

10 Wellness Skills for Kids (3-6)

1. Play sports
 2. Make a gratitude list
 3. List your positive qualities
 4. Talk to a friend
 5. Visualize your favorite place
 6. Write in a journal
 7. Do a craft
 8. Play an instrument
 9. Tell someone you are thankful for them
 10. Draw cartoons
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When I feel angry I can...

When I feel lonely I can...

When I feel sad I can...

When I feel afraid I can...

When I feel anxious I can...

When I feel bored I can...

When I feel empty I can...

When I feel jealous I can...

When I feel overwhelmed I can...