

Things DMES Dalmatians can do for Emotional Health! (3-5)

<p>Play charades with emotions... Can your family guess the feelings you are showing on your face?</p>	<p>Draw a self-portrait of you in a future career possibility.</p>	<p>Create a comic strip about a conflict two people have and what skills they use to resolve it.</p>	<p>Write a thank you note to a community member. (Police, garbage, mail, nurse, doctor, religious leader).</p>	<p>Play a game with your family members without any technology!</p>
<p>Draw a picture of a place that makes you feel safe and calm.</p>	<p>Interview an adult about their career choice and their path to get there. Write their answers down.</p>	<p>Create an advertisement for a character trait. A video or visual can be e-mailed to your counselor!</p>	<p>Make a fire safety plan for your house. How would you exit? Where would you meet?</p>	<p>Journal about your day. What went well? What was hard? Can you list 3 feelings from the day?</p>
<p>See if you can go second <i>all day long</i>. Let others go before you.</p>	<p>Make a video or create a recipe for what makes a good friend! Ex: One cup of kindness, two dashes of laughter...</p>	<p>Make a coupon book for someone you love full of kind things you can do for them.</p>	<p>What makes an apology meaningful? Write an explanation.</p>	<p>Do two chores that are usually done by someone else in your house as a kind surprise!</p>
<p>Make an acrostic of your name with positive things about yourself for each letter!</p>	<p>Spend 10 minutes doing yoga. Check out CosmicKids.com or KidsHealth.org for ideas & poses.</p>	<p>Read a book to someone in your house. What feelings were shown in the book?</p>	<p>Take a buddy on a walk outside. Guess how many animals you will see and then count on your walk!</p>	<p>How many colleges can you list? Ask two people to help you increase your list!</p>

Ms. Watson & Mrs. Johnson can be e-mailed by parents or students.
Please contact us if you have worries or need assistance finding resources during this unusual situation.