

Share your feelings with a loved one.	Draw a picture of or write about your hero.	Think of a career and tell a loved one something you like about it.	Play "Emotional Charades". Can your family guess how you're feeling?	Draw a picture of or write about what you love about yourself.
Make a list of as many emotions as you can think of. If you want, add pictures of what those emotions look like.	Teach a loved one 3 ways you can calm down when you're mad or sad.	Practice deep breathing for 3 minutes (in through your nose, out through your mouth).	Draw a picture for someone you miss. If you want, send it to them in the mail or snap a photo and send it in an email.	Go outside and find as many colors as you can.
Practice sitting still for 1 minute. Close your eyes and focus on all of the things you can hear.	Draw or write about 5 things that you are thankful for.	Play a game with someone you love.	Take 5 minutes to quietly stretch your body.	Create a poster that shows others how to be kind.
Draw a picture of what you want to be when you grow up.	Try to be second all day long. Let others go first in everything you do.	Go outside and find 5 things you can sense (hear, touch, smell, see, taste).	Read a book and notice all of the feelings the characters felt.	Give out 10 compliments.
Help a loved one clean something without asking.	Write a thank you card for someone and give it to them. If the person does not live with you, send it in the mail.	Play "Red Light, Green Light" at home to practice controlling your body.	Describe a place that makes you happy using your 5 senses.	Draw or write about what it means to be a good friend.