

# Wellness Activities for April 20-24

Choose an activity for this week (or, try one a day!)

<p>Practice the <u>Grounding Exercise</u> Name, write or draw:</p> <p>5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste</p>	<p>Make an <u>Acrostic Poem</u> of your name with positive character qualities or things you can do to be kind.</p>	<p>Practice <u>5 Finger Breathing</u>: Trace your fingers slowly, inhale on the way up, exhale on the way down. Or, try any of the breathing exercises on the breathing choice board below.</p>	<p><u>Write a note, letter, or draw</u> a picture for someone you are thinking about, but can't visit right now</p>	<p>Take a <u>Brain Break</u>:</p> <p>20 jumping jacks 15 squats 10 lunges 5 push-ups</p>
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