

RULES & GAMEPLAY

Flexibility: Sounds like a stretch! 2 points for being bendy!

Mindfulness: Me oh my! 3 points is worth a try!

Cardio: Get up and go with some cardio! 4 points in honor of the 4 chambers of your heart!

Strength: What kind of award do you get for building strong muscles? "A trophy" and 3 points!

Buddy: 4 points for double the trouble! 5 points for teaming up with a parent or guardian!





- 1. Sit in criss-cross position on the floor.
- 2. Put one hand on your stomach and one hand on your back.
- 3. Allow your breath to fill your back and stomach back with your inhale.
- 4. Release the breath for 5 seconds and repeat. Close eyes and visualize the air filling your body. Repeat 20 times.





- 1. Go on a walk around your neighborhood with your parent or guardian.
- 2. On the walk, try to listen for 3-5 different sounds in nature.
- 3. This can be something like birds chirping, cars going by, or a lawnmower!



- 1. Grab your favorite snack!
- 2. While you're eating, really focus in on the senses associated with that snack.
- 3. Describe what the snack tastes like, smells like, feels like, and the sound it makes when you're eating it.



- 1. Find a day where there are a lot of clouds in the sky.
- 2. Lay down on your back on the ground or in the grass and look up into the sky.
- 3. Watch and admire all the different clouds. Look at the different shapes they make, how fast/slow they're moving, and where they are moving to!



- 1. Take some time to think about some nice things that someone has done for you. It could be a parent, guardian, friend, or family member!
- 2. Then, challenge yourself to say thank-you to that person. Or, write them a thank-you note to give to them in person.
- 3. Do this for at least 5 different people in your life!





- 1. Wake up in the morning and think for 2 minutes of at least one task you want to complete before you start your day.
- 2. This can be something like making your bed, brushing your teeth, or a household chore that you can do.
- 3. Challenge yourself to complete at least one task each morning.
- 4. This will give you a sense of accomplishment no matter how big or small!



- 1. Go for a walk around your block with your parent or guardian.
- 2. On the walk, try to focus in on 3-5 specific smells you can find in nature.
- 3. It can be the smell of fresh cut grass, the smell of someone grilling hamburgers on a BBQ, or some stinky garbage!



- Challenge yourself to do at least 3 nice things for different friends or family members.
- 2. This can be like holding the door for them, giving them a compliment, or helping your parents or guardians make dinner!
- 3. Feel free to do more than 3, but challenge yourself to do this everyday for a week.





- 1. Grab a journal or a piece of paper and a pencil.
- 2. Think about your day and write down 5 good things that happened. You can also write down 5 things that you are thankful for or things that you want to be better about.
- 3. Challenge yourself and try to do this activity for an entire week at the end of each day!





- 1. Go on a walk around your neighborhood with your parent or guardian.
- 2. On the walk, try to find 3-5 objects in nature with different textures.
- 3. This can be something soft, rough, hard, or even smooth!



- 1. Find your favorite song and play it on a radio or device.
- 2. Now listen carefully to it and "dissect" it by listening for each specific instrument being used to play that song.
- 3. Listen for instruments like guitars, drums, and pianos!



- Think about some things in life that you
 want to be better about or improve upon.
 It can be things like in school, in sports, or
 relationships with your friends and family.
- 2. Now think about the steps you'll take to make those improvements!
- 3. Challenge yourself to think about at least 5 things that you'd want to be better about/improve upon!





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- Begin by bringing your attention to your body. Close your eyes and sit in a comfortable position, whether in a chair or on the floor.
- 2. Feel the weight in how you're seated and take deep breath.
- 3. Notice the sensations of your feet touching the floor, the pressure, heaviness, lightness or pulsing of your legs in the chair.
- 4. Notice your hands, arms, softness in your shoulder.
- Let your face and facial muscles be soft.
 Notice your whole body present and your breath.



- 1. Stand with legs hip-width apart.
- 2. Spread arms out wide and inhale as you reach outward.
- 3. When you exhale, clap your hands together as many times as possible like baby alligator jaws.





- 1. Find a piece of paper, pen, and 10 items of your choosing.
- 2. Trace the shapes of these items and focus on your breath.
- 3. For example, when tracing, exhale as much breath as possible until your trace is complete.



- With a parent or guardian, play a game of word association when needing a break from a stressful moment.
- 2. Have one person name anything and have the other person respond with the first thing that comes to mind.
- 3. Some topic ideas include: food, places, people, nature, etc.

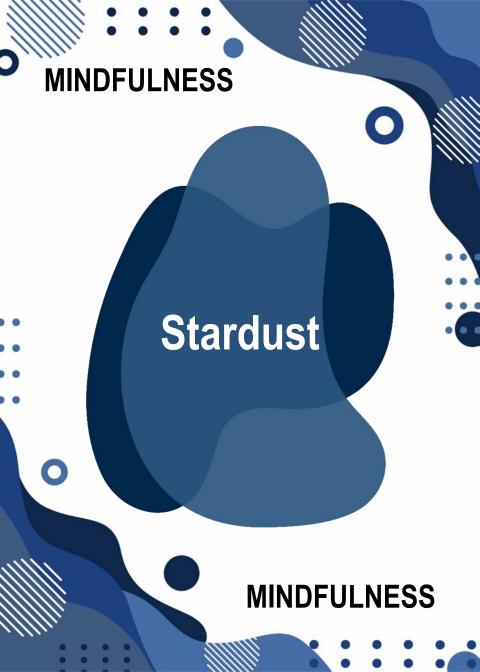


- 1. Find a beat or a tune in your head!
- 2. Sit criss-cross on the floor and tap out the tune with your hands on the ground.
- 3. Focus on the sounds and work different parts of your hands for different "beats."





- Find any food item around the house with a nutrition label.
- 2. Copy the ingredients by writing them out on a separate piece of paper.
- 3. Once copied, go down the ingredients list and think of other words that start with the same first letter of the ingredients listed.



- 1. Lay on back with legs stretched straight.
- 2. Close eyes and with one arm cross over chest.
- 3. Lightly move fingers tips up and down in twinkling motion on your opposite arm making sparkles and stardust for one minute.
- 4. Repeat movements on other side.



- 1. Start by finding a quiet room to sit down in with a pencil and some paper.
- 2. Write a letter to your future self in 10 years.
- 3. Write down what you hope you are doing at that point and what you have accomplished up until then.
- 4. Place it in an envelope and keep it somewhere safe. DO NOT open it until 10 years from now.





- 1. Grab an empty plastic water bottle.
- 2. Close your eyes and start twisting the bottle in both directions.
- 3. Concentrate on your breathing and exhale whenever you twist.





- 1. Start by finding a quiet place to sit down.
- 2. Close your eyes, and with pieces of paper, clothes, and/or scarves crumple them up into snowballs.
- 3. Think of what is bothering you, weighing on your heart, or making you stressed.
- 4. Throw your snowballs at the wall and let the tensions go.





- 1. Start by finding a quiet place to sit down.
- 2. Close your eyes and focus on the present.
- With two tennis balls, or any two balls of your choosing, practice rolling them in little circles next to your side.
- With your right side, try rolling the ball with your hand in a clockwise motion. With your left, roll in a counterclockwise motion.
- Complete these motions at the same time and reverse to have left in clockwise and right in counterclockwise motions.



- 1. Start by finding a quiet place to sit down.
- 2. Close your eyes, focus, and try to listen for your own heartbeat.
- 3. Describe what it sounds like and how fast/slow it's going.
- 4. Try to do this for at least 5 mins.
- 5. Having trouble hearing? Try covering your ears with your hands to block out any outside noise.



- 1. Start by finding a quiet room to sit down in.
- 2. Look at the palm of your hand and notice all the creases on it.
- 3. Take some time to admire them, how big/small they are, how they differ from each other.
- 4. Challenge yourself and see how many creases you can count!



- Use this activity when feeling anxious or stressed at home.
- 2. Take a 3-minute shower and listen to the sounds of the water falling.
- 3. In your minutes count how many different water droplet sounds you can hear.



- 1. Sit on the floor in a comfortable position.
- 2. Take both hands to prayer position leveled at your heart.
- 3. Notice your breath and start counting down from 20.
- 4. Every 5 seconds, press your hands harder together and then release and relax for 5 seconds.
- 5. Repeat as many times as needed.



- 1. Stand up straight with feet hip-width apart.
- 2. With your right leg, trace figure eights on the floor using your toes. Bend supporting left leg as needed. Repeat as many times as needed and channel your breath with the flow of your footwork.
- 3. Switch legs to trace left leg, with right leg standing. Repeat as many times as needed to center your energy.



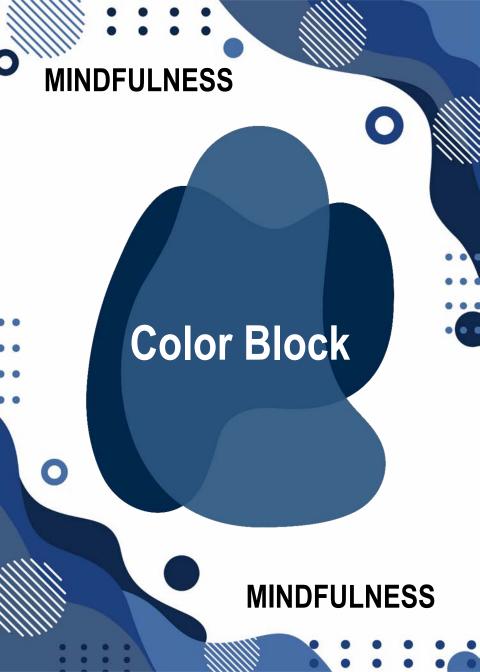


- 1. Lay on back on the floor in a comfortable position with legs together and arms by your side. This is neutral position.
- 2. Make snow angels on the ground slowly by making an X with your body shape.
- When raising arms above head and extending legs outward, breathe in; while coming back to neutral position, breathe out.
- 4. Notice your breath and start counting down from 20.





- Start with feet together. Turn toes to 11 and 1 o'clock while keeping heels connected (first position).
- 2. Slowly bend and rise, keeping feet planted on the ground.
- 3. While continuing to bend and rise, place arms in front of chest like you're holding a beach ball, then move arms out to make a "T" shape.
- Inhale each time you make a "T" and exhale each time you hold a beach ball.



- 1. Lay on back with legs stretched straight.
- 2. Close eyes and think of 5 colors you like.
- 3. With each color, think of a movement that can done in slow motion.
- 4. Repeat movements in a sequence 5 times and try to flow together.



- 1. Sit on the floor in butterfly position with feet touching and hands on your inner soles.
- 2. Close your eyes and think of where you want to travel.
- 3. With each breath, imagine flying to your selected location. Raise knees up with each inhale and down with exhale to pair with each breath.
- 4. Repeat movements in a sequence 5 times and try to flow together. Fly to all of your favorite places!



- 1. Stand tall with your feet hip-distance apart.
- 2. Take a breath in, then as you exhale, look down at the ground and reach your hands towards the floor in front your feet.
- Allow your back to bend forward rolling one vertebrae at a time, keeping knees bent slightly.
- 4. Walk out to a plank position and then walk back with slight bend in knees, without moving hips back to standing position.
- 5. Repeat 20 times.



- One of the best activities to practice gratitude and be in the present is letter writing.
- 2. Write a half-page letter to someone you care about. It can be about anything and everything!
- 3. Build on this activity by writing one letter a week to people you are grateful for.

