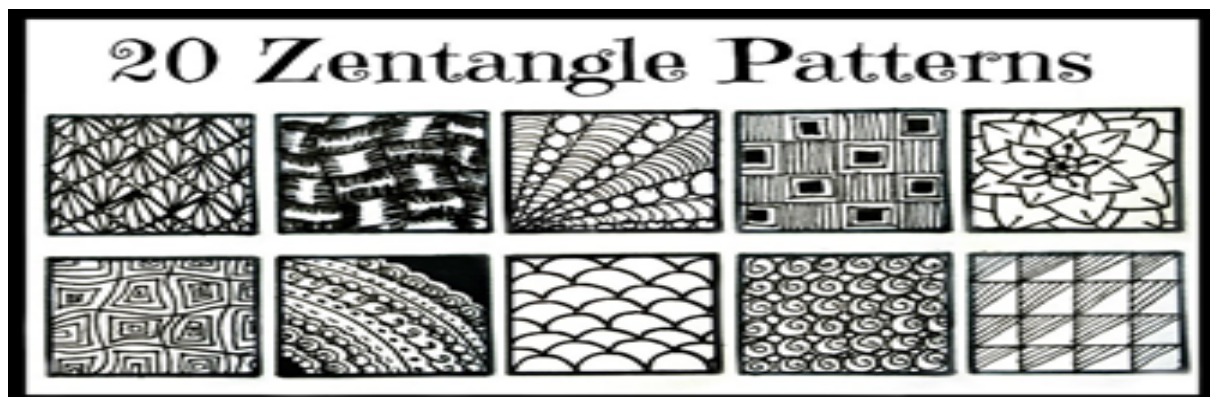
Take a moment to reach out to a friend or relative and catch up! Choose a topic that will bring joy to the both of you. This 10-15-minute call shows the *Power of We*. When we connect with one another, it gives us encouragement to keep pushing.

### Zentangles

FUN FACT: Doodling is a meditative art form! It induces relaxation and has an impact on self-control, mood and stress reduction. It allows connectivity to oneself and creative freedom to grow within!



The Zentangle method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. The “structure” part of “tangling” helps direct kids and allows for a “flow” to occur. “Flow” is created when one becomes comfortable with an activity, that when done in repetition, can induce a meditative state! Be sure to share what you created with family and friend! You may even want to try it as an activity together!



## DIY FLUFFY SLIME and so much more!

DIY (Do it Yourself) activities are some of the best things to do during this time. Why? Because, nothing and no one can limit your creativity! There are many ways to make it, but the one thing that remains the same is that it is fun. Caution: Making slime is messy, but sometimes messy is good!

One great tip – wrap in small balloon, sprinkle balloon with baby powder and tie at top. This creates a stress ball!



## Helpful Apps You Can Download at Home:

### **Mindfulness and Wellness Apps for Home**

**Headspace** - Live a healthier, happier, more well-rested life in just a few minutes a day with the *Headspace* guided meditation app.

**Relax Melodies: Sleep Sounds** - the ability to easily mix sounds and create your personalized ambiances helps teach you how to use sound & meditation to calm your brain, achieve better sleep, have more energy, better focus, decrease anxiety and enjoy your intense teen life.

**Stop, Breathe, Think** - Stop, Breathe, Think allows you to chart how you are doing mentally, physically, and emotionally, then suggests meditations that will reinforce the positive

**Calm** - In our accelerated, “always-on” culture, we’ve forgotten how to just be calm, but it's a very valuable state of mind for many reasons, and we need to figure out how to bring ourselves back to that.

**Colorfy: Coloring Art Games** - The ORIGINAL coloring book! Join over 25 million users in a relaxing experience. Paint

mandalas, patterns, animals, florals, and thematic images from our artists - or upload your own drawings and give them even more life!

**Color Therapy Coloring Number** - color therapy is #1 Social Coloring App for relaxation and mindfulness with millions of addicted coloring artists! There is a wide variety of coloring themes to choose from here- from animals to plants, flowers and photogenic women across different cultures.

**Smiling Mind** - Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18.

**Magic Puzzles** - Magic Jigsaw Puzzles is the largest Jigsaw puzzle game and community online, with over 25,000 HD pictures to relax and solve, new free daily jigsaws.

**Gratitude Garden** - The app that encourages happiness! It will push you to think about what has gone right in your day. Every time you note something you receive points that can be used to build up a garden!

### **Audio Books:**

You can read this with your scholar or have them listen on their own 😊 These books focus on your child identifying their emotions, choosing a coping skill and practicing how to utilize it.



[· B is for Breathe By: Dr. Melisa Munro Boyd](#)



[· The Color Monster By: Anna Llenas](#)



[· The Reflection in Me By: Marc Colagiovanni](#)

## Coping Strategies for Kids:

**Deep Breathing** is very easy, can be done at any time, and can be done quietly, without disturbing others.

- First, try to sit or stand straight up, with your hands at your sides.
- Breathe out as you normally do, so you can begin deep breathing.
- Now, breathe in slowly, through your nose, until you cannot breathe in any more air.
- As you breathe in, slowly count to 3.
- Hold your breath briefly, and count to 2.
- Breathe out slowly, this time through your mouth, until you cannot breathe out any more air.
- As you breathe out, slowly count to 3.
- Repeat the steps 2-3 times, as needed.

When teaching students how to do this breathing exercise, use the phrase, "Breathe in the flowers, blow out the bubbles." This helps to remember to breathe in slowly through the nose as if smelling flowers, and slowly breathe out through their mouth, as if blowing bubbles. This strategy can become more useful the more it is practiced. If students (and adults!) practice this strategy when they are already in a happy and calm state, then it will be easier to use when needed.

### **Use Your Senses**

The "5 4 3 2 1" grounding technique can be useful for anyone with anxiety. It helps by bringing the person back to the present and allowing them to regain focus. It is very easy and uses the five senses. The steps are:

Name 5 things you **SEE**.

Name 4 things you **FEEL**.

Name 3 things you **HEAR**.

Name 2 things you **SMELL** (or 2 smells you like)

Name 1 thing you **TASTE** (or 1 taste you like).

When teaching this strategy to someone, practice each step, and help them identify things they may not normally discover with their senses, such as small marks on the wall, the noise of the heating or cooling systems, or the feel of their toes inside their shoes or socks. Depending on where they are, Smell and Taste may be a bit more difficult. If possible, provide them with something that smells, such as a candle or crayons. Having mint or other candy can be an excellent way to finish this coping strategy. Use your senses!

## Feelings Check-ins:

It is important to check-in with yourself daily to make sure that you are practicing self-care and honoring your body, mind and heart. You can use a worksheet like the one displayed below to check-in with yourself daily. This can be done together or independently.



**Journaling:** Many people think of a journal as the same thing as a diary—that's where we go wrong! A diary recounts events, a journal recounts events and couples it with emotion. Creating a mindful journal forces you to recognize all that you have in your life, whether positive or negative.

Before you begin the process of journaling, we want to norm around the following things:


1. Be specific!
2. Get personal!
3. Be grateful for the negatives

**MY DAY**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Monday Tuesday Wednesday Thursday Friday Saturday  
Sunday

The weather today was: \_\_\_\_\_

My mood today was:  \_\_\_\_\_

Today I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My favorite part of today was: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tomorrow I want to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_