

10 Wellness Skills for Teens (10-12)

1. Stand up and stretch
 2. Walk your dog
 3. Say something kind to yourself
 4. Take pictures
 5. Call an old friend
 6. Get enough sleep
 7. Exercise (running, walking, pickleball, etc.)
 8. Write down your thoughts
 9. Visualize your favorite place
 10. Sit and relax all your muscles outside
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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...