

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

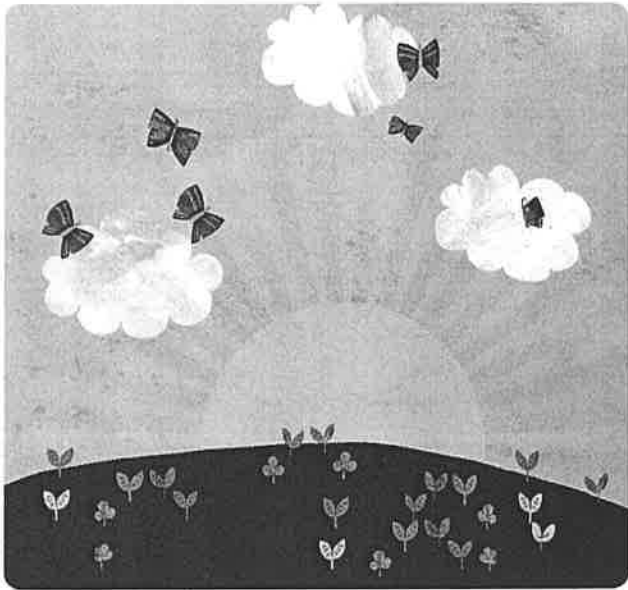
1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

Name: _____

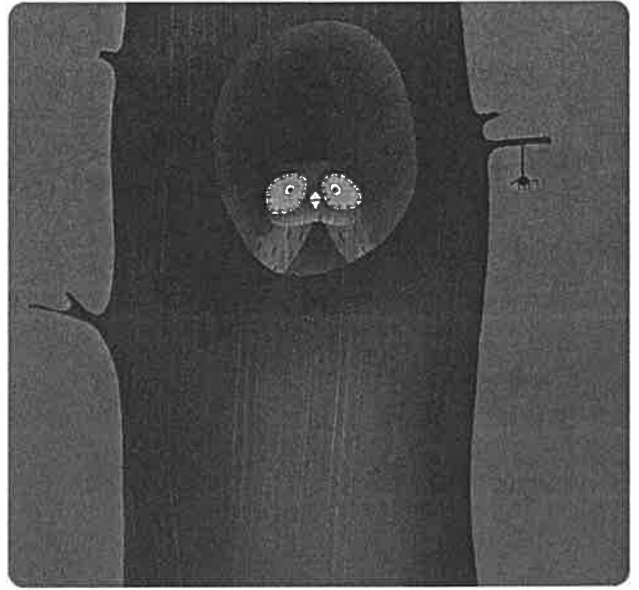
Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.



MY MORNING AFFIRMATIONS:



MY EVENING AFFIRMATIONS:



Indoor Games & Activities

To Get Children Moving



- **GO ON AN ALPHABET SCAVENGER HUNT**

Make a poster with the alphabet and have your child search for items that begin with each letter.

- **PLAY HOPSCOTCH IN A HALLWAY**

Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.

- **CREATE A OBSTACLE COURSE**

Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

- **PLAY THE FLOOR IS LAVA**

Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

- **GO ON AN ANIMAL SAFARI**

Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

- **PLAY I SPY CLEANUP**

Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

- **PLAY A FLASHCARD HIDE AND SEEK**

For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.



- **PLAY HIDE AND SEEK**

One person counts and covers their eyes (no peeking!) for 20 seconds while everyone else finds a place to hide.

- **DANCE YOUR HEART OUT!**

Have a group video call with friends and do a virtual dance party. Use tools like Skype or Zoom.

- **PLAY TWISTER**

Dig up your old Twister game and teach your kids how to play. If you don't have one, cut out different color circles, tape them to your floor, and create a simple spinner.

- **PLAY FOLLOW THE LEADER**

Have your family take turns being the leader. The leader gets in front of the line with everyone else behind them mimicking the leader's actions. Get creative with your movements! Wiggle your arms while walking, march, bunny hop, etc.

- **WRITE THE ROOM!**

Hide sight words (letters, numbers, spelling words, etc.) around the room or house and have children find and record them using clipboards.



- **PLAY SIMON SAYS**

A person named Simon is the leader and gives out commands. For example, "Simon Says run in place! Simon Says crawl like a bear." If Simon doesn't start the command with "Simon Says," the players to follow the command are out.

- **CREATE A SAFE PHYSICAL ACTIVITY SPACE**

If you have an open space like a basement, take an old mattress and place it on the floor for gymnastics or wrestling.

- **PLAY RED LIGHT, GREEN LIGHT!**

Choose a start and finish line. Have everyone line up against a wall. Red light means stop, and green light means go! One person will yell out either command as everyone races to the finish line.

- **DO A "DECK OF CARDS" WORKOUT!**

Assign each shape a different exercise. For example, Hearts = running in place, Diamond = jumping jacks, Spades = push-ups, Clubs = sit-ups. Take turns flipping the cards and doing that number of the exercise.



- **PLAY CHARADES**

On pieces of cut-up paper, write down phrases or words to act out. Take turns pulling a single paper out of a container and have fun acting out the description.

- **LEARN A DANCE ROUTINE**

Create your own or find a tutorial for your favorite dance routine and practice.

- **PLAY MUSICAL CHAIRS**

Place a couple of chairs back to back and turn on some fun music. Players move around the chairs and when the music stops, the last one not sitting in a chair is out.

- **PLAY BALLOON TOSS**

Throw a balloon in the air and don't let it fall to the floor!

- **PLAY FREEZE DANCE**

One person is the DJ and in control of the music. When the music starts, start dancing but watch out! As soon as the music is paused, freeze!

- **ONLINE RESOURCES**

[Cosmic Kids Yoga](#)

[GoNoodle](#)

[Adventure 2 Fitness](#)

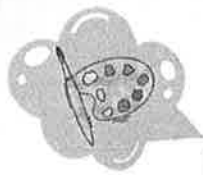
[Just Dance Kids](#)

[Free live children's workouts](#)

[Kids Zumba](#)

[Kidzbop](#)

[Sport Supermovers](#)



I'M BORED...



Things I Can Do By Myself

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an "All About Me" board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items



I'M BORED...





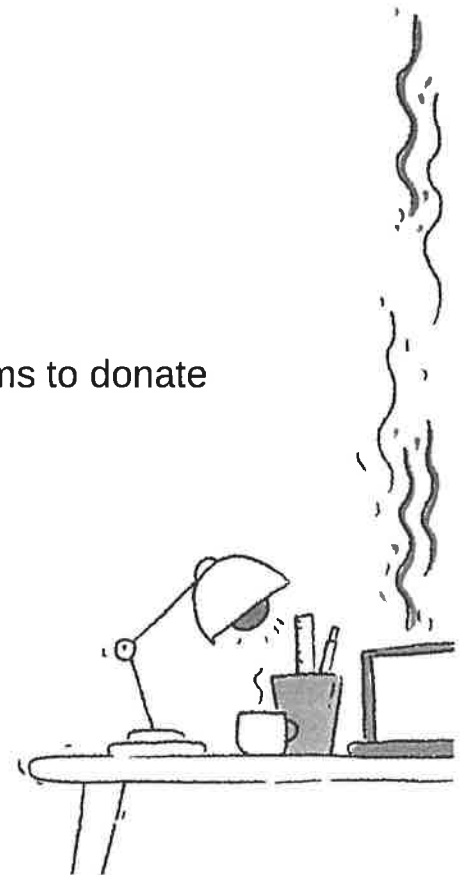
Things I Can Do With A Sibling

- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight

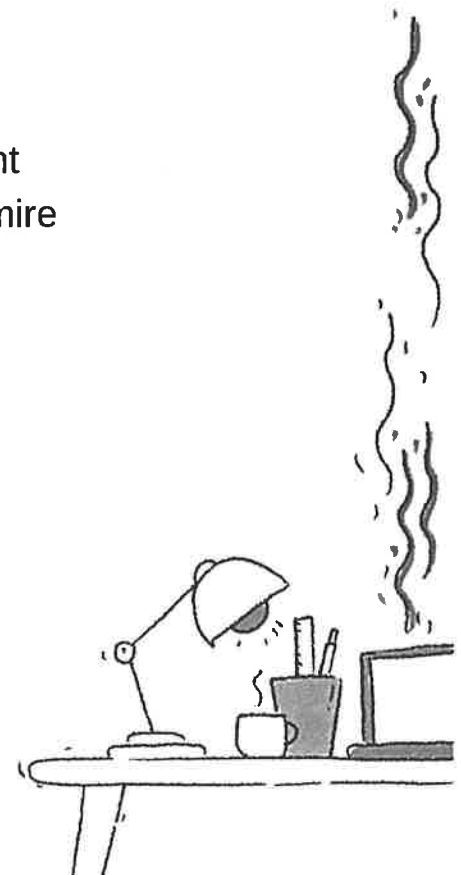
THINGS I CAN DO

Indoor Activities for Teens

- 
- 
- Learn a new skill (coding, origami, animation, instrument, etc.)
 - Learn a new language
 - Learn magic tricks
 - Replicate famous art
 - Paint or draw a self-portrait
 - Draw cartoons or comic strips
 - Publish a newspaper or magazine
 - Write or draw a letter or an email to a penpal or relative
 - Video chat with a friend
 - Make friendship bracelets
 - Do a puzzle
 - Solve a crossword or Sudoku puzzle
 - Play Solitaire
 - Journal
 - Write and illustrate a short story
 - Write a play
 - Write and direct a short film
 - Write a song or a poem
 - Make a music video
 - Fix something that's broken
 - Clean out my closet and put together a bag of items to donate
 - Redecorate or organize my bedroom
 - Host a fashion show in my room
 - Research my family tree
 - Look through photo albums
 - Create a video using family videos and photos



- 
- Put together a time capsule
 - Make tissue flower bouquets
 - Make paper beads from magazines
 - Create dough art
 - Make pressed flower cards
 - Crochet or cross stitch
 - Create a collage
 - Collect quotes that inspire me
 - Cook a new recipe
 - Bake a treat
 - Start a blog
 - Start an Instagram page for my pet
 - Create a vision or dream board
 - Make a bucket list
 - Design my dream house
 - Plan my dream trip
 - Research a country I'd like to travel to
 - Take virtual museum tours
 - Take an online class
 - Watch a documentary
 - Learn about constellations and locate them at night
 - Research and create a video about a person I admire
 - Design a board game
 - Make a list of my business ideas
 - Start a business
 - Build a website
 - Learn to dance following a Youtube video
 - Take an online exercise class
 - Do yoga



THINGS I CAN DO

WITH A SIBLING

Indoor Activities for Teens

- Play a board game
- Cook or bake together
- Read to each other
- Hold an art show
- Make up a play to perform for our family
- Journal together
- Take silly selfies
- Paint pictures or affirmations on rocks
- Go on an indoor scavenger hunt
- Build a volcano out of paper mâché
- Create a board game
- Play balloon volleyball
- Have a Jenga tournament
- Sing karaoke
- Make a movie
- Make a music video
- Write and direct a short film
- Play a card game or learn a new one
- Play charades
- Exercise
- Cook a new meal
- Have a spa day
- Design a board game
- Do a science experiment



My DAILY LEARNING PROJECTS

DATE ___/___/___

M T W TH F

TIME	TO DO	DONE
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One great thing that happened today



PROUD

DISGUSTED



SAD



EXCITED



INTERESTED



CONFUSED



TIRED

HOW ARE
YOU
FEELING?



SHY

GRUMPY



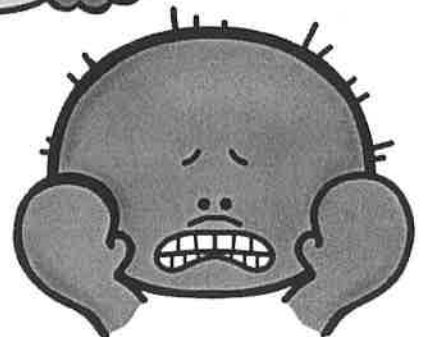
HAPPY

EMBARRASSED



HURT

SHOCKED



SCARED



ANGRY



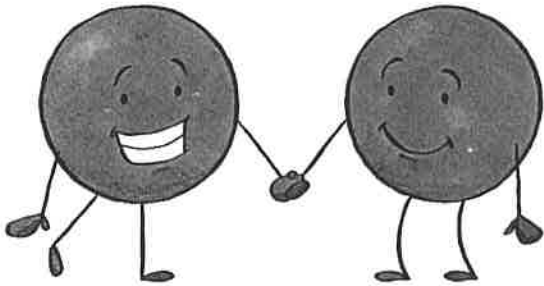
PRACTICE MINDFULNESS



WRITE IN A JOURNAL



TALK TO A FRIEND OR ADULT



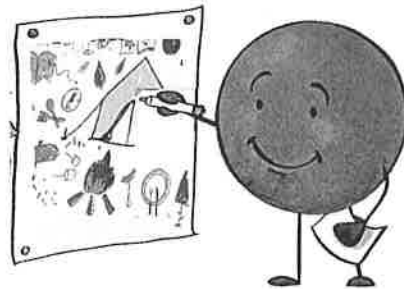
LISTEN TO MUSIC



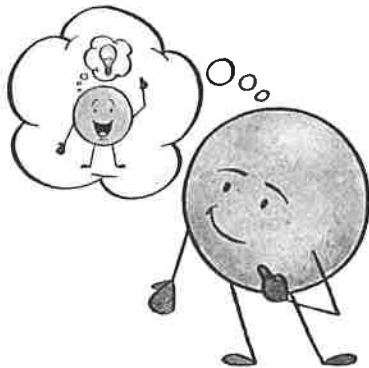
GO ON A WALK OR RUN



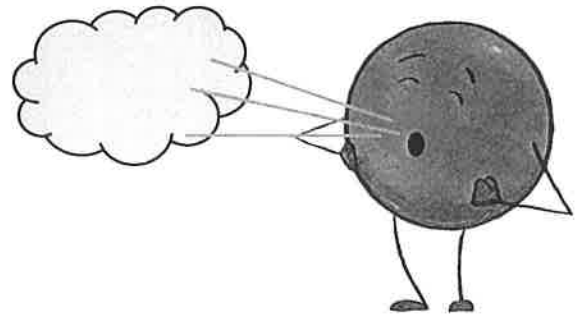
DRAW A PICTURE



WRITE 10
THINGS YOU
ARE GRATEFUL
FOR



TAKE DEEP BREATHS



WRITE YOUR OWN STRESS BUSTER

WRITE YOUR OWN STRESS BUSTER

WRITE YOUR OWN STRESS BUSTER

WRITE YOUR OWN STRESS BUSTER

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WRITE YOUR OWN STRESS BUSTER

WHAT IS MINDFULNESS?

Mindfulness is paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

One way you can practice mindfulness is by sitting still, closing your eyes, and observing your breath.

When you count your breaths and focus on breathing in and out, your other thoughts drift away.

Sometimes while practicing mindfulness we may get distracted. This is okay. Notice that your mind is wandering and bring your focus and thoughts back to your breath.

Mindfulness helps lower your stress, improve your attention, and relax your body. It is part of keeping your body and brain healthy!

BELLY BREATHING GUIDED MEDITATION

Relax and settle in to your seat. You can be sitting on the floor with your legs crossed or sitting in a chair with your feet firmly planted to the ground.

Close your eyes, soften your face muscles, and take a deep breath in through your nose and out through your mouth.

Focus only on your breathing. Leave behind any other thoughts you are having. You can pick them back up when we are finished.

As you breathe notice how your belly rises and falls.
As you breathe in feel your belly fill up with air and as you breathe out notice your belly fall back towards your body.

Take a few more deep breaths like this.

Now as you breathe in count up to 3 and as you breathe out count down from 3.

1, 2, 3... 3, 2, 1...

Have your thoughts drifted away from your breath? Watch them float away and come back to your breath.

Continue breathing 1, 2, 3... breathe in 3, 2, 1... breathe out

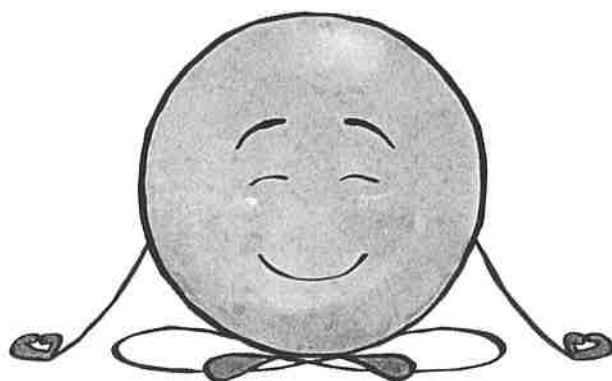
Continue to focus on your breath, in through your nose and out through your mouth.

Remember you can go to this relaxed place anytime throughout your day with just a few simple breaths.

Slowly wiggle your fingers and toes and bring some movement back into your body. When you are ready, open your eyes.

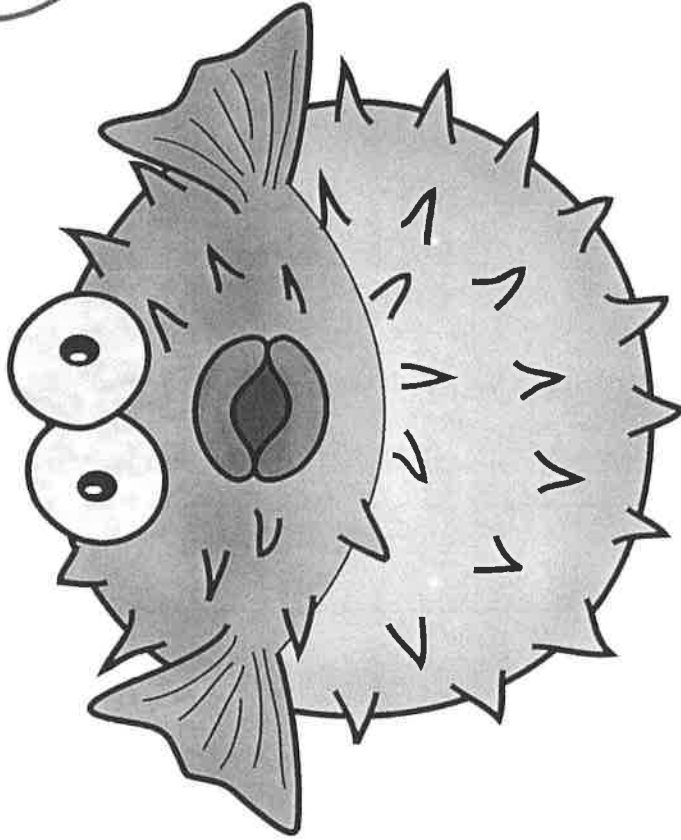
MINDFULNESS DEBRIEFING QUESTIONS

1. How did you feel before the mindfulness activity?
2. How did you feel during the mindfulness activity?
3. How do you feel differently now than before?
4. Was it difficult to stay focused?
5. What did you like the most?
6. What did you like the least?
7. Would you like to listen to a mindfulness activity again?



PUFFERFISH BREATHING

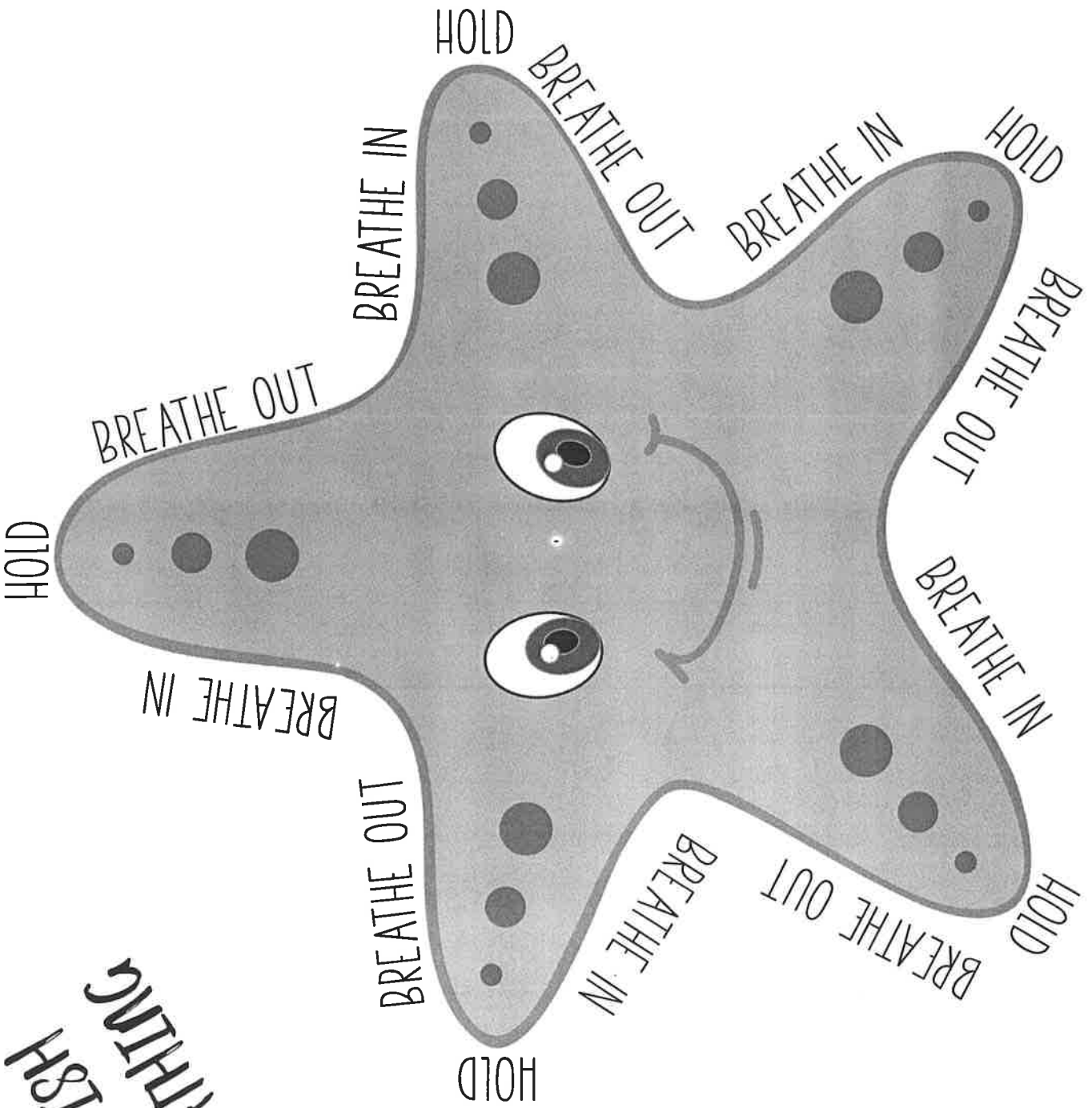
INHALE: Breathe in through your nose like you are sniffing a flower.



EXHALE: Blow out through your mouth like you are blowing bubbles.

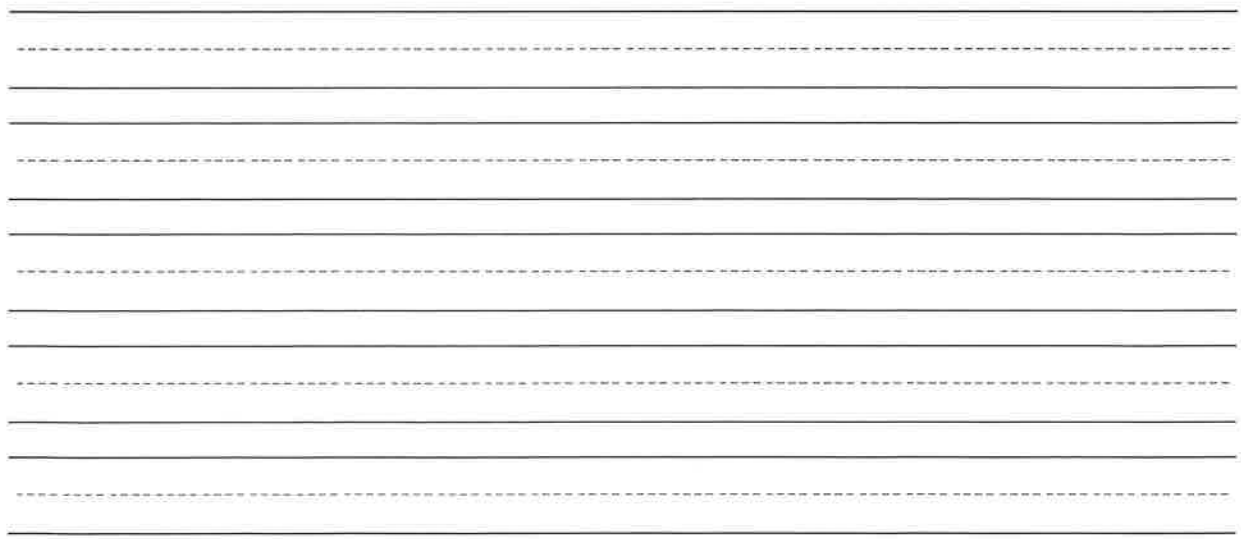
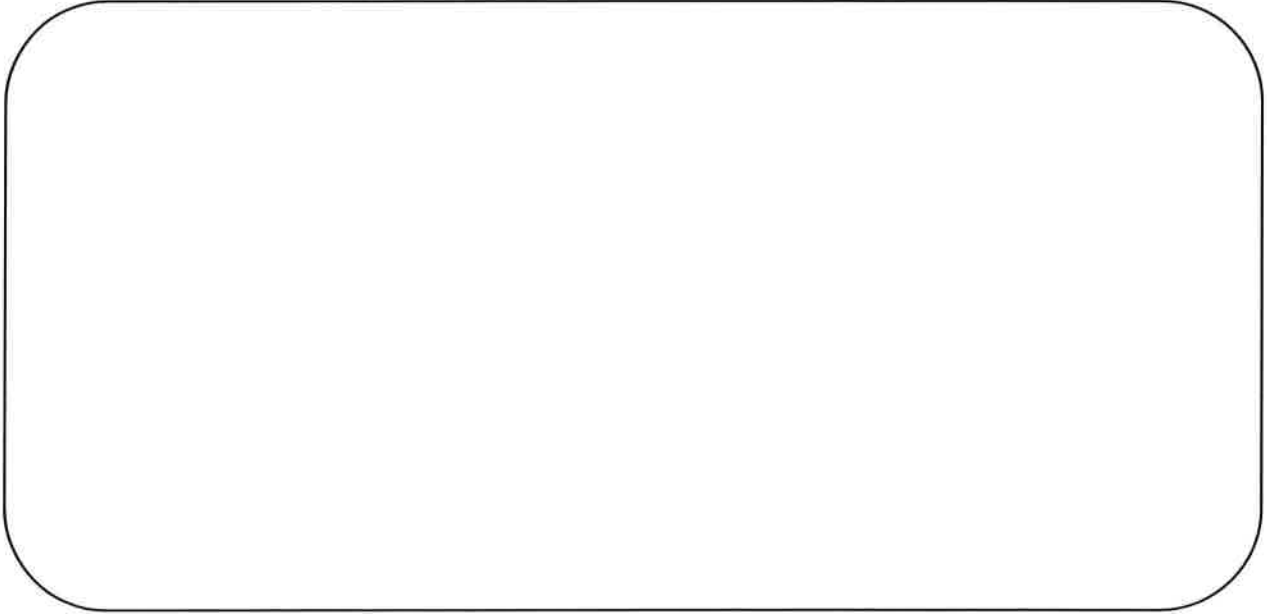
Count to 4 slowly as you breathe in
and out (1.2.3.4...4.3.2.1)

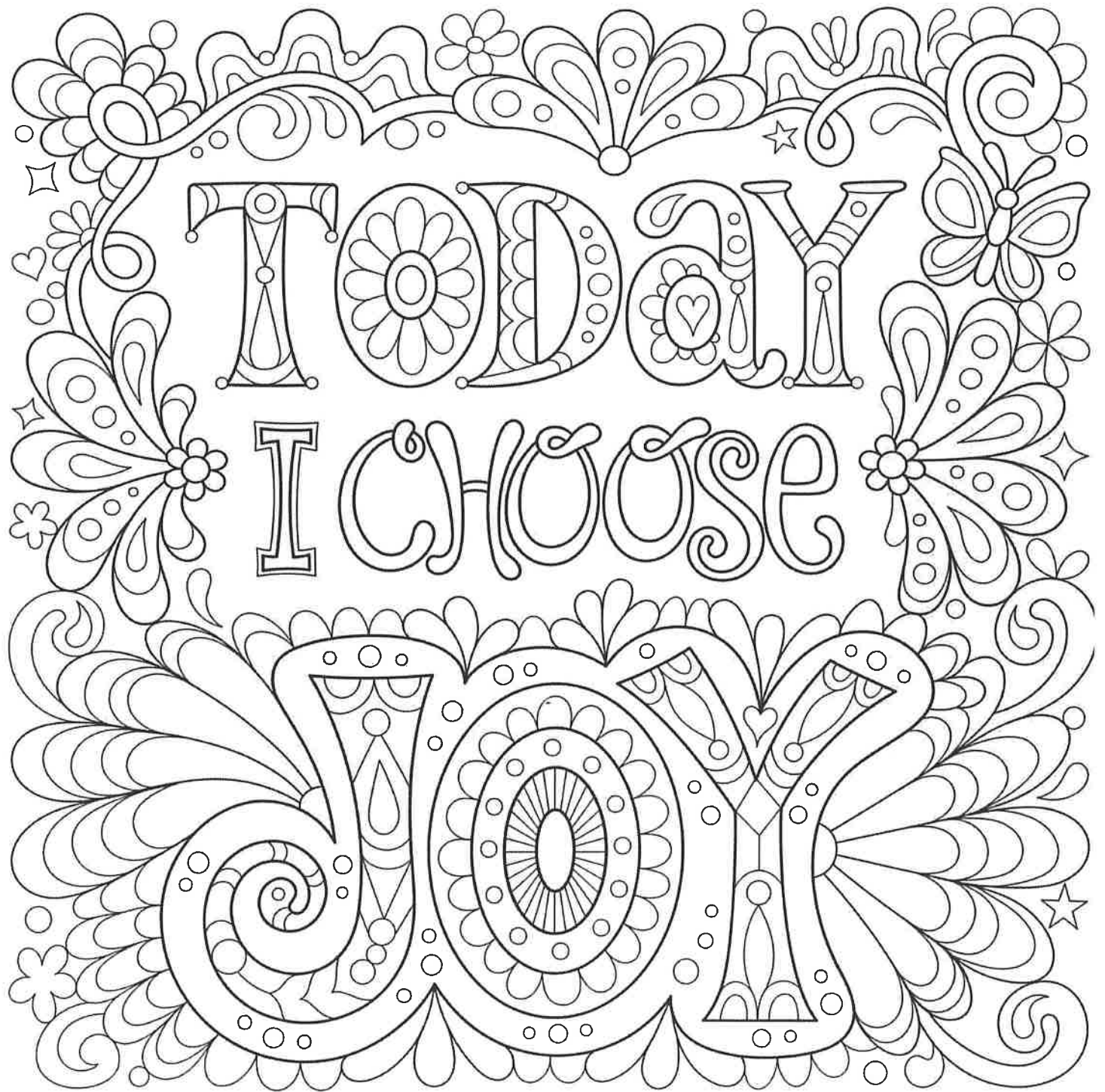
STARFISH
BREATHING



Name: _____ Date: _____

When I grow up I want to be...





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