







Listed here are some quick, easy, free, and at home things you can do to check in and reset your mental status at home. Our education and physical health are important AND our so is our mental health. As always if you need immediate emergency help for mental health you can call 911.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Take a 10 minute</p>  <p>walk outside (nature is the best reset)</p>	<p>Follow the grounding video on seesaw (linked via email and on ACE PTA fb page)</p>	<p>Download the CALM app and try it out</p> 	<p>Practice Emotional language development. Name feelings and talk about a time when you felt that feeling.</p> 	<p>Practice breathing</p> <p>https://www.youtube.com/watch?v=UxbdX- SeOOo</p>
<p>Practice mindfulness with this activity:</p> <p>Pick an orange or another fruit. Eat it mindful of how it smells, feels, taste. Take 5 minutes or more to eat part of it.</p>	<p>Go outside and blow bubbles. Chase them, pop them, laugh!</p> 	<p>Check in to Zen Den</p> <p>https://www.youtube.com/watch?v=wf5K3pP2l UQ</p>	<p>Follow along for a progressive muscle relaxation story - linked via seesaw from Mrs. Kincheloe</p> <p>(email and pta facebook)</p>	<p>Keep your eyes open and sit in silence for a few minutes with no device. See if you can increase in minutes throughout the day. How does it feel?</p>
<p>Get creative- make some doodles and then turn them into a story. Or paint and get messy</p> 	<p>Turn up some music and dance! Or put on some chill music and just rest and listen to the words.</p>	<p>Play guess who and look at faces and talk about feelings.</p> 	<p>Exercise for 10 minutes Do jumping jacks, push ups, situps, burpees.</p> <p>This will increase endorphins!</p>	<p>Look at some some optical illusions (great for distraction)</p> <p>Linked here https://www.optics4kids.org/illusions</p>