

**AT HOME**  
*Wellness*  
**TOOL KIT**



**FREE CLINICAL ASSESSMENT**  
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**907-258-7575**

# 7 MINUTE ANIMAL HIIT

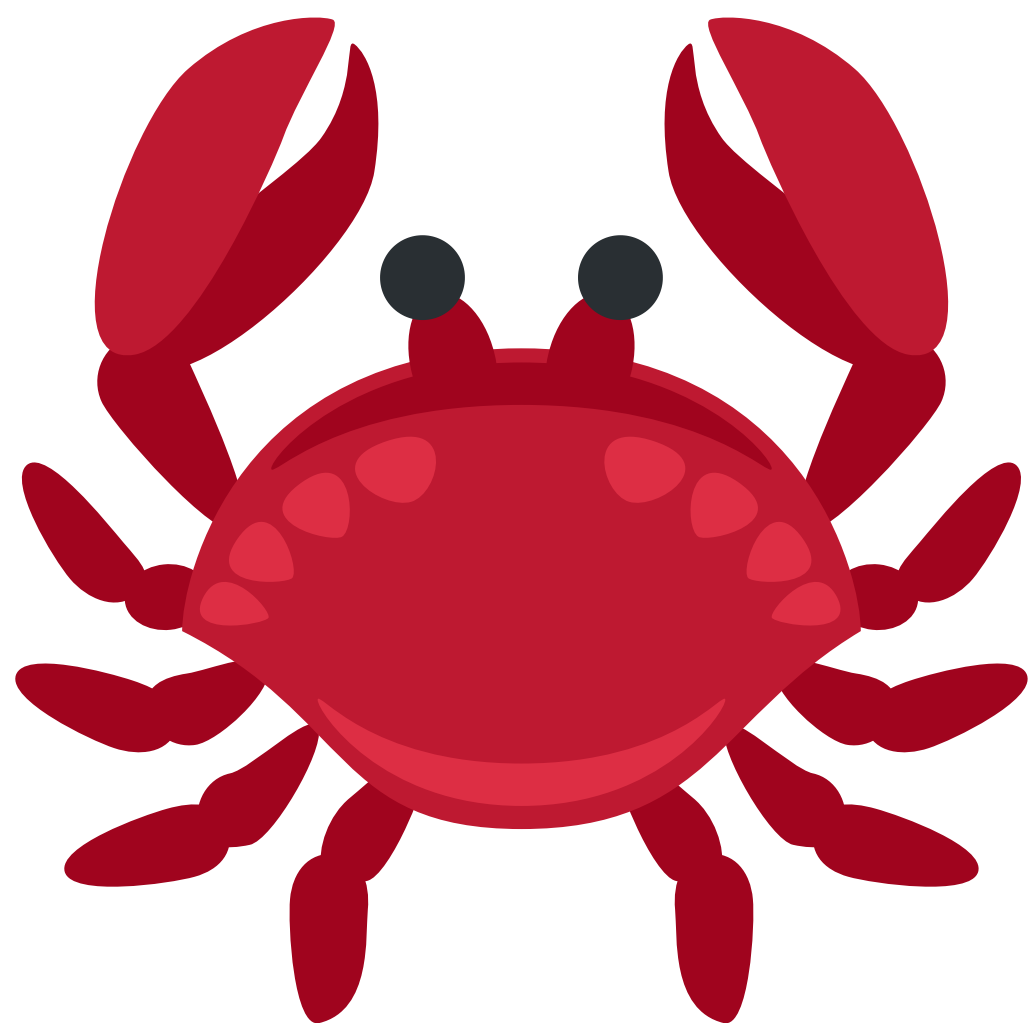
DO EACH ANIMAL MOVE AS MANY TIMES AS YOU CAN IN 45 SECONDS.

TAKE 15 SECOND BREAK IN BETWEEN.

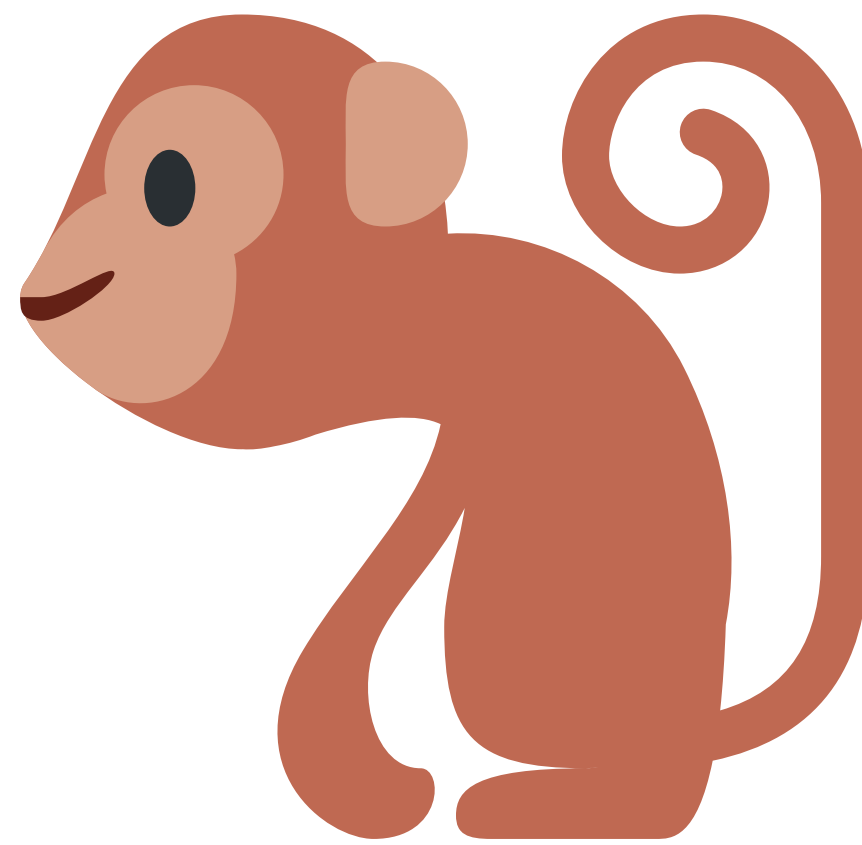
HANDS AND FEET ON THE FLOOR,  
HIPS HIGH, WALK LEFT AND RIGHT



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

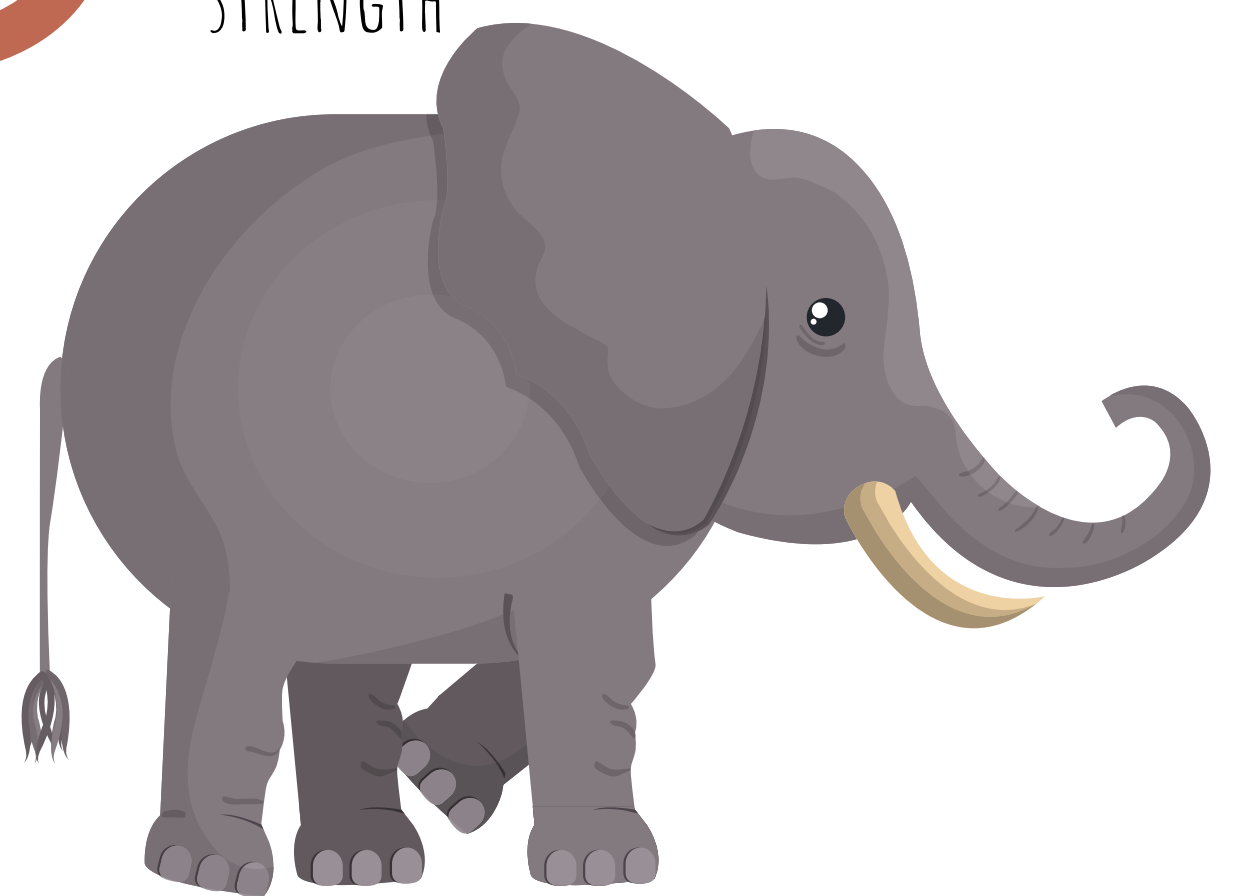


MARCH IN PLACE, STOMPING ON  
THE GROUND WITH ALL YOUR  
STRENGTH

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



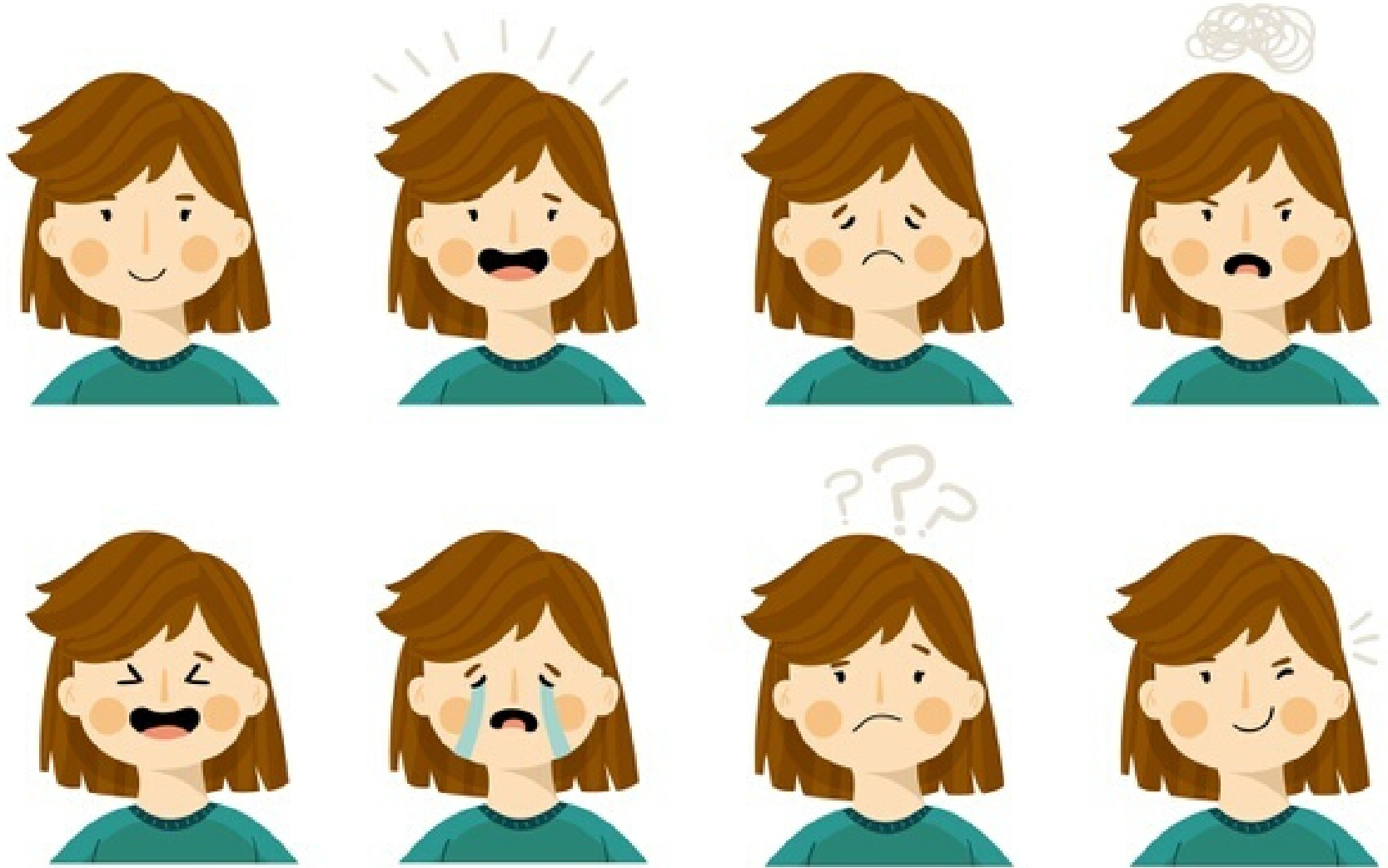


# Feelings CHECK-IN

CIRCLE THE FACE THAT BEST SHOWS HOW YOU'RE FEELING

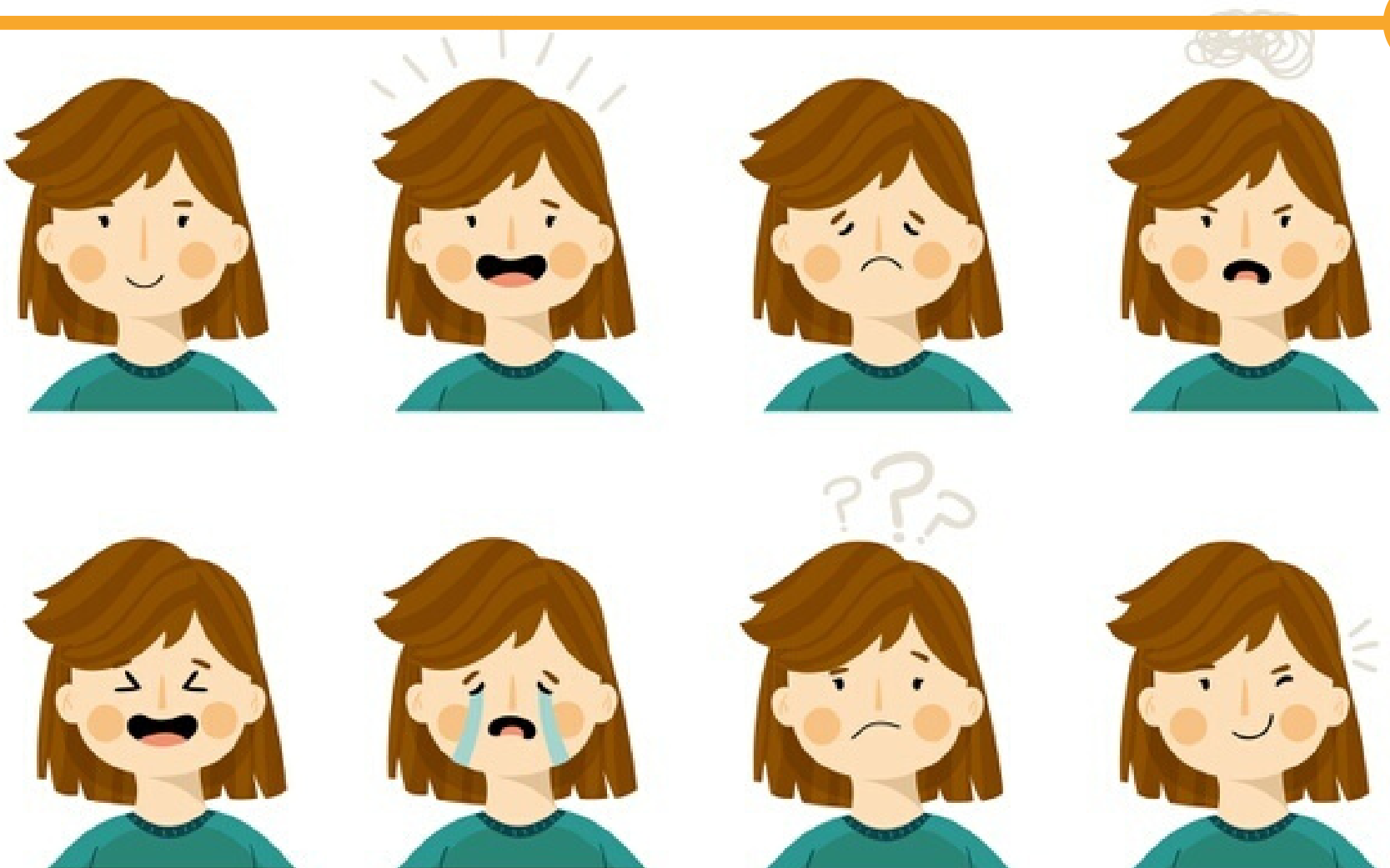
1

HOW DO YOU  
FEEL RIGHT  
NOW?



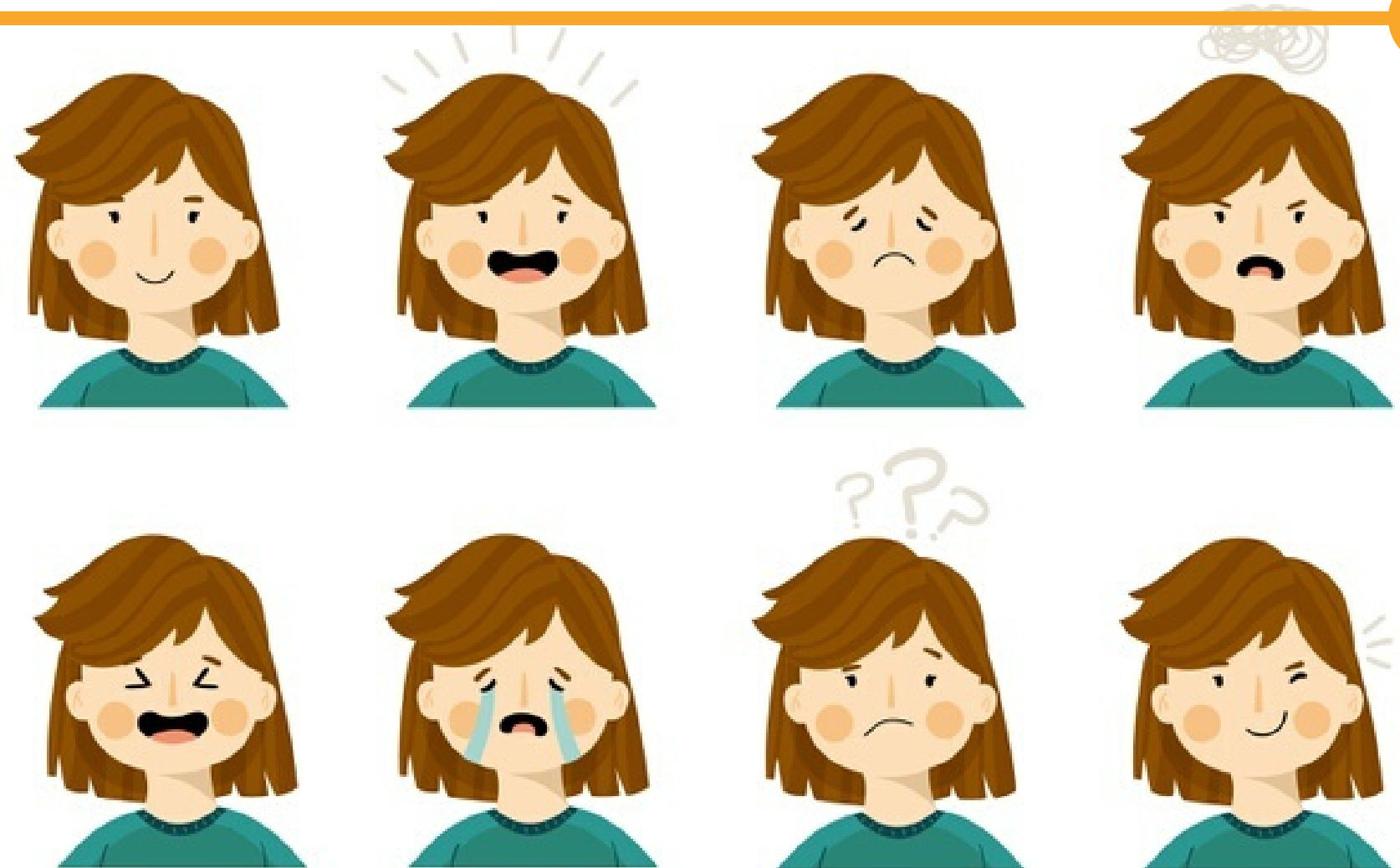
2

HOW ARE  
THINGS  
GOING AT  
SCHOOL?



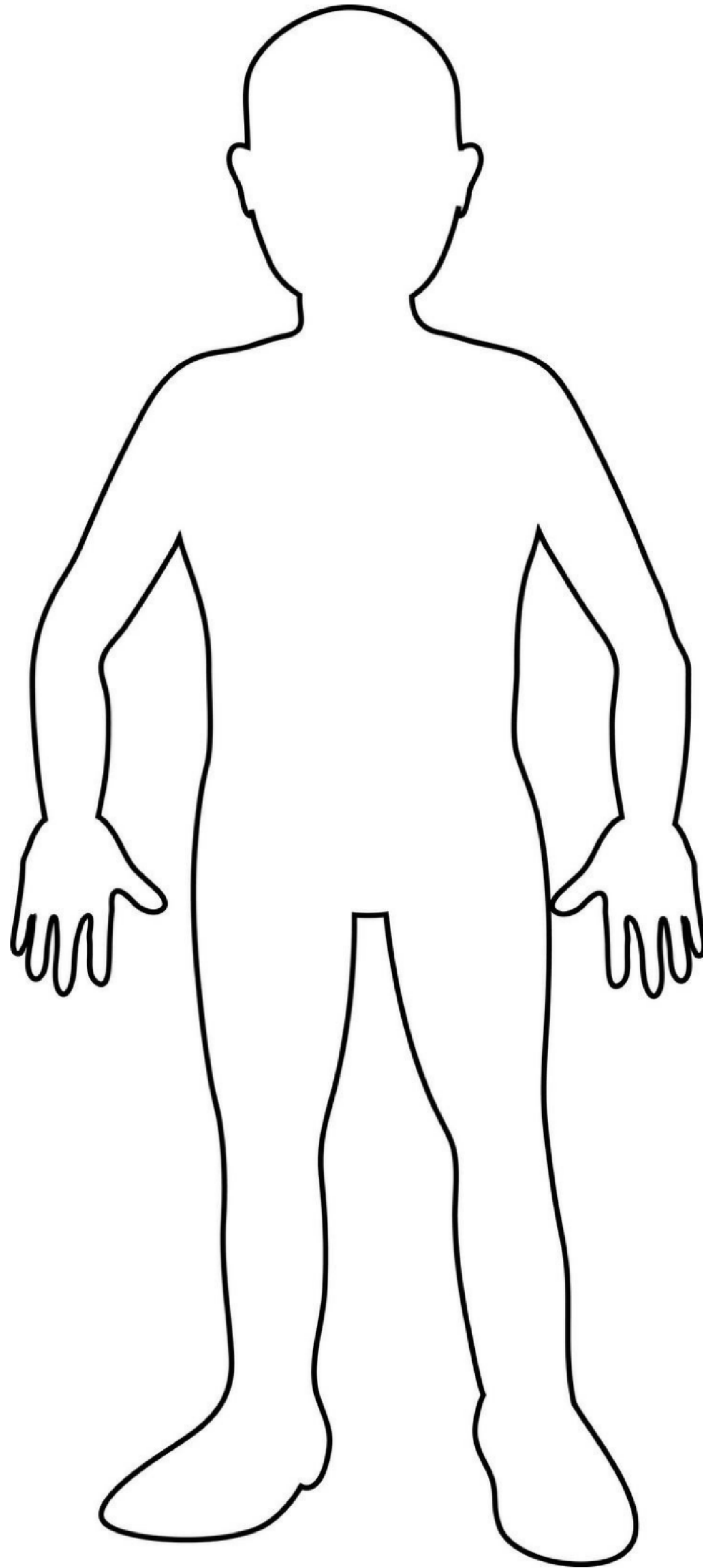
3

HOW ARE  
THINGS  
GOING WITH  
YOUR  
FRIENDS?



# 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.

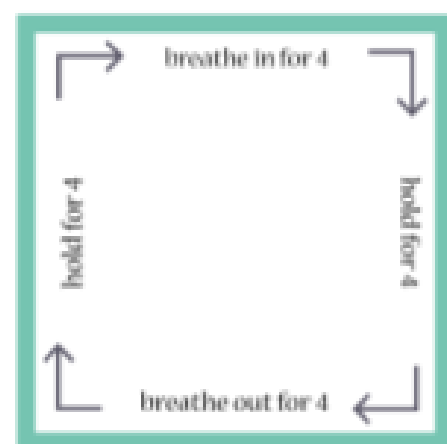
Starting from the toes, direct kids to squeeze as tight as they can, and then release. Move up to the legs, buttocks, abdomen, hands, arms, neck, and face.

Finish by getting them to squeeze everything at the same time.

# 4

## SQUARE BREATHING

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



# 3

## BREATH 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.

## 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.

# 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

## 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

# 7

## 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.

## 'X' MARKS THE SPOT

Use tape to make an X on the floor for each child (or just us a sticker).

Call out different body parts and have everyone touch that body part to their X.

# 9



# 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.

## WALL PUSH-UPS

Set your timer.

Do push-ups against the wall 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

# 14

## QUICK WORKOUT ROUTINE

Do each of these moves for 30 seconds each

Jumping jacks  
Run in place  
High knees  
Scissor jumps

# 15

## 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.

## READ IT 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.



# 17

## CRISS-CROSS APPLE SAUCE

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

Criss-cross  
draw an 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 shiverys  
light tickle back and forth along their back

# 18

## QUICK WORKOUT ROUTINE

# 19

Do each of these moves for 30 seconds each

Jumping jacks  
Run in place  
High knees  
Scissor jumps

## 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

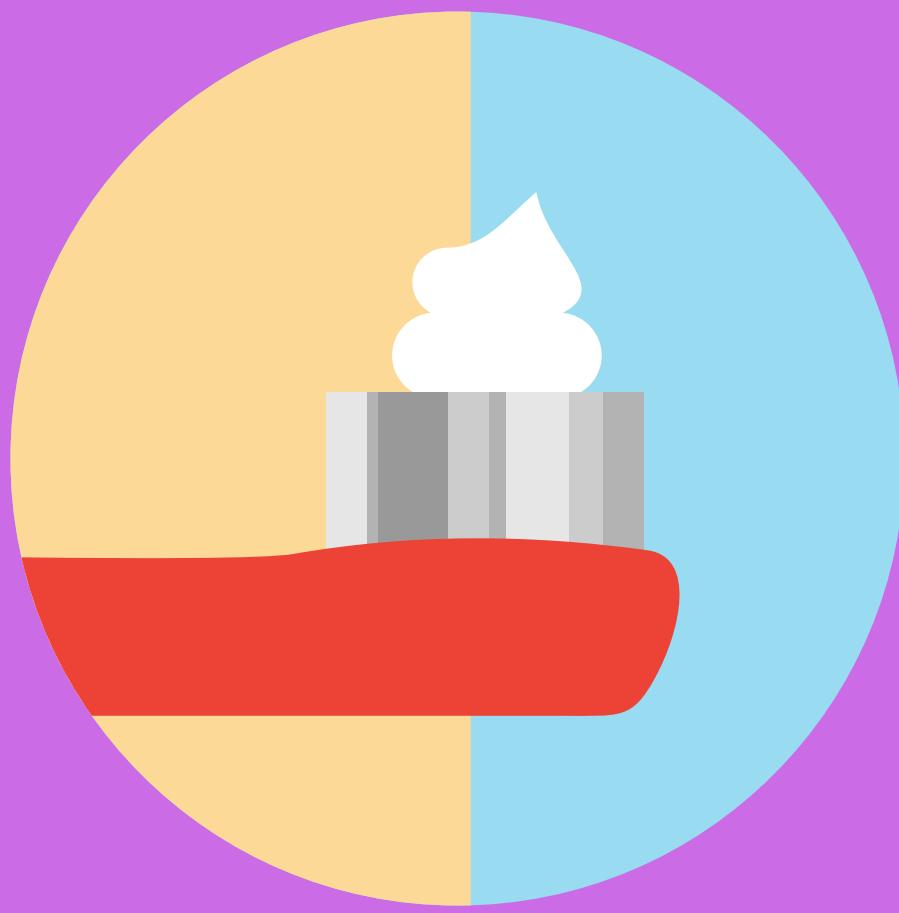
# 20

Sing and complete the actions to the song!





WAKE UP



BRUSH TEETH



BATH TIME



BREAKFAST



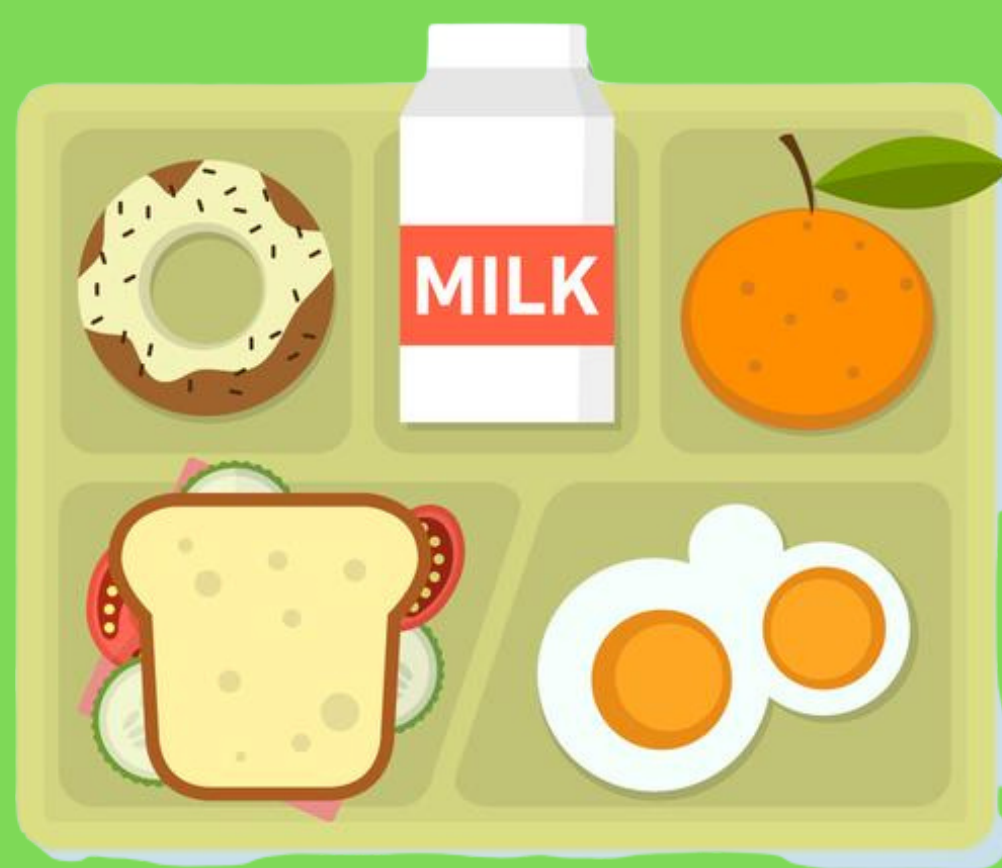
TOILET



COMPUTER TIME



PLAYGROUND



LUNCH



TABLET TIME



CHORES



OUTDOOR WALK



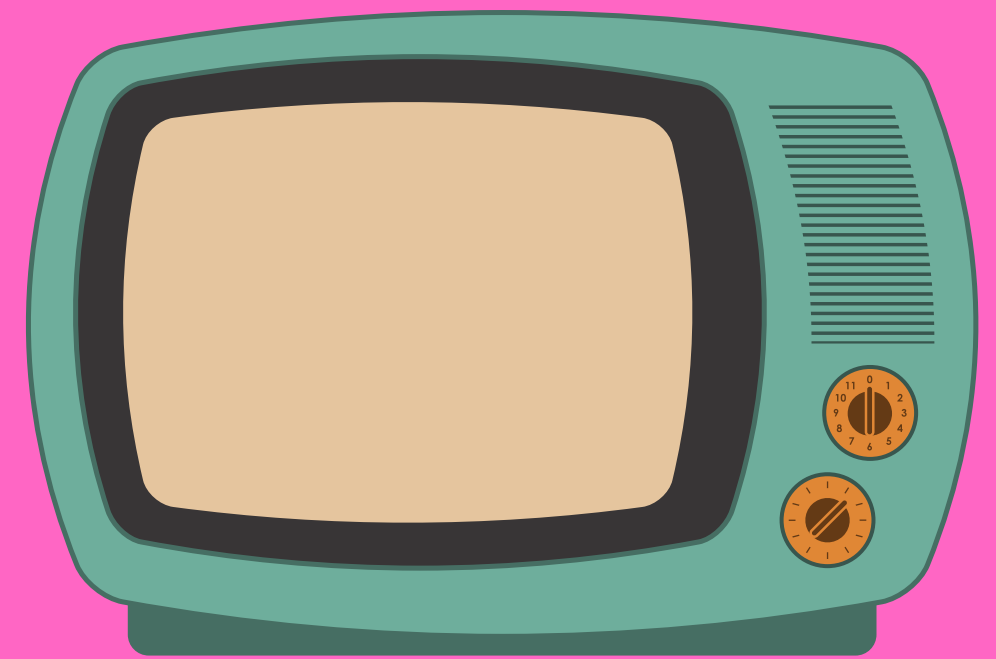
HOMEWORK



DINNER



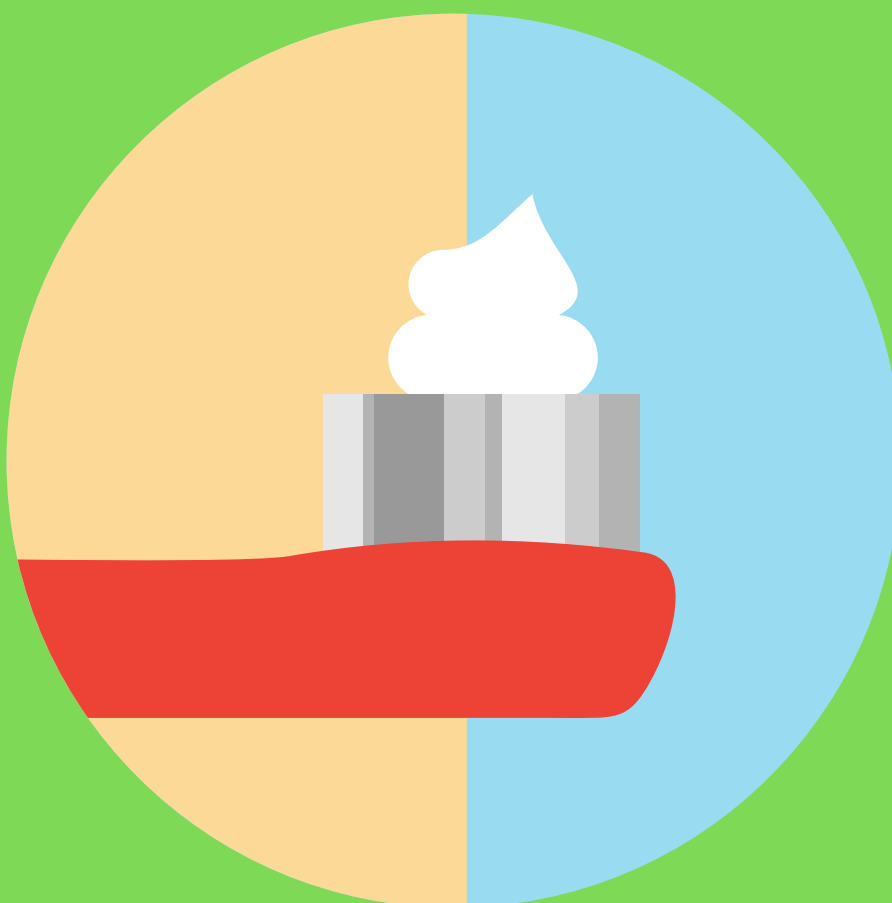
MUSIC



TV TIME



TOILET



BRUSH TEETH



BED TIME