

# Youth **WELLNESS**

## **Creating a Calm Space**

Description: Do you often feel overstimulated and overwhelmed? Do you find comfort in quiet spaces and calm environments? Creating a comfortable space and minimizing clutter can have a positive effect on our mood, thoughts, and behaviors at home, in the classroom, or at the office.

Link: <https://bit.ly/3QNbepU>

## **Four Weeks of Gratitude**

Description: Calendar for four weeks of daily gratitude activities.

Link: <https://bit.ly/3AIPWsa>

## **Give Thanks With a Gratitude Jar**

Description: A gratitude jar is the perfect project to help your child express thankfulness! As they draw the things for which they are thankful, add the drawings to the jar and watch the collection grow.

Link: <https://to.pbs.org/3PKaRLi>

## **Thought Bubbles! Mindfulness for Children**

Description: A mindfulness activity for youth ages 6-11.

Link: <https://bit.ly/3pD3Tx6>