



# 24 Things you can do for Emotional Health

<b>1</b> Practice a breathing technique	<b>2</b> Make a list of all of the feelings you can think of	<b>3</b> Write a letter to encourage someone	<b>4</b> Go for a walk outside	<b>5</b> Write or draw what it Means to be a good friend	<b>6</b> Sit still for one minute the sounds you hear
<b>7</b> Play a game with someone	<b>8</b> Name 5 things you love about yourself	<b>9</b> Write about or draw your hero	<b>10</b> Name 3 ways to calm down when angry	<b>11</b> Make A card for someone you miss	<b>12</b> REad a book
<b>13</b> Have a dance party	<b>14</b> List 10 things you are grateful for	<b>15</b> Do 3 random acts of Kindness	<b>16</b> Think of 5 places you have been that Make you feel happy	<b>17</b> Take some time to stretch. Do different stretch poses	<b>18</b> Draw a picture
<b>19</b> Talk to an adult about your favorite place	<b>20</b> Bake a cake	<b>21</b> Play emotions charades and see if your family can guess	<b>22</b> Write a story about what you want to be when you are older	<b>23</b> Do a craft	<b>24</b> Sing a song