

10 Wellness Skills for Little Kids (K-2)

- Take deep breaths
 - Slowly count to 10
 - Sing and dance around your room
 - Give someone a hug
 - Drink cold water
 - Write/draw a thank you note
 - Play a card game
 - Think about someone you love
 - Hug a stuffed animal
 - Color a coloring page
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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...