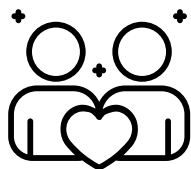


K-2nd Grade Stress-Buster | Supportive Relationships



What is a supportive relationships? A supportive relationship is talking and playing with people who care about you, like your family and friends at school. It means having someone to share your happy and sad feelings with.

How do supportive relationships enhance my well-being? Supportive relationships help you feel safe, loved, and not alone when things are tricky. It's good to know you have people who can help you!

Choose from the following activities (or create your own!):

Activity 1: The "Listening Mirror" Game

Choose someone to be the Speaker and the other is the Mirror. The Mirror's job is to copy exactly what the Speaker does, showing they can listen with your eyes and body. Round 1: The child is the speaker. The Speaker thinks of 3-5 simple facial expressions or body movements and the Mirror will copy them. Swap roles and repeat. Talk about what the Mirror had to do to really pay attention. Ask each other how listening with your whole body helps people feel loved.

Activity 2: Feelings Forecast

Explain that feelings can be like weather (like happy is sunny, sad is rainy, angry is stormy). Ask the child what's the weather in their heart today. Then have the child ask the parent the same question. Wrap it up with a "Weather Reset Hug" (a 5 second hug to regulate the nervous system). Talk about how understanding our own feelings and accepting our friend's feelings (even the stormy ones!) help us be better friends.

Activity 3: Compliment Construction Site

Before the activity, cut 5-10 small strips of paper that resemble bricks and gather markers/crayons and a piece of tape. One person gives the other a specific, genuine complement. The compliment receiver writes what is said on the paper slip or "brick." Tape all the bricks together and display it on the fridge or wall to create a Wall of Compliments. Talk about how, just like bricks that build towers, every kind word builds supportive relationships.

Activity 4: Helping Hands Mission:

Come up with a small, contained task that requires both people, like putting dirty clothes into the hamper or folding the blankets in the living room. Work together to complete the mission, emphasizing teamwork and communication. Give each other a high-5 when you finish the task and ask how you helped each other finish the mission and how working together made you feel supported. Talk about how being a supportive person means helping others when they need it and working as a team to make hard jobs easier.

Activity 5: You Fill My Bucket Story:

Get a small cup or bucket and 5-10 small objects (like beans, coins, craft pompoms) for each person. These are the "fills." Explain that when we do something kind, we "fill" the other person's bucket. Take turns giving compliments or thanking the other person for a specific supportive action they took today. Every time a supportive statement is made, the speaker drops an item into the recipient's bucket. After a few minutes, count how many "fills" are in each bucket. Explain that even when our buckets are full, we still have fills left to give. Talk about how supportive relationships keep our buckets full. When we feel full of good things, we are better able to share those feelings and support others.

K-2nd Grade Stress-Buster | Balanced Nutrition



What is balanced nutrition? Balanced nutrition is eating a variety of yummy and healthy foods like fruits, vegetables, and whole grains. It's about giving your body the fuel it needs to grow and play!

How does balanced nutrition enhance my well-being? Balanced nutrition gives you energy to learn and move, helps your body grow strong, and keeps you feeling good inside.

Choose from the following activities (or create your own!):

Activity 1: Rainbow Food Hunt

Together with the child, find a food item (fresh, packaged, or pictured) that matches every color of the rainbow. Search your kitchen, a grocery store, or even a magazine for each color: red (like an apple or pepper), orange (carrot or sweet potato), yellow (banana or corn), green (cucumber or spinach), and purple/blue (grapes or blueberries). Talk together about how eating a rainbow of food helps every part of our bodies--our eyes, bones, and energy! Choose to taste one of your colors or make a rainbow snack plate to enjoy together.

Activity 2: Grocery Store Bingo

Before the activity, Google Search "USDA MyPlate Bingo" or click [here](#). Select a row or column of 5 squares from the Bingo card that focuses heavily on different food groups. Have the child race to find and "cover" each of those 5 chosen squares using actual items from the fridge or pantry. Review the 5 found food items and talk about how they affect mood and concentration. Remind the child that our brains need food to work, just like our bodies! If we eat meals with these kinds of foods, how does it help you concentrate or feel less sleepy? How does this food help your brain be ready to learn?

Activity 3: My Body's Fuel Gauge

Ask the child to imagine their belly has a fuel gauge, like car. Together, find a comfortable spot to sit or stand and close your eyes to check your hunger levels. Ask the following check-in questions: Is your tummy rumbling or do you feel cranky? This might mean your gauge is empty and your body is asking for fuel. Do you feel comfortable and ready to play? This means your tummy has enough fuel for now. Does your belly feel tight or heavy? This is your body telling you to take a rest from eating. Open your eyes and discuss what your body needs right now--a snack, a glass of water, movement?

Activity 4: My Food's Superpowers

Explain that the 5 main food groups each have different superpowers: Fruits give us quick energy and fights germs; Vegetables clean and protect our bodies; Grains give us energy to help us focus and move our bodies all day; Protein makes us strong and run fast; and Dairy keeps our bones strong and teeth healthy. Have the child pick a superpower they want to focus on: a Shield Builder (Dairy), a Speed Runner (Grains), a Mind Sharpener (Protein), or a Germ Fighter (Fruits and Vegetables). Have them draw a picture of their Power Meal--a plate filled with foods they love that will help them develop that specific power.

Activity 5: Kitchen Helper

Using safe kitchen tools (like a plastic knife and a soft food or bowl and spoon), work together to prepare a small snack. Share the 3 big kitchen jobs: chopping, mixing, and sorting groceries. Assign a job to each of you and make a snack together, allowing the child to lead the preparation with adult assistance.

K-2nd Grade Stress-Buster | Quality Sleep



What is a quality sleep? Quality sleep means getting enough rest at night so your body and brain can recharge and you have energy to play and learn the next day.

How does quality sleep enhance my well-being? Quality sleep helps you focus in school, have more energy, be in a better mood, and keeps your body healthy!

Choose from the following activities (or create your own!):

Activity 1: The Dream Team Routine

Talk together about your bedtime routine and write down 3 things you do most nights to get ready for bed. Then, search YouTube to watch the read-aloud of “A Sleepy Little Spot” by Diane Alber or click [here](#). As you read/listen, pay attention for anything you do for bed that is mentioned in the book and identify 1 more thing you want to try in your bedtime routine this week. Discuss what could help you keep a healthy sleep routine.

Activity 2: The Brain's Nighttime Job

Talk about 2 of the brain's biggest jobs when we sleep: 1) Cleaning up all the thoughts and learning from the day to make room for new things tomorrow 2) Recharging the body like a battery. On a piece of paper, have the child draw something that your brain cleaned up while you slept last night and something it recharged for you today. Talk about how the better we sleep, the better the brain can do its 2 jobs. As a family, ask if your brain could talk, what would it thank you for after a good night's sleep?

Activity 3: Sounds of Rest Check-in

Together with the child, sit or lie down and close your eyes. For 1 minute, be a detective and listen only to the sounds outside of your room, like traffic or distant voices. Then, listen only to the sounds inside your room like the hum of a fan or sound of your breath. Talk together about the sounds you heard. Which sounds help your body rest? Which sounds wake your body up? Choose 1 wake-up sound and discuss a plan to minimize it for bedtime, like asking for family to speak quietly near the door. Ask the child what is 1 sound that you can make or ask for that helps tell your brain that it is safe to rest.

Activity 4: Blanket Hugs

Before the activity, find a favorite heavy or fuzzy blanket. Tell the child to lie down on their back and cover themselves with a blanket. Make sure the blanket feels heavy, safe, and warm. Tell them to close their eyes and notice how the blanket feels on their body. Tell them to imagine the blanket is giving them a quiet, warm hug that tells their body it is safe to rest and be still. Together take 5 deep, slow breaths and notice the belly rising and falling. Stay under the blanket for 1 minute of quiet rest. Ask them what part of their body felt the most relaxed after their blanket hug. Discuss how to make more restful moments like this throughout the day.

Activity 5: Gentle Body Scan

Together with the child, lie down in a dim room and take 3 slow, deep breaths. Imagine a soft, warm light shining on your toes. This light is gentle and melts away any tightness and tells your toes to rest. Imagine the light moves up to the legs and tells them to relax. Move the light to the belly and chest. Feel your belly rise and fall gently and whisper “rest” to your body. Move the light to your shoulders, arms, and face. Relax the jaw and tell your face to rest. Imagine the soft light is now covering your whole body, making you feel safe, cozy, and completely relaxed. Stay here for a minute of quiet rest. Together, talk about which part of the body felt the most awake before our scan and what part feels most rested afterwards. Also, talk about how this activity could help us relax at bedtime.

K-2nd Grade Stress-Buster | Mindfulness Practices



What is mindfulness practice? Mindfulness practice is paying close attention to what's happening right now – what you see, hear, smell, taste, and touch. It's like being a super detective with your senses!

How do mindfulness practices enhance my well-being? Mindfulness practices can help you calm down when you feel upset, notice the good things around you, and focus better on your tasks.

Choose from the following activities (or create your own!):

Activity 1: Balloon Breath

Together with the child, lie down or sit comfortably and place your hand on your tummy. Pretend your tummy is a balloon. Take a slow, deep breath in through your nose, filling your tummy balloon with air and feel your hand rise up. Breathe out slowly through your mouth, making a soft “whoosh” sound, like deflating a balloon slowly. Do this 5 times and notice how breathing deeply makes your body feel safe. Ask the child where in their body they felt the most calm after doing the balloon breathing.

Activity 2: Feeling Thermometer Check

Before the activity, gather some paper and drawing tools (like crayons or markers). Together with the child, draw a long rectangle on the paper, which will be your thermometer. Write a small number 1 at the bottom and a big number 10 at the top. Use red/orange near the top for big, powerful feelings (like anger or super excitement). Use blue/green near the bottom for quiet, calm feelings (like peaceful or sleepy). Ask the child how they are feeling right now and color the thermometer to match the number. For example, a “2 feeling” might be calm and an “8 feeling” might be frustrated. Every number is okay! We are just noticing how we feel right now. Talk together about some activities that calm our bodies and some activities that boost our energy.

Activity 3: Strong Like a Tree

Together with the child, stand tall like a mountain. Notice your feet touching the floor and wiggle your toes. Imagine your feet are growing big, strong roots deep into the ground. Feel how solid and steady your roots make you. Slowly, if it feels safe, lift 1 foot up just a bit. Put your hands together at your chest or stretch them high like branches. If you wobble, that's okay! Just focus on your roots. Bring that foot down, feel your roots grow again, and repeat the position with the other foot. Talk together about what helped you feel steady when you started to wobble in your tree pose.

Activity 4: Texture Tracker

Before the activity, gather 3 small, safe objects with different textures (like a smooth stone, a fuzzy sock, a wooden block, a coin). Place the objects in front of the child and ask them to close their eyes and pick up the first object. Tell them to run their fingers over the object and notice all the tiny details of the texture (like bumpy, smooth, cold, warm). Don't try to name the object, just feel its texture. Rub the object near your ear to see if it makes a sound. Repeat with the remaining objects, focusing on how each one feels different. Ask the child which object felt the most interesting to hold and discuss how that object might be nice to have near when they need a quiet moment.

Activity 5: Kindness Pebble Drop

Before the activity, gather a small jar or cup and 5-10 small, safe objects (like small stones, dried beans, or pennies). Sit together with the child and think of 3 people you care about. Hold a pebble for each person and think of a kind thing you can say or do for that person today. Gently drop the pebble into the jar as you say or think that kind thing. Use the rest of the small objects to think of 5 things you are grateful for right now (like a favorite toy, clean laundry, a warm bed) and drop the pebble into the jar for each one. Talk together about how thinking about someone else or thinking about gratitude makes your own body feel different.

K-2nd Grade Stress-Buster | Physical Activity



What is physical activity? Physical activity is moving your body in fun ways like running, jumping, dancing, and playing games. There's not a right or wrong way to move, and every body is different, it's about getting your heart pumping!

How does physical activity enhance my well-being? Physical activity takes your muscles and bones strong, gives you energy, helps you sleep better, and is a great way to feel happy.

Choose from the following activities (or create your own!):

Activity 1: Music and Movement

Play a lively song and let students create dance routines incorporating different shapes (like circle or square) and pathways (like zigzag or straight line). You can plan a routine ahead of time or let the music lead the way. Try songs or dances with a variety of tempos and see how it feels to move at different speeds with different song tempos. Have fun with it! For extra fun, learn a dance together and show it off to friends or other family members. Discuss the benefits of movement and dancing.

Activity 2: Play “Move Like an Animal” Game

Call out an animal (like hop like a frog, gallop like a horse) and let the child imitate the movement in an open space. You can use a timer to be an animal for a certain amount of time before changing. You can look at videos of specific animals to try their movements together and learn about their movements and the many ways we can move our bodies. For extra fun, try imitating specific sea creatures! After practicing some animal movements, try combining two animals at the same time, or see how many animals the child can imitate at once! After you've played, discuss how it feels when we move our body and how we can maintain our body's ability to move more freely.

Activity 3: Copy Cat Neighborhood Walk (or Run)!

Decide on a route to walk around your neighborhood. Talk together about how to prepare by choosing a safe route and deciding what clothes are best for the weather. Start your walk and play copy cat by choosing some movements and taking turns doing a movement and copying each other. Here are some ideas: skipping, hopping on one foot, galloping, jumping jacks, planks, spins. Include a few short runs in the walk as well for an extra boost of energy. The purpose is to practice a variety of movements and make the walk fun and interesting. Discuss how it feels after getting some activity outside. Come up with a plan to do this regularly.

Activity 4: Color Rest and Stretch

Find a comfortable spot for you both to lay down or sit comfortably, closing your eyes. Take deep breath, imagining the color of calm on the inhale and exhale. Repeat 3 times. Then, imagine a warm yellow light shining on your toes, feet, and ankles like the sunshine in the summer, relaxing as the sun shines. Then imagine a soft green blanket covering your legs, tummy, and chest, visualizing a warm, cozy weight. Sit together in this quiet stillness for 30 seconds. Gently move your body 1 part at a time starting with the toes, then ankles, then bending knees, and upper legs, hips, chest, arms, neck, and head. Stretch each part of the body as you gently move them and loosen them up. Talk about how our mind and body are connected. How can our imagination help our bodies feel safe and still? How can moving our body gently help our mind feel safe and still? Create a list of ideas for mind and body movements to help us feel safe and calm.

Activity 5: Yoga for Kids

Set out a mat, towel, or soft blanket on the floor. Begin with some deep belly breaths, counting out loud and trying to make the breaths deeper and longer. This can be sitting or standing. After some deep breaths, plan a yoga sequence using images found online by searching “yoga poses for kids.” There are many free examples to follow. If you'd like to follow a planned routine, click [here](#) or visit “Cosmic Kids Yoga” on YouTube and follow along with any of the yoga sequences. After doing the yoga together, discuss how it feels to move in so many new ways and how it could help strengthen our mind and body.