

Well-being Board for Elementary Students & Their Parents

Activities designed to help you take care of yourself and manage your stress in a time of social isolation

Get Movin'



Exercise is an important part of well-being! Spend 20-30 minutes each day engaging in a fun physical education workout. [GoNoodle](#) is a free, online resource for schools and families. With your child, choose a new exercise video to try together. Make this a daily practice to enjoy together so you can train your brain and your body!

Write a Letter to Someone you Love



Invite your child to think about special people in his or her life. Together, write a letter or draw a picture for one of these special people. Your child can write, draw, or combine the two depending on his or her age. Once the letter is completed, put it in an envelope, add a stamp and address, and place it in the mailbox. Make this a routine activity and use it to share love and kindness with others.

Family & Furry Four-legged Friends



Who or what do you enjoy spending time with...a family pet, a parent, a sibling, or a friend? Spend 15-20 minutes giving this special person or four-legged friend some love and attention. Snuggle, play, and enjoy connecting. If everyone seems busy, search YouTube for funny animal videos and remember that laughter is the best medicine.

Connect with Friends



Is your child feeling lonely or missing his or her friends? Organize a virtual playdate for your child to connect with other children his or her age using a video conferencing tool, like Facetime, Zoom, or Google Hangouts. Think about fun games or activities that can be adapted for the online environment, like I-spy, charades, musical instruments, or show and tell.

Belly Breathing



When we learn to breathe slowly and deeply, our bodies release hormones that are connected to feelings of calm and well-being. Explain that you are going to practice belly breaths. Place a stuffed animal on your belly. Ask your child to watch as you breathe in and out, slowly and deeply. What does your child notice? Talk about using deep breaths as a way to calm your mind. Ask your child to place the stuffed animal on his or her belly to practice belly breaths. After a few tries, spend some time talking about the experience. What do they notice about how they feel? Try to incorporate this practice each day.

Mindful Movement: These Feet Were Made for Walking



Go for a walk around your neighborhood with your child. Leave your phone at home and spend this time outside observing your surroundings and engaging with your child. If you have access to green spaces, walk where you can "feel" like you are in nature. Notice the flowers, trees, rocks, sky, and other details. Play "I spy" as you walk to encourage your child to look around and notice his or her environment.

An Attitude of Gratitude



Begin a gratitude journal or sketchbook. Each day dedicate a few minutes to talk and reflect on the things that you are both grateful for. Together or on your own, write or draw a picture of these special moments, things or people. At the beginning or end of each week, take some time to reflect on the things that you were thankful for. By regularly engaging in this practice, you can develop an attitude of gratitude.

Mindful Eating: Healthy Snack



Ask your child how he or she feels after eating a healthy meal or snack? What does your body feel like? What type of healthy snack would they enjoy trying to make? Look for a simple online recipe together. Spend time in the kitchen preparing this healthy meal. What makes it healthy? Use the cooking process to encourage your child to practice skills like measuring, mindful tasting and of course, mindful eating!

Music is a Must



Music is a powerful form of expression. Ask your child to play a song that makes him or her happy. How does this song make them feel? Now share your favorite song with your child. Why does this song make you happy? What does it remind you of? Invite different family members to pick a song of the week to share. Find time to listen to your favorite songs as a family. Relax and enjoy the music and how it makes you feel.

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