

Wellness

Activity Packet For Kids & Teens!



allhealth[®]
network

What is Wellness?

Wellness is when we
practice healthy habits
every day to feel better
physically and mentally,
so instead of just
surviving...

YOU'RE THRIVING!!

Grounding Exercise

Grounding exercises can help us when we are having intense emotions or are caught up with the thoughts in our head and are having a difficult time focusing on the present moment.

Grounding exercises help us focus on the present moment and cement us to the here and now. This helps us quiet the extra noise.

Give the 5-4-3-2-1 grounding exercise a try. This exercise can be done anywhere and is helpful for people of all ages.

5, 4, 3, 2, 1 Grounding Exercise



Name **5** things you **see**.



Name **4** things you physically **feel**.



Name **3** things you can **hear**.



Name **2** things you can **smell**.



Name **1** thing you can **taste**.

Daily Goal Challenge

Challenging yourself or your family with a daily goal can incorporate motivation, fun, and self-improvement into your daily routine.

Monday: Try a new breathing exercise or meditation

Tuesday: Write a letter/draw a picture for someone and tell them why you are grateful for them

Wednesday: Go outside and explore

Thursday: Phone, video call or visit a friend or family member

Friday: Be creative - try something new such as art, writing stories, making music, or dancing

Saturday: Random acts of kindness

Sunday: Journal about your previous week and the days ahead



30-Day Challenge

Set a goal to challenge yourself or your family to see how many items you can cross off in 30 days.

There is something here for everyone, pick one and go for it!

Drink a gallon of water	Spend 1+ hours outdoors	Make a new friend	Make your bed	Start a new book
Listen to a new song	Meditate for 10 minutes	Write down 5 things you are grateful for	Try a new hobby	Volunteer in your community
Exercise for 15 minutes	Call or video a friend/family	Stay off social media all day	Flex your creative muscles	Finish a crossword puzzle
Watch your favorite movie	Go to bed 1 hour earlier than usual	Write down a list of goals you have for today	Watch the sun set	Try a new food
Eat a healthy breakfast	Explore a new place	Try a Sudoku	Listen to your favorite artist or band	Go for a walk
Clean your room	Write a letter to a family member or friend	Stretch in the morning and at night	Draw a picture	Share this challenge with a friend

MY GOAL

Goal: What do you want to do? What is your ultimate aim for your goal(s)?

Reality: Where are you now?

What are some of the barriers preventing you from achieving your goal?

Options: How I plan to respond to each obstacle:

Will/Why: What will you do? How can you start making changes to achieve your goal? Why is this goal important to you?

Coping Skills

Coping skills I already use:

- _____
- _____
- _____
- _____

Coping skills I would like to use more:

- _____
- _____
- _____
- _____

Coping skills that are unhealthy:

- _____
- _____
- _____
- _____

Positive Affirmations

It is important that we treat ourselves kindly, just like we try to treat others. Sometimes, it can be difficult to speak nicely to ourselves when we are upset, frustrated, or angry. Below are some examples of positive affirmations you can try:

- I can do hard things.
- I can choose to think positive thoughts about myself.
- I am beautiful inside and out.
- I am enough.
- I have lots of friends and family that care about me.
- I am a good friend.
- I trust myself.
- I am so loved.
- It's ok to make mistakes.
- I can do scary things.
- I am a special person.
- I love myself.
- I am happy knowing I tried my best.



My Heart Map

Take a moment to think about the people, things, and activities that bring joy to your heart. Use the space below to draw or write about them.



Practicing Gratitude

Why should we practice being grateful?

1. It makes us healthier.
2. Strengthens our relationships.
3. It is fun to do.
4. Helps us see the good in the world.
5. Makes us more confident.

Try some practices to build gratitude:

Gratitude Journaling

- Write about a person in your life that you are especially grateful for.
- List 5 small ways you can share your gratitude today with others.
- Write about skills or abilities you are thankful to have.
- Keep it simple: The exercise can be as short or long as you like.
- Journal small moments and big moments that bring you gratitude.

Gratitude Reflection

- Sit in a comfortable space and clear your head. Reflect on your day/week and only focus on things you feel grateful for.
- Note the significance of each grateful thing and even the specific reason this makes you feel grateful.
- Writing those things out can help you reflect on them later if you want.
- Aim to do this daily. Setting a timer can help you remember.

Picture Collage

- Take a picture a day of something you feel grateful for.
- After 2-4 weeks print them all out and make a collage.
- Put it somewhere you will see it and be reminded how grateful you are.
- If you already have pictures that spark gratitude, you can create a collage with those positive memories as well!

Combine Gratitude and Writing:

Write down a list of 5 things you are grateful for and why. Take note of how you feel while thinking about the things you are grateful for.

1. _____

2. _____

3. _____

4. _____

5. _____

Whenever you are feeling down or stressed, you can come back to this list above. You can also create a new list as often as you'd like.

Support Systems

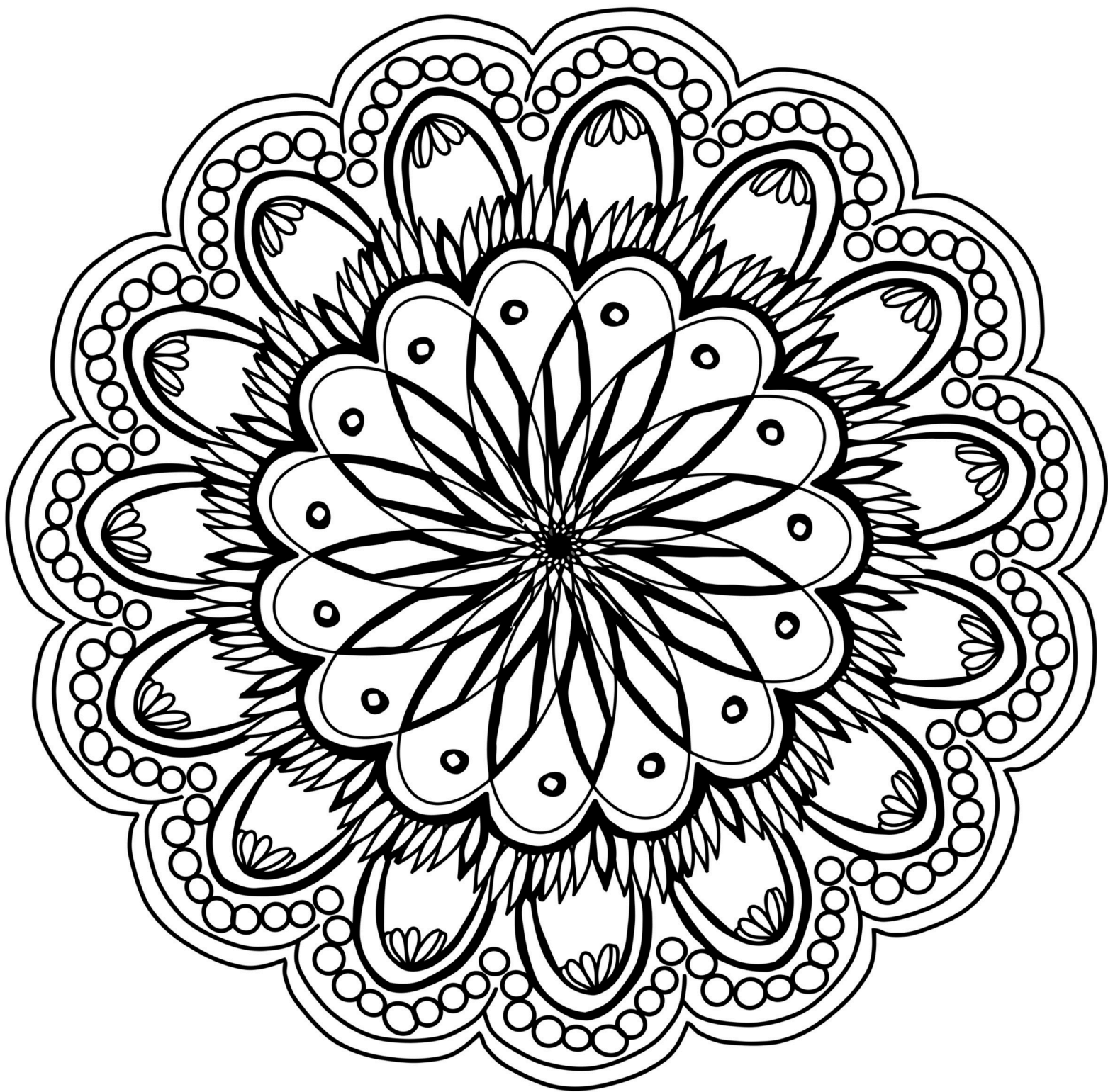
What does a safe and supportive environment look like?

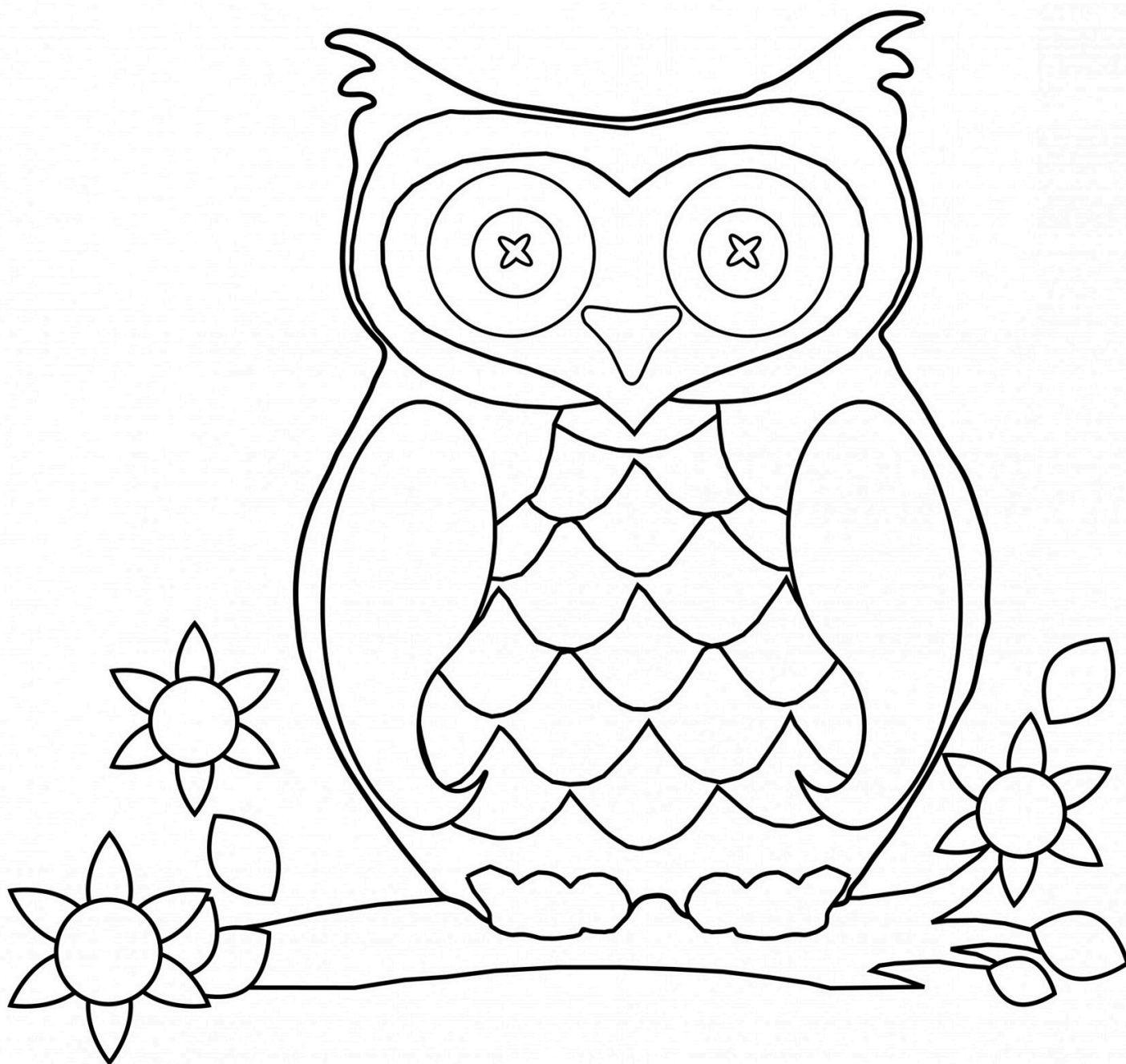
- Physical safety - free from physical threats or harm
- Trust - built trust with people in your support system
- Emotional safety - feel safe expressing your emotions
- Respect - showing up as your authentic self without feeling judged or shameful for being who you are

Who is in your support system?

- Parent
- Coach
- Family
- Mentor
- Neighbor
- Friend
- Classmate
- Doctor
- Counselor
- Teacher







AllHealth Network

For information on services or to make appointments:

- Email: info@allhealthnetwork.org
- Call: (303) 730-8858
- Website: www.allhealthnetwork.org

AllHealth Network Walk-in Crisis Center

- Call Crisis Line: (303) 730-3303
- 6509 S Santa Fe Dr., Littleton, CO 80120
- Open 24/7, 365 days a year
- Mental health professionals provide crisis stabilization support over the phone or in person.
- A mental health crisis is defined by YOU. If you think you need support, reach out or visit us.
- The Walk-In Crisis Center can support children, teens, young adults, older adults, and families. If you are 12 years old or older, you do not need a parent or caregiver present to receive support.



Not sure what you need? Call the crisis line and talk to someone today.

Refer for services through
our online portal by
scanning this QR code.



Additional Resources

I Matter

I Matter program can connect you with a therapist for up to six free virtual or in-person counseling sessions that are entirely confidential.

- Website: www.imattercolorado.org

Suicide and Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources.

- Call or Text: 988
- Chat online: www.988lifeline.org

2-1-1 Colorado

211 is the most comprehensive source of information about local resources and services in your area.

- Call: 211
- Text your zip code: 898-211
- Website: www.211colorado.org

The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQIA+ young people.

- Call: 1-866-488-7386
- Text: 678-678
- Chat online: www.thetrevorproject.org