

# I Can Help Myself Feel Better

It is important that we know what works for us to help us feel a bit better. Your challenge is to do a short experiment. You are going to test at least three different ideas for helping yourself feel better and do the following for each:

1. Make a hypothesis: This means take a guess at how you think doing the activity will make you feel
2. Do the activity
3. Take a minute to review the outcome
  - How do you feel after the activity?
  - Was your hypothesis/guess correct?

Here are some ideas!

- Ask a parent or trusted adult what has worked for them, then give it a try!
- Drink a glass of ice water
- Go for a walk- By yourself, with a friend/parent, or with your pet
- Listen to music, do a silly dance, sing a song
- Tell someone a joke or give a compliment
- Write a thank you note & deliver it
- Think about 3 things that you appreciate or are grateful for-write them down or share them with someone
- Do 10 Jumping Jacks
- Take 10 slow breathes- In through your nose & out through your mouth
- Think about something that was hard to do but you did it anyway-Congratulate yourself
- Spend 20 minutes outside
- Find three pictures in the clouds
- Get creative- Build something with legos or do a craft
- Start on an assignment or chore you have been avoiding- Do it for 10 minutes
- Do something to help another person
- Talk to a parent, trusted adult, or friend about anything you wish
- Organize your room or backpack
- Come up with your own idea!

Your last task is to identify at least one thing you learned that helps you feel better.

You are so important and it matters that you know what works for you!

## My Experiment

1. I am going to try \_\_\_\_\_

My hypothesis/guess is that after I try this I will feel:

Better

A little better

The same

Worse

What happened? I noticed that I felt:

Better

A little better

The same

Worse

2. I am going to try \_\_\_\_\_

My hypothesis/guess is that after I try this I will feel:

Better

A little better

The same

Worse

What happened? I noticed that I felt:

Better

A little better

The same

Worse

3. I am going to try \_\_\_\_\_

My hypothesis/guess is that after I try this I will feel:

Better

A little better

The same

Worse

What happened? I noticed that I felt:

Better

A little better

The same

Worse

I learned that \_\_\_\_\_ works for me! Yay me!!