AT HOME
Wellness
TOOL KIT

FREE CLINICAL ASSESSMENT
1-800-478-7575
907-258-7575
7 MINUTE ANIMAL HIIT

DO EACH ANIMAL MOVEMENT AS MANY TIMES AS YOU CAN IN 45 SECONDS.
TAKE 15 SECOND BREAK IN BETWEEN.

- Hands and feet on the floor, hips high, walk left and right
- Jump up and down with your arms and legs wide apart
- Sit and place your palms on the ground behind you. Lift your hips and crawl on your hands and feet
- March in place, stomping on the ground with all your strength
- Run in place as fast as you can
- Low sumo squat, then use your hands to balance and shuffle around the room
- Hop, hop, hop like a frog

NorthStar Behavioral Health

Physical Wellness
Feelings CHECK-IN

Circle the face that best shows how you're feeling:

1. HOW DO YOU FEEL RIGHT NOW?

2. HOW ARE THINGS GOING AT SCHOOL?

3. HOW ARE THINGS GOING WITH YOUR FRIENDS?

NorthStar Behavioral Health

Emotional Wellness
MAPPING MY FEELINGS

This is how my body feels, when I am feeling ________________.
Our Family Rules

BE RESPECTFUL
Always be respectful. Talk to people the way you want them to talk to you. Always use your manners and don’t say things to hurt others’ feelings. This also means no yelling, talking-back, or arguing.

BE GENTLE
Always be gentle with everyone around you. This means no hitting, pushing, kicking, hair pulling, grabbing, pinching, or throwing things. If your actions could hurt someone, you will need to spend time alone.

BE HONEST
Always tell the truth. Everyone makes mistakes sometimes, has accidents, and makes bad choices. But lying hurts others feelings and makes them feel betrayed. They may have trouble trusting you again if you have lied to them.

BE CONSIDERATE
Always think about how your actions affect others. Do not do things you know will bother or disrupt others. If someone asks you to stop something because it bothers them, stop or go to another room where your activity won’t be disruptive.
1. **BUBBLES**
   Try to blow the biggest bubble you can, or blow smaller bubbles and try catching them on your fingers without popping them.

2. **BODY SCAN**
   Students all close their eyes and the teacher/parent leads this activity.
   Starting from the toes, direct kids to squeeze as tight as they can, and then release. Move up to the legs, buttocks, abdomen, hands, arms, neck, and face.
   Finish by getting them to squeeze everything at the same time.

3. **BREATHE YOUR NAME**
   Take a deep breath in. Then, blow out slowly, while moving your head, to draw the letters of your name in the air with your breath.

4. **SQUARE BREATHING**
   This is a deep breathing activity that involves breathing while following the shape of a square. Breath in for 4, hold for 4, exhale for 4, hold for 4. Repeat this process for 8-10 repetitions.

5. **REACH FOR THE SKY REACH FOR YOUR TOES**
   Stand up straight and reach your arms above your head, stretching as high as they can go. Then bend over and touch your toes, reaching as low as you can.
   Repeat this movement/stretch 5 or 6 times.

6. **CAREFUL LISTENING**
   Set a timer for 1 minute. During the minute, everyone must sit with their eyes closed and stay completely quiet and listen for different sounds.
   When the timer beeps, go around the room and take turns sharing what you heard.

7. **RING THE GONG**
   Everyone closes their eyes and sits quietly to listen. Ring the gong and wait. Everyone must listen carefully with their eyes closed. When you can no longer hear the gong, open your eyes.

8. **FOCUS BALL**
   1. Stand with your feet and legs together.
   2. Bring your fingertips together in front of your chest.
   3. Bend your finger joints to form a ball shape with your hands.
   4. Press your fingertips together firmly until you feel the muscles in your arms working.
   5. See if you can hold that shape while you squeeze your legs together as tight as you can, too.

9. **‘X’ MARKS THE SPOT**
   Use tape to make an X on the floor for each child (or just use a sticker).
   Call out different body parts and have everyone touch that body part to their X.
10. **Inch Worms**
   - Start in plank position.
   - Jump your feet in towards your hands, so your body makes a "V" shape, then walk your hands forward until you're back to the plank position.
   - Continue moving like this (go back and forth if there isn't a lot of room) until the time is up.

11. **Yoga Challenge**
   - Choose a yoga pose and have a yoga challenge, who can hold the pose for the longest?
   - Chair pose is a great choice for this brain break activity.

12. **Animal Walks**
   - Direct your children to walk like different animals around the room.
   - Crab walk to the left
   - Bear walk to the right
   - Kangaroo hop forward
   - Elephant stomp backward

13. **Miming**
   - Get in partners and mime or mirror the actions of each other.
   - There is no talking at all during this activity.
   - After a minute or two, switch roles so both people get a chance to be the leader.

14. **Quick Workout Routine**
   - Do each of these moves for 30 seconds each:
     - Jumping jacks
     - Run in place
     - High knees
     - Scissor jumps

15. **Read It and Do It**
   - While reading a book to the group, every time you read a verb, have them act it out while standing in place.

16. **Burpees**
   - Tell everyone to get up and do 10 burpees.

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**NorthStar Behavioral Health**

**Self Care**
CRIS-CROSS APPLE SAUCE

This activity requires partners. Take turns reciting the rhyme while doing the actions on your partner’s back.

Criss-cross
draw on X with your fingers
Apple Sauce
Gently tap your fingers down their back
Spiders crawling up your arms
walk your fingers up their arms
Light breeze
blow on the nape of your partner’s neck
Tight Squeeze
hug or put pressure on their shoulders
Now you’ve got the shivery
light tickle back and forth along their back

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QUICK WORKOUT ROUTINE

Do each of these moves for 30 seconds each

Jumping jacks
Run in place
High knees
Scissor jumps

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SHAKE YOUR SILLIES OUT

I’ve gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away
I’ve gotta clap, clap, clap my crazies out
Clap, clap, clap my crazies out
Clap, clap, clap my crazies out
And wiggle my waggles away
I’ve gotta jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
And wiggle my waggles away
I’ve gotta yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
And wiggle my waggles away
I’ve gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away
And wiggle my waggles away

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Sing and complete the actions to the song!