

## Ideas to Help when feeling stressed...

1. Coloring- There are several coloring apps and websites where you can download free coloring pages, including:

### Free Printable Coloring pages

- \*crayola.com
- \*topcoloringpages.net
- \*loldisney.com/games/coloring-pages
- \*coloring-4kids.com
- \*\*justcolor.net
- \*\*happinessishomemade.net
- \*\*free-mandalas.net

### Free Coloring Apps

- \*\*happy color
- \*\*paint by number coloring games
- \*\*colorfly coloring book

\*\*these sites have more complicated coloring pages with more detail

2. Meditation and Mindfulness Apps for kids and adults. They guide you through meditations and mindfulness exercises to promote calm and relaxation.

- \*Oak-Meditation and Breathing
- \*Mindfulness- Mental Health and Productivity
- \*Meditation for Kids

3. Yoga videos- These are free videos you can access online and follow along.

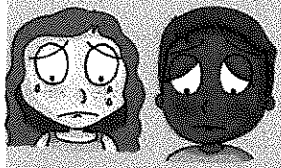
- \*Cosmic Kids Yoga
- \*yogaed.com (for children and teens)
- \*There are several yoga videos on YouTube as well

4. GoNoodle- This is a website with short videos to help kids get the wiggles out and take a break from homework.

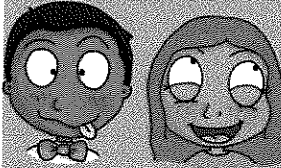
## 5. Miscellaneous activities to help relieve stress:

- \*Listen to music
- \*Draw/color
- \*Paint
- \*Craft Project
- \*Crochet, knit
- \*Bake with a family member
- \*Talk with a friend over the phone or by videochat
- \*Watch a funny or uplifting movie or TV show
- \*Complete a puzzle
- \*Legos
- \*Play with a pet
- \*Read a book
- \*Step outside for some fresh air
- \*Create a gratitude journal (some prompts are included)
- \*Do yoga (a variety of poses and instructions are included)
- \*Practice belly breathing
- \*Create/use a calm down box (ideas included)
- \*Create/ use a calm down glitter bottle

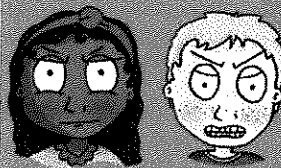
# I FEEL...



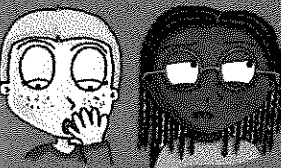
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disappointed  
sad



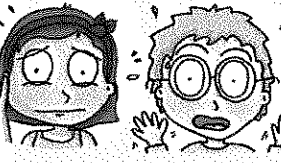
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excited  
hyper



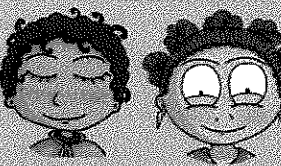
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annoyed  
angry



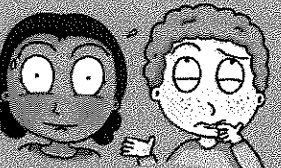
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sick  
hungry



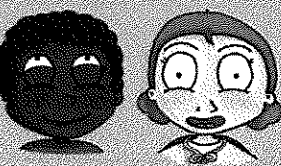
worried  
anxious  
scared



happy  
calm  
focused



shy  
confused  
embarrassed



brave  
proud  
hopeful

# I CAN...

TAKE DEEP  BREATHS

TREAT MYSELF & OTHERS WITH  KINDNESS

CREATE ART  OR BUILD  SOMETHING.

USE POSITIVE  SELF-TALK

 ASK FOR HELP

 EXERCISE

FOCUS  ON THE GOOD

STRETCH OR  DO YOGA

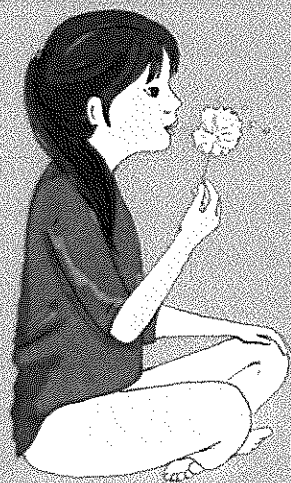
BRAINSTORM  SOLUTIONS &  TRY AGAIN

GET A DRINK OF  WATER

 TAKE A BREAK

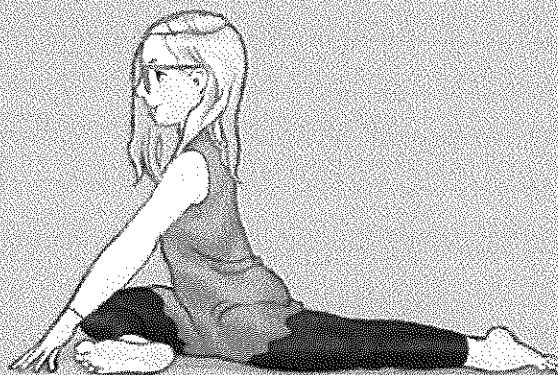
TALK  OR WRITE  ABOUT IT

\*For more poses go to [KidsYogaStories.com/kids-yoga-poses/](http://KidsYogaStories.com/kids-yoga-poses/)



# Breathe

# Calm



# Connect

# MINIPACK

KidsYogaStories.com

© Kids Yoga Stories



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Lying Twist

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Partner Lunge Pose

Partner Hero Pose



# Deep Belly Breath



# Deep Belly Breath

Place your right hand on your belly and your left hand on your chest. Take a deep breath in for four counts then exhale through your nose for four counts, with your lips closed. Feel the rise and fall of your chest and belly. If you're on your back, you could place an object, like a stuffed animal, on your stomach to help you feel (and see) the rise and fall of your belly. Do this deep belly breathing for a few minutes.

## IMAGINE

Different things you are grateful for during each inhale and exhale.



# Balloon Breath



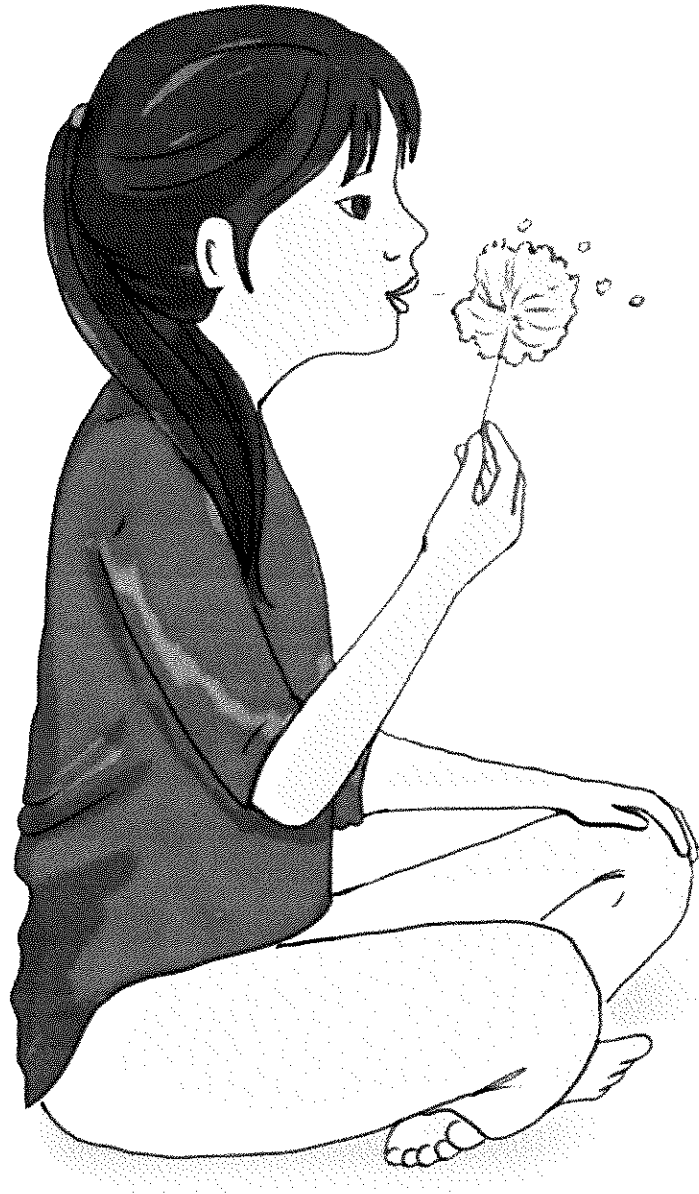
# Balloon Breath

Take a deep breath in for three counts while raising your arms to form the shape of a balloon. With your lips closed, exhale through your nose for three counts while taking your hands back to rest on your knees. Feel the rise and fall of your chest and belly as you continue to raise and lower your arms like a balloon inflating and deflating.

## IMAGINE

Being a hot air balloon  
in the middle of a meadow.





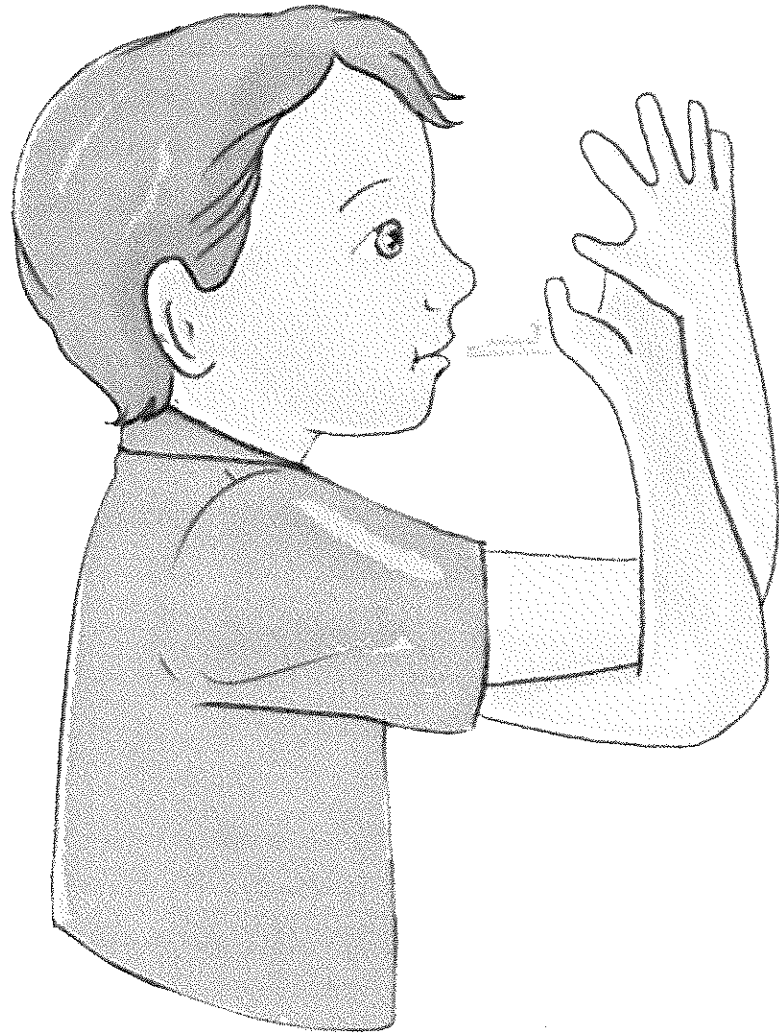
# Flower Breath

# Flower Breath

Imagine holding a flower. Imagine the color and smell of that flower. Then take in a deep breath through your nose, pretending to smell that flower. Then exhale through your mouth and pretend to blow the flower petals. Repeat the cycle of a strong inhale and gentle exhale for a couple of minutes, if possible. You could pretend to smell a different flower each time you inhale. You could also imagine yourself sitting in a meadow of fresh flowers.

## VARIATION

Sniff and blow on hot chocolate.



# Eagle Breath



# Eagle Breath

Create “eagle arms” by wrapping your right arm under your left arm, so your elbows are hooked together, and bring your palms together directly in front of your face. When you’re ready, take a deep inhale, unwrap your arms, and switch sides with eagle arms so that your left elbow will be on the bottom. Exhale deeply and relax your shoulders. Repeat the steps by linking your movement to changing sides of your eagle arms.

## VARIATION

Instead of Eagle Arms, simply place your palms on opposite shoulders and touch your elbows together. Inhale, bringing your palms up to touch, then exhale, bringing your palms back down to the opposite shoulders.



# Shoulder Breath



# Shoulder Breath

This is a great breath exercise to release tension from your shoulders, especially after you've been sitting at a desk for a period of time. Come to a comfortable sitting position and, if it's comfortable, close your eyes. On an inhale, raise your shoulders toward your ears. After a pause, exhale while releasing your shoulders back down. Repeat these steps as long as it feels comfortable.

## IMAGINE

Touching your shoulders to your eyes  
or that you're an elephant with big ears.

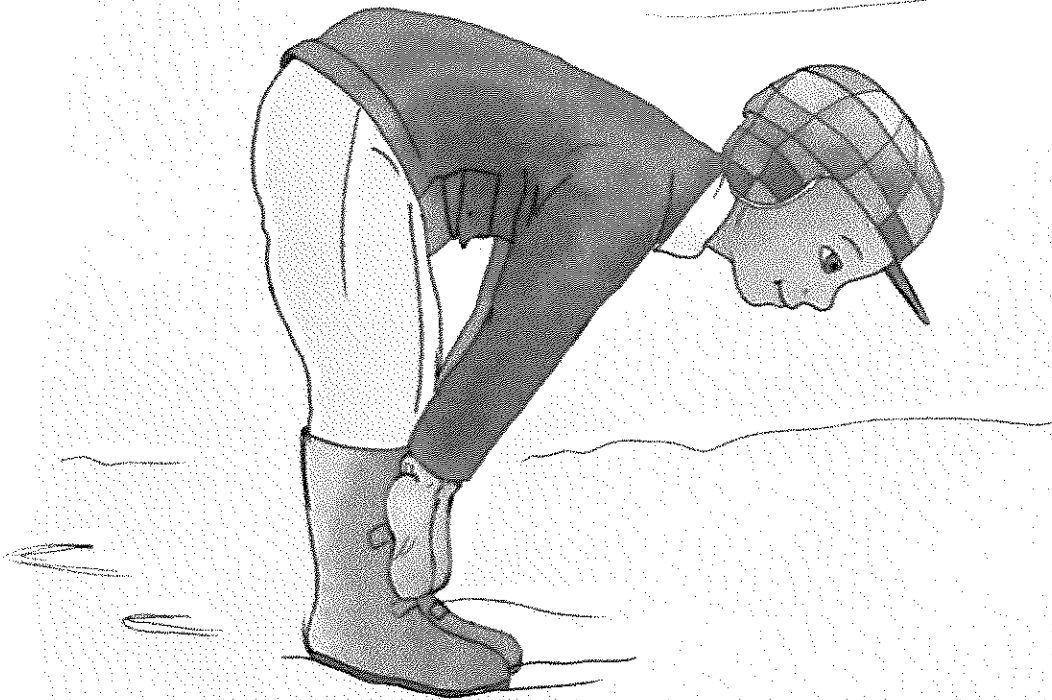


# Extended Mountain Pose



# Extended Mountain Pose

Stand tall in Mountain Pose, inhale, look up, and raise your arms straight up to the sky. Then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths.



# Standing Half Forward Bend

# Standing Half Forward Bend

Stand tall with your big toes touching and your ankles slightly apart. On an exhale, bend your upper body and drop your hands down to your toes. Hang your head, relax your shoulders, and reach for your toes. On an inhale, come up to a flat back and gently rest your palms on your calves. Look slightly forward in front of your feet and ensure your spine is straight. Hold this pose for a few breaths then release your hands back to your toes.

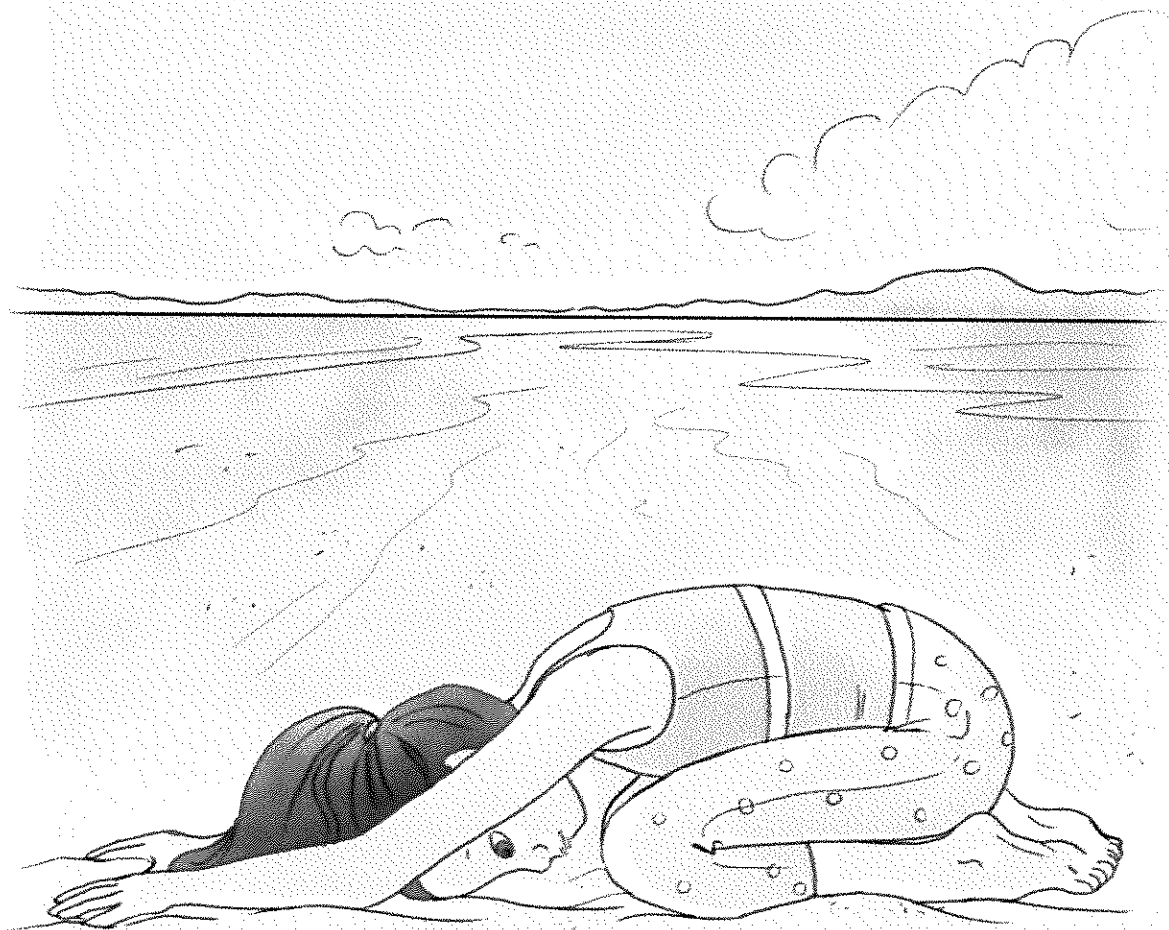




# Pigeon Pose

# Pigeon Pose

From an all-fours position, bring your right knee to rest behind your right hand, angling your right foot slightly inward. Gently take your buttocks down to the ground with your left leg extended straight out behind you. You might try placing a block under your right thigh. Keep your palms flat on the ground on either side of your right knee and look forward, keeping a straight spine. Repeat on the other side.



# Extended Child's Pose



# Extended Child's Pose

Sit on your heels, slowly bring your forehead down to rest in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths.



# Lying Twist



# Lying Twist

Lie flat on your back. Bend your legs and bring your knees together. Take your arms out parallel to the sides. Drop your knees over to the left and turn your head to look out to the right. You could take your left hand on top of your bent legs. Come back to center and repeat on the other side.



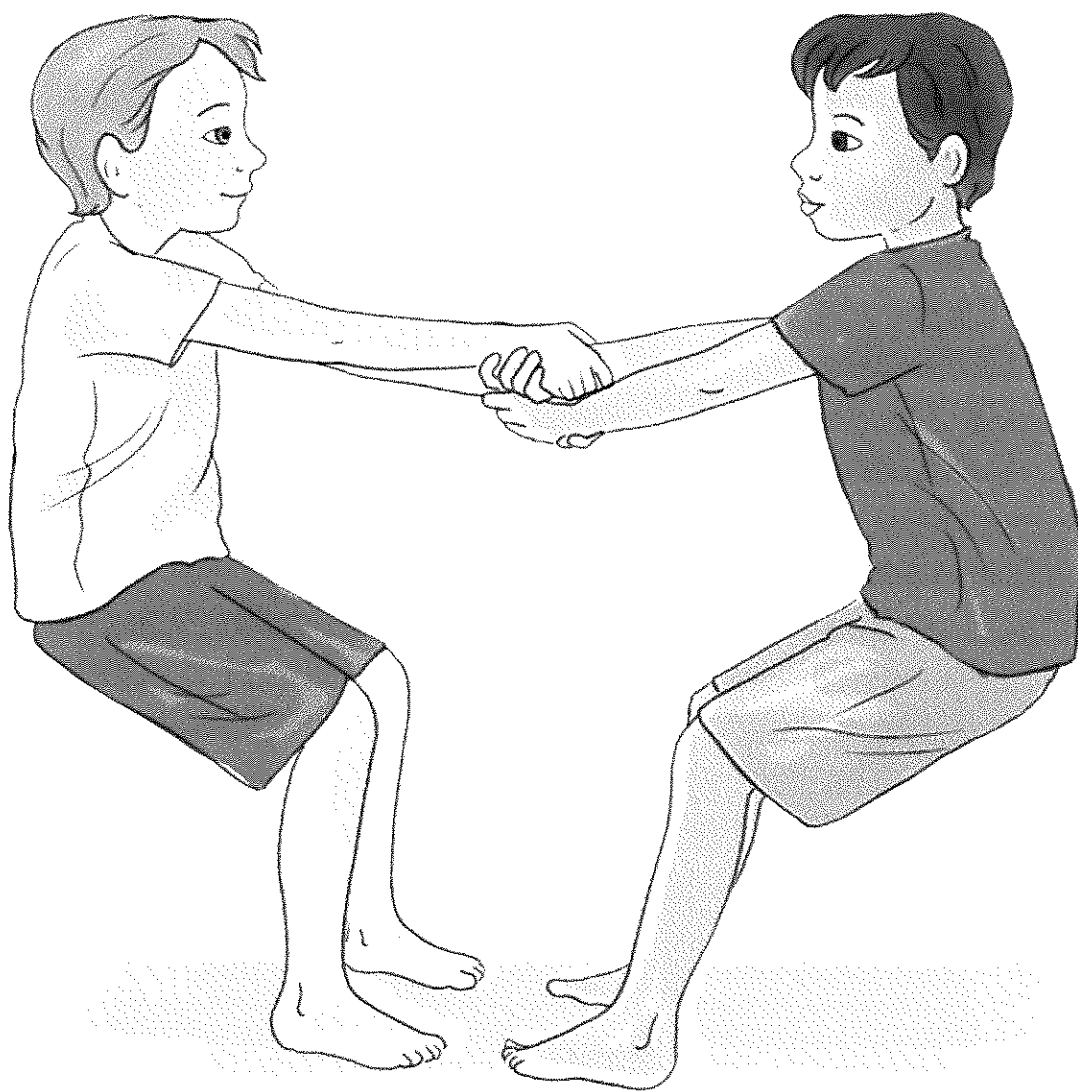
# Partner Crescent Moon Pose



# Partner Crescent Moon Pose

Stand next to each other about one arm's length away from each other. Stand tall in Mountain Pose with your own big toes touching and heels slightly apart. Take your inside arm and place it gently on your partner's inside waist. Your arms will be crisscrossed, with your elbows nearly touching. Take your outside arm up overhead, tilt your torso inward, while shifting your hips away from each other. Grab each other's elbows gently overhead and feel a gentle stretch on the outer side of your body. Keep your hips and shoulders facing forward. Tilt inward only as far as feels comfortable for you. Stay in the pose for a few breaths and then signal to each other to come out of the pose at the same time.





# Partner Chair Pose

# Partner Chair Pose

Stand tall in Mountain Pose with your feet hip-width apart while facing each other. Reach out and grab your partner's hands in front of you. Bend your knees and keep a straight spine. Sit down into an imaginary chair and lean back, relying on the support of your partner's grasp. Sit as deeply as feels comfortable for both partners. Come out of the pose at the same time.

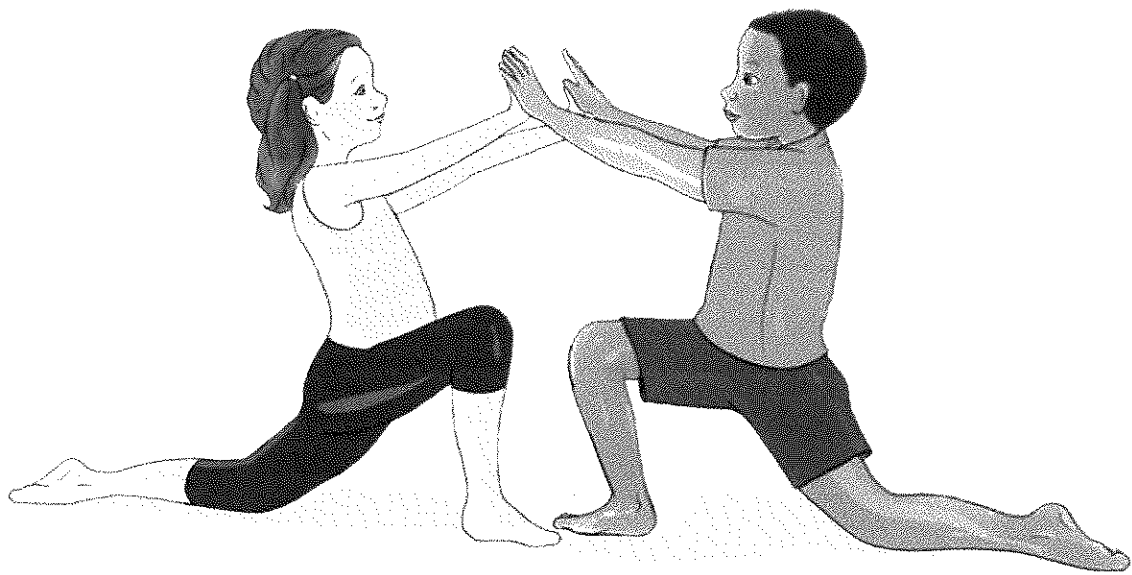


# Partner Extended Side Angle



# Partner Extended Side Angle

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step one foot back, angling it slightly outward. Keep your torso straight and bend your front leg. Tilt your upper body forward, rest your front elbow on your thigh (or take your hand to the floor), and reach your other arm straight up to the sky. Look up and take a couple of deep breaths. Repeat on the other side, but this time, set it up so that you and your partner are practicing the Extended Side Angle poses one in front of the other. One person has their bent leg to the left and the other partner has their bent knee to the right, so that your poses are staggered. Reach your arms up and touch palms at the top.



# Partner Lunge Pose



# Partner Lunge Pose

Facing each other, come to Downward-Facing Dog Pose so that your head and hands are close together and your feet are pointing opposite directions from each other. From Downward-Facing Dog Pose, step your right foot forward to rest just inside your right hand. Keep a flat back and open your chest. Drop your left knee to rest on the ground. Slowly lift your hands, come to an upright position, look at your partner, and press your palms together. Hold the pose for a few moments and then come out of the pose together. Switch sides and repeat the steps.





# Partner Hero Pose

# Partner Hero Pose

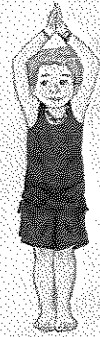
Come to rest upright on your heels while facing each other, with your knees almost touching. Place your palms on your knees. Lift your hands and press your palms together with your partner's palms and raise your arms together. You can either look at each other or up at your hands. Take a few moments here and then come out of the pose together.



# SUN SALUTATION FOR KIDS

## Look up at the sky

Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"



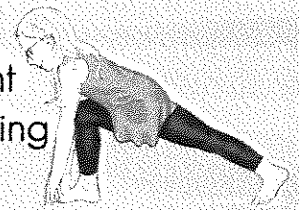
## Pretend to be a jellyfish

Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"



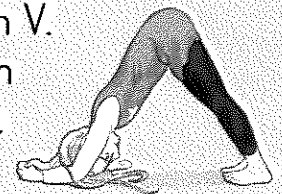
## Pretend to be a sand castle

Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"



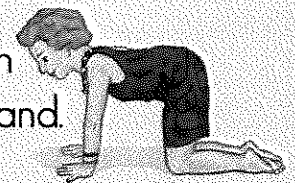
## Pretend to be a dolphin

Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"



## Pretend to be a crab

As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"



## Pretend to be an urchin

As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!"



Reverse the steps back to standing. Then repeat the sequence on the left side.



# Mellow Minute



## Deep Breathing

1. Sit up straight in your chair
2. Lay your hands on your legs
3. Close your eyes
4. Inhale a deep breath through your nose
5. Hold your breath for 3 seconds
6. Exhale through your mouth
7. Repeat this 5 times

## Imagery Walk

1. Sit up straight in your chair
2. Lay your hands on your legs
3. Close your eyes
4. Create a happy picture in your mind

## Muscle Relaxation

1. Sit up straight in your chair
2. Lay your hands on your legs
3. Close your eyes
4. Inhale and squeeze every muscle in your body
5. Count to 5 while your muscles are still squeezed
6. Exhale and release all of the squeezed muscles
7. Repeat this 5 times

## **Fun Ways to Practice Belly Breathing**

### **Use Bubbles**

Blowing gently to create bubbles is a good way to be playful and breathe deeply. Kids have to blow carefully and slowly to make the bubbles, which is a major reason why I like using it to help kids take deep breaths.

### **Use a Stuffed Animal to Practice Deep Breathing**

Have your child lay down on their back and put a stuffed animal on their belly. Have them breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This helps teach kids to use their belly to take big deep breaths. Another alternative is to use a weighted stuffed animal.

### **Use a Pinwheel**

Kids can practice breathing out slowly or more quickly, using the speed of the pinwheel as a measure. Then they can figure out which way works and feels best for them.

### **Use a Feather**

Get some colored feathers and pick out one feather to use. It could be a color that they love or one that makes them feel calm. Breathe in and hold it for a count of 3, then breathe out going up on one side of the feather and down the other side.

## **Relaxation Script for Younger Children**

### **Hands & Arms**

Pretend you are squeezing a whole lemon in your left hand. Squeeze it hard. Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Repeat with other hand.

### **Arms and Shoulders**

Pretend you are a furry, lazy cat. You want to stretch. Stretch your arms out in front of you. Raise them up high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side. Okay kitten, stretch again. Repeat.

### **Shoulder and Neck**

Now pretend you are a turtle. You're sitting out on a rock by a nice, peaceful pond, just relaxing in the warm sun. It feels nice and warm and safe here. Oh-Oh! You sense danger. Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight. It isn't easy to be a turtle in a shell. The danger is past now. You can come out into the warm sunshine and once again you can relax and feel the warm sunshine. Watch out now. More danger. Hurry pull your head back into your house and hold it tight. Repeat.

### **Jaw**

You have a giant jawbreaker bubble gum in your mouth. It's very hard to chew. Bite down on it. Hard! Let your neck muscles help you. Now relax. Just let your jaw hang loose. Notice how good it feels just to let your jaw drop. Okay, let's tackle that jawbreaker again now. Repeat.

### **Face and Nose**

Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up real hard. Good. You've chased him away. Now you can relax your nose. Oops here he comes back again. Repeat.

### **Stomach**

Hey! Here comes a cute baby elephant. But he's not watching where he's going. He doesn't see you lying there in the grass, and he's about to step on your stomach. Don't move. You don't have time to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he is going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. That feels so much better. Oops, he's coming this way again. Get ready. Repeat.

### **Legs and Feet**

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep in to the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart, and feel the mud squish up between your toes. Now step out of the mud puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Repeat...

References: Carkhuff, R.R. Helping and human relations, Vol. 1, New York: Holt, Rinehart & Winston, 1969.



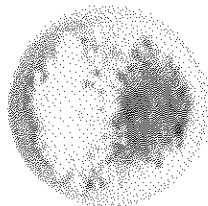
## How to Make a Calm Down Kit

Place a variety of items that can help with calm and relaxation into a box, reusable bag, etc. Bring out the box only when it's needed. The tools in the kit lose effectiveness if they are used all the time. The following are some ideas, but it is important to choose items that the individual child will like and use.

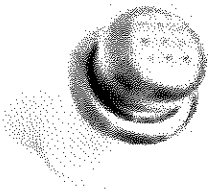
- \*Puzzles
- \*Books
- \*Blank notebooks/journals
- \*Writing utensils
- \*Art Pad
- \*Coloring supplies
- \*Activity Books
- \*Headphones/ music to listen to
- \*Gum, hard candy, or suckers
- \*Book of yoga poses or yoga cards
- \*Small blanket
- \*Stress ball
- \*Rubik's cube
- \*Logic Puzzles
- \*Craft kits
- \*Kaleidoscope (you can DIY)
- \*Essential oils/spray
- \*Fidgets
- \*Play Doh or silly putty
- \*Bubble Wrap
- \*Bubbles
- \*Pinwheel
- \*Photo album
- \*Calm down jar

# How to Make Homemade Playdough

You will need:



plain flour



salt



warm water

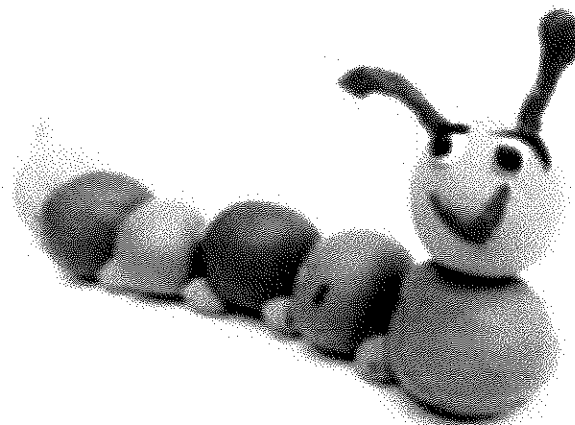
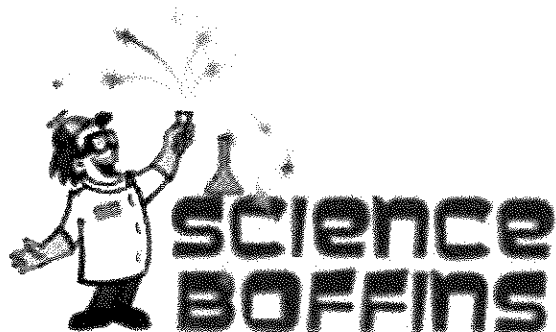


food colouring



saucepan

1. Decide how much playdough you want make.
2. Add 2 parts flour to 1 part salt in the saucepan.
3. Add a 1/4 cup of warm water for every cup of flour.
4. Add food colouring; the more you add the darker the colour will be.
5. Heat the saucepan on the hob on a low heat and stir consistently.
6. When the dough mix becomes thick and all lumps are gone take the pan off the heat.
7. Put the pan in the fridge and allow the dough to cool.
8. After 10 minutes retrieve the pan and scoop the dough out with your hands.
9. As the dough warms in your hands it will become more pliable.
10. The playdough is ready - get creative and have fun!



## **How to Make a Calm Down Jar/Bottle**

### **What you Need:**

1. Water bottles. Voss bottles, are great, but any kind of reusable water bottle or jar works.
2. Clear glue
3. Water (room temperature)
4. Food Coloring
5. Glitter

### **Directions:**

1. Fill the bottle with water.
2. Add glue. The more glue you use, the longer it takes for the glitter to settle.
3. Sprinkle in the glitter.
4. Cover and shake to mix the glue, water, and glitter.

\*Calm down bottles help children relax and soothe themselves by focusing on the motion happening inside the calm down bottle. They are an effective and easy way to help children focus on deep breaths and relaxing. They are great for adolescents and adults too!



## DIY Orbeez Stress Ball

### What is Needed:

Water beads (Orbeez)  
Water  
Balloon

### Directions:

1. Put a small handful of water beads into a bowl.
2. Fill the bowl with water and let it sit for 6 hours.
3. Drain any excess water out of bowl.
4. Put the water beads into an empty water bottle. You can do this by using a funnel or by hand.
5. Pull the top of the balloon over the opening of the water bottle and squeeze the beads into the balloon.
6. Pull the balloon carefully off of the water bottle.
7. Let out the excess air and tie the balloon.

## DIY Stress Ball

### What's Needed:

- Balloons
- ½ cup Flour (per balloon, approx.)
- Empty Water Bottle, dry
- Funnel

### Directions

1. Put funnel (you can make a funnel with rolled up paper) into the water bottle, and pour flour through it.
2. Stretch the balloon around the opening of the water bottle.
3. Turn water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open up so the flour can all go in.
4. After the flour is all in, pinch the balloon and release it from the bottle.
5. The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon.
6. Tie the balloon and wipe away any excess flour from the outside.

# Making Paint

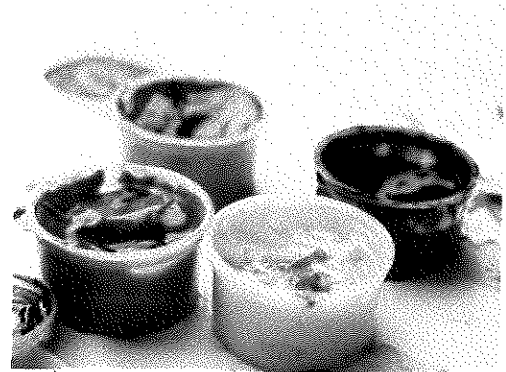
## **Puff Paint ----- 3 Ingredients -----**

Easy Peasy: Easily made using self-rising flour, food coloring, salt and water.

1/4 cup of self-rising flour

1/4 cup of salt

Food color



I mix the flour & salt and then divide into plates and then add the food color. (add a couple of drops of water)

Then Paint!

When the picture is done. Pop in the microwave and up it pops (30 seconds max)

\*\* don't want to use microwave try shaving cream and glue (the colors aren't a bright though)



## Stress busting activities for young children

Stress is often thought of as a grown-up condition, but children can also experience stress. Stress in children can result from school, homework, friends, family disruptions, changes in routines, and many other situations. Stress can

be observed as an obvious physical reaction such as crying or a headache, or it can be an emotional or behavioral reaction such as worrying or shyness. Reactions to stress can vary with the child's age and stage of development.

If early childhood practitioners can identify stress in young children, they can intervene with stress-relief strategies before little pressures turn into big problems. There are several strategies children can be taught to help them cope with stress.

### Exercise

This is one of the best stress relief activities for children (and adults too!). Children can participate in an organized sport, be part of a team, or just spend time outside playing with friends. Regular exercise can help children feel less stressed, and if children experience a particularly stressful day, a few hours of active play can reduce their stress.

### Deep breathing

Any child old enough to count to four can learn to how to do deep breathing exercises to lower stress. Children, with the help of adults, slowly count to four as they inhale, and then count to four as they exhale. This exercise should be done for several minutes until the child is calm.

### Muscle relaxation

Children can relieve stress by using muscle relaxation exercises. Children, with the help of adults, can easily learn to tense and relax each muscle group while they are lying down. The activity starts at the top of the head; each child works his way down to the tips of his toes. The child simply tenses up each muscle group, then releases it and continues on to the next group until he has gone through his whole body.

### Visual imagery

This is a way for children to create positive and relaxing images and thoughts that can be used to block out upsetting ones. Children identify a favorite place, a relaxing point in time, or a special happy memory. Then the children close their eyes and imagine that they are at that favorite place.

### Sensory activities

These can have a calming effect on children when they experience stress. Play dough is a popular childhood material that provides a wonderful sensory experience. When children feel stress, give them play dough to squeeze, pound, and manipulate. A stress ball offers a similar experience for children because they can squeeze the squishy ball. Finger painting and playing with water or sand are other sensory activities that can be used to reduce stress.

### Journaling

Journaling offers a place for older children to release their feelings about a stressful situation. A journal can be as simple as a plain notebook decorated by the child. Encourage children to write about their thoughts and feelings. Younger children can draw pictures. A journal may help children figure out how to handle a particular stressful situation.

## Hobbies

These can be any activity that the child enjoys doing. Encourage the child to participate on a regular basis. Engaging in a favorite hobby brings children enjoyment, gives them a break from the stressful situation, and may provide a fresh look at the situation. Offer children different activities to try if they don't have a favorite hobby. Providers may plan experiences in art, music, board games, reading, puzzles, or science for the children to try.

## Music

Some children are able to reduce stress and boost feelings by listening, exercising, or dancing to music. Practitioners can work with children to experiment with different types and styles of music to help encourage relaxation.

## Healthy lifestyles

Children should eat nutritious regular meals and snacks throughout the day to give them the energy they need to tackle the day. Foods filled with sugar and caffeine provide energy for a short time, but once it wears off children feel sluggish and tired. Getting the correct amount of sleep is important to help children think clearly and face the challenges of the day ahead.

## Talking about stress

Caregivers can be good listeners when children come with even the slightest "problem." The caregiver can listen to them and help them with advice if they want it, but some children just want to talk things out with a trusted adult.

### Use books and stories to talk about stressful and everyday events.

Stories can help young children relate to characters that are in stressful situations and learn how to work out their problems. Some suggested books for young children include:

*Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

*Stress Can Really Get on Your Nerves* by Trevor Romain and Elizabeth Verdick

*A Boy and a Turtle* by Lori Lite

Early educators teach children valuable life skills such as sharing, critical thinking, and independence. Teaching children how to cope with stressful situations is another very valuable skill that supports children's growth into successful adults.

## Additional Resources:

Galinsky, Ellen. 2010. *Mind in the Making: The Seven Essential Life Skills Every Child Needs*. New York: HarperCollins Publishers.

Honig, Alice Sterling. 2009. *Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms*. Baltimore: Brooks Publishing Company.

Youngs, Bettie B. 1995. *Stress and Your Child: Helping Kids Cope with the Strains and Pressures of Life*. New York: Ballentine Books.

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# GRATITUDE JOURNAL PROMPTS

Use these ideas for images + words to include in the pages of your gratitude journal.

- Something that made you smile today
- Something funny that made you laugh
- Your favorite thing when you wake up in the morning
- Something you are good at doing
- What did you enjoy the most today?
- A favorite place you like to visit
- An act of kindness someone showed you
- A book you are grateful for reading
- What weather are you grateful for today?
- Modern inventions you are thankful for
- Something you take for granted
- Favorite things you like about your job or work
- Something you learned about recently
- Someone who made a positive difference in your life
- A favorite activity you enjoy doing
- Day of the week - What's your favorite thing about Mondays {...or do you like Fridays more?}
- Favorite websites you are grateful for
- Something that makes your life easier
- A favorite food you enjoy
- Something you use every single day
- Something in nature
- Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}
- Something that keeps you warm
- Something that helps you relax
- A favorite song you love
- Transportation - what are you grateful for about the things that help you travel?
- A recent "small success" - from getting out of bed in the morning to remembering to do something you might usually forget
- Something that cheers you up on a rough day
- Basic skills you learned as a child - how to tie your shoes or how to read/write
- Technology you use every single day
- Something that helps keep you healthy
- Someone who inspires you
- Something that was a wish come true
- Favorite things about this season {winter, spring, summer, fall}
- Holidays you are thankful for
- What you are grateful about your home
- A difficult experience that you learned from
- A good experience with customer service somewhere
- The best thing that happened this week
- A favorite quote or saying that makes you happy
- Something you were putting off but finally did anyways



# MY BUBBLE OF CONTROL

WHAT ARE SOME THINGS YOU CAN CONTROL? WRITE THESE INSIDE YOUR PERSONAL BUBBLE OF CONTROL.

WHAT ARE SOME THINGS YOU CANNOT CONTROL? WRITE THESE OUTSIDE YOUR PERSONAL BUBBLE OF CONTROL.

