






TAKING CARE OF YOU

A YOUNG PERSON'S GUIDE TO WELLNESS



Videos for Wellness

-  **Bubble Breathing**
<https://youtu.be/N3AISJxfZDM>
-  **Cooling Out Breathing**
https://youtu.be/5bcZJlaO_8g
-  **Starfish Breathing**
<https://youtu.be/a1dgkivX9-A>
-  **5 Fingers Breathing**
<https://youtu.be/67JDaNcX3gE>
-  **Belly Breaths**
<https://youtu.be/2PcCmxEW5WA>



Apps for Wellness

-  **Mindful Powers**
<https://mindfulpowersforkids.com>
-  **Smiling Mind**
<https://www.smilingmind.com.au/smiling-mind-app>
-  **Three Good Things**
<https://darlingapps.com/three-good-things>
-  **MyLife**
<https://my.life>

Strategies for Wellness

- 1 Create a routine or daily schedule:** Include time to wake up and go to bed, meals, screen time, chores or tasks, playtime, hanging out with family, and downtime
- 2 Express how you feel:** Tell or show someone how you feel through writing, drawing, singing, painting, arts and crafts, or music
- 3 Get active:** Get some exercise in every day with a family-friendly exercise video, a scavenger hunt, playing hide-and-seek, building a fort, or making an obstacle course
- 4 Stay connected:** Notice what you are thinking and feeling, and observe what's around you and happening right now.

