



30 Things Toros can do for Emotional Health

# 1 Practice a breathing technique.	# 2 Make a list of the feelings you can think of.	# 3 Play emotion charades. Can your family guess your feelings?	# 4 Write a letter to someone to let them know you appreciate them.	# 5 Do your chores without being asked.
# 6 Make a poster about KINDNESS for your classroom.	# 7 Make a list of 10 ways to show respect at school.	# 8 Explain to an adult what empathy means.	# 9 Go outside and count how many things that are red.	# 10 Make a list of 30 things you are grateful for.
# 11 Practice hot cocoa breathing, smell the cocoa (breathe in) and cool it off (breathe out).	# 12 Clean up without being asked.	# 13 Make a list of 25 things you love.	# 14 Write what it means to be a good friend.	# 15 Make a list of all the ways you showed kindness this week.
# 16 Write about your hero.	# 17 Talk to an adult about your favorite place.	# 18 Write a note to someone you miss.	# 19 Practice sitting still for one minute. What sounds did you hear?	# 20 Name 3 ways you can calm down when you are feeling stressed.
# 21 Make a card for someone you love.	# 22 Draw a picture of your future self. What is your career?	# 23 Make a list of things that are important to you.	# 24 Read a book. What feelings did you notice as you read?	# 25 Ask an adult about a career they are interested in.
#26 Try to name 10 different colleges. OR name 10 jobs you are interested in.	# 27 Name 3 things you love doing and 1 thing you want to try.	# 28 Name 3 things you can do to be helpful in your community.	# 29 Play a game with someone.	# 30 Name 5 things you love about yourself.