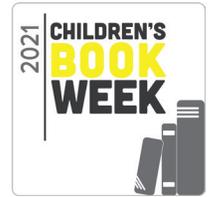


Mental Health and Wellness

Use these activities to help find your superpower



SUPERPOWER (noun): a skill, personal trait, or passion that plays an important role in your life, helps you do good in the world, and makes you feel special, happy, and confident.

Choose one or several of these activities and have fun discovering or reaffirming your superpower! Don't forget to ask for help and permission from your parent, caregiver, or teacher.

Not all of these activities are directly related to superpowers or superheroes, but will still help you to pinpoint your own personal superpower!

Focusing on wellness of mind and spirit, these activities help to identify and express emotions and explore your own thoughts and feelings.

- For the week, write 3 good things that happened during the day before going to bed.
- With a parent, write down something that's bothering you, discuss if comfortable, and discard into a fire, jar, or any symbolic "letting go" thing.
- Start a dream journal: write down your dreams the moment you wake up, regardless if they are good, bad, or just weird.
- Art is a great way to express your feelings, think, or find a moment of silence, so do some coloring, drawing, sculpting, or dancing to get those feelings out and have a little bit of fun while you're at it!
- Yoga is a great way to meditate through movement, so get down on the floor or mat and do some poses (sun salutations is a really good place to start). This will help you reshuffle some of your feelings.
- Find a stone at the beach, in a nearby trail, or at the park... one that you like and it's smooth. With your parent, wash it at home and then decorate it like you like. This stone represents calm, a safe place. Keep it in your pocket and when you're worried, anxious, lonely you can rub it and remember to breathe. Then go talk to your parent about those things that worried you that day.
- Worry Box. You can find a box or create one (origami is really fun) and put it in your room, desk, or somewhere you can access it everyday. Next, write some things that worry you and put them in this box. Everything in the box is to be addressed, talked about at a later time. It lets you put things on hold, breathe, enjoy the moment and come back to them later on with a parent and a calmer frame of mind.
- Write a short story or poem about mental health and wellness.
- Draw a comic strip or page of a picture book that features mental health and wellness.
- Read one book from the themed book list and share it with a friend or family member.
- Ask for a book recommendation on the theme from a friend, family member, teacher, or librarian.
- You found a great book? Sit down with a parent, family member, family, teacher and read to them your favorite paragraph or chapter so you can talk about it.