

10 Wellness Skills for Early Adolescents (7-9)

1. Listen to happy music
 2. Look at pictures you've taken
 3. Organize something
 4. Think of something happy
 5. Do something you love
 6. Play an instrument
 7. Paint your nails or do a makeup tutorial online
 8. Eat a healthy snack
 9. Write a positive note to yourself
 10. Make a feel-good music playlist
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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...