

**MINDRESILIENCE**

*Nurture your Well-Being*

# Day 1

**Journal Prompt:** What do you like about being home?  
What is difficult about being home?



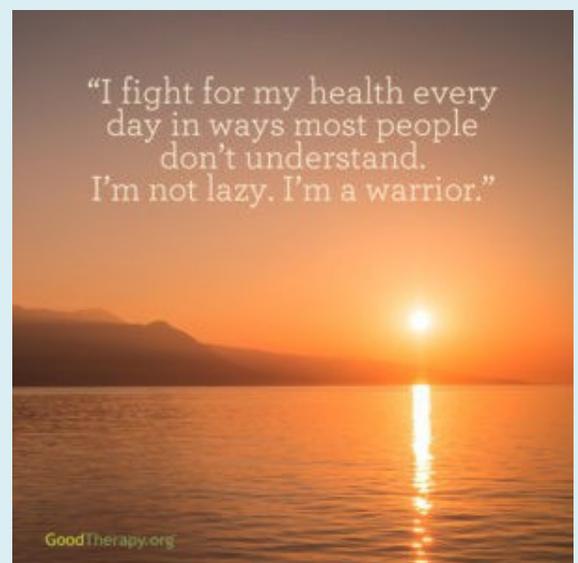
## **Activity 1:**

Start a journal!

Sometimes it is hard to express how you are feeling. Journaling is a safe place to escape and relieve your stress and worries. Journal prompts will be posted daily!

## **Activity 2:**

Do a scavenger hunt!  
Come up with a list of things inside or outside to find. Don't make it too easy!  
(Examples: Bird, Red Car, Purple Flower, Green Toothbrush, etc.)



"I fight for my health every day in ways most people don't understand. I'm not lazy. I'm a warrior."



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# Day 2

**Journal Prompt:** What is the most beautiful thing you have ever seen? What made it so beautiful?



## **Activity 1:**

Get together with your family and say out loud 3 things that you love about yourself and 1 thing you love about another family member

## **Activity 2:**

Grab some chalk and make an obstacle course on your sidewalk!  
(Examples: hop, walk backwards, do a dance, hopscotch, spin)





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# Day 3

**Journal Prompt:** Who is your hero? Why?

### **Activity 1:**

Controlling your breathing can help you when you are worried or have anxiety. Grab some bubbles and try to blow out slowly to make a BIG bubble. Then try to blow a lot of little bubbles in a row. You will feel your body tense up and you will run out of breath quicker. When you are feeling overwhelmed, try and use your big breaths to calm your body.

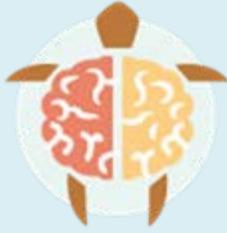
### **Activity 2:**

Play a board game with your family! If you can't decide which one to play, put the names in a hat and pull one out!

"Anything that's human is mentionable,  
and anything that is mentionable  
can be more manageable.  
When we can talk about our feelings,  
they become less overwhelming,  
less upsetting, and less scary."

Fred Rogers

GoodTherapy.org



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# Day 4

**Journal Prompt:** What is your greatest talent?

### **Activity 1:**

Grab paper and some colored markers/crayons. Sit back to back with a family member. Have one person draw something, and then try to describe it to the other without them seeing the picture. Do your pictures match? What could you have said differently to help the other person? This activity will help you understand how everyone processes information differently. It may take more than one try to see each other's point of view.

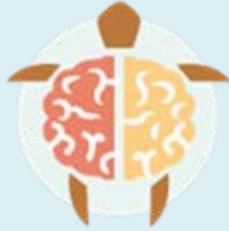
### **Activity 2:**

**Bake or Cook Something!**  
Find a new recipe or have someone teach you to make something you love!

IT'S OKAY TO FEEL UNSTABLE.  
IT'S OKAY TO DISASSOCIATE.  
IT'S OKAY TO HIDE FROM THE  
WORLD. IT'S OKAY TO NEED HELP.  
IT'S OKAY NOT TO BE OKAY.  
YOUR MENTAL ILLNESS IS NOT  
A PERSONAL FAILURE.

— UNKNOWN





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# Day 5

**Journal Prompt:** What is confidence? Who makes you feel confident? Why?



## **Activity 1:**

Cut out a heart and write a positive message on it. Tape it to a window where people passing by can see. You never know when you will change someone's day!

## **Activity 2:**

Watch a movie with your family!





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# Day 6

**Journal Prompt:** 5 years from now, I will be.....

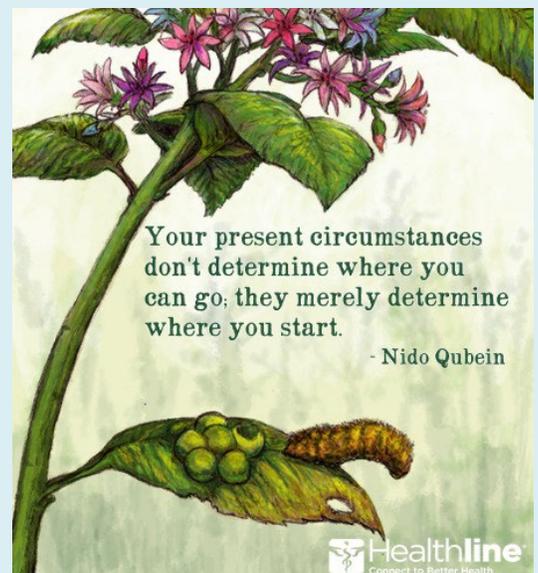


## **Activity 1:**

Leave all of your electronics at home and go for a walk

## **Activity 2:**

Make an "I Spy" bottle. Find a clear empty bottle with a lid. Fill it with small objects that you can later hunt for in the bottle. Fill the remaining space with rice. Close the bottle up and start looking!



Your present circumstances don't determine where you can go; they merely determine where you start.

- Nido Qubein

Healthline  
Connect to Better Health



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# Day 7

**Journal Prompt:** What is your favorite thing to do?  
Why?

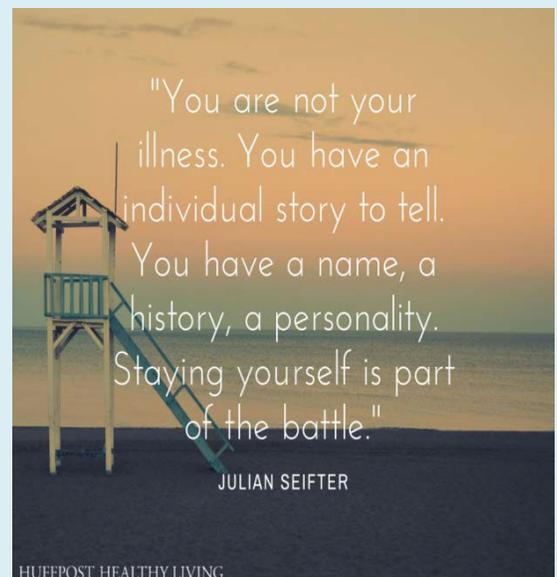


## **Activity 1:**

Write a letter to someone!  
It is so easy to stay in touch with people now, but there is nothing like taking the time to handwrite and mail a letter to someone you care about!

## **Activity 2:**

Make a bird feeder!  
Cover an empty toilet paper roll or pinecone in peanut butter and sprinkle bird food on it.  
Birds like to eat: seeds, cooked pasta, raisins and apples





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# Day 8

**Journal Prompt:** Write about a time you helped another person



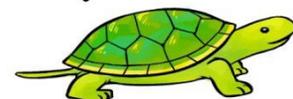
## Activity 1:

Walk around your house and find an item for each of your senses: Sight, Sound, Taste, Feel and Smell. Next time you are feeling anxious walk around and find an item for each to take your mind off of your worry!

## Activity 2:

Have a picnic!  
Pack up some of your favorite foods and find a new spot to eat! If it's raining, travel to a different room in your house to enjoy your meal!

*your speed  
doesn't matter,  
forward  
is  
forward*



*TheLakeKate*



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# Day 9

**Journal Prompt:** If you could make the rules for 1 day, what would they be?



## **Activity 1:**

Follow a yoga class below. Yoga can release stress and body tension, as well as increase body awareness. Connecting your mind and body can help you feel more calm and centered!

<https://www.yogabasics.com/practice/yoga-for-beginners/free-beginning-yoga-videos/>

## **Activity 2:**

Do a minute to win it challenge with your family!

- Who can stack the most plastic cups?
- Who can keep the balloon in the air the longest?
- Hold a straw in your mouth. Try and get the most cheerios on the straw without using your hands
- Who can build the tallest card tower?



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# Day 10

**Journal Prompt:** What is the hardest thing you ever had to do? How did you get through it?

### **Activity 1:**

Have one person (person A) stand against the wall while the other (person B) stands across the room. Start having a conversation, then have person B start walking slowly towards person A. Notice person A's body movements, tone of voice, etc. as you get closer. Could you tell when they started to feel uncomfortable? Noticing someone's body language can help you make them feel comfortable and lead to a more productive conversation!

### **Activity 2:**

Hold hands with someone.  
Tangle yourselves up by twisting around and stepping over each other's arms. Don't let go of each other's hands!  
Have another person come in and try to untangle you!

Turn your demons into art,  
your shadow into a friend,  
your fear into fuel, your  
failures into teachers, your  
weaknesses into reasons  
to keep fighting. Don't  
waste your pain. Recycle  
your heart.

ANDREA BALT

HealthyPlace.com



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# Day 11

**Journal Prompt:** What makes a good friend?



### Activity 1:

The sound of rain can be very calming. Make your own rain stick for times when you want to relax.

Twist some aluminum foil into a spiral and put it inside of an empty paper towel roll. Seal one end with paper, pour rice in a quarter of the way and seal the other end!

### Activity 2:

Find a small plastic animal or something that can stand on its own. Grab a piece of paper and go outside. Position the object so it casts a shadow on the paper and start tracing!





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# Day 12

**Journal Prompt:** If you did not have fear, what is something you would do? How can you overcome your fear?

## **Activity 1:**

Get a piece of paper and write down songs for the following:

- Song that makes you want to dance (Anxious)
  - Song that makes you feel calm (Angry)
  - Song that makes you feel loved (Alone)
- Song that reminds you of a time you had fun (Sad)

Music is a way to release your emotions. Next time you are feeling anxious, angry, alone or sad, listen to one of these songs. What other songs would you add to your playlist?

## **Activity 2:**

Play paper basketball!

Get a basket or empty trashcan and place it across the room.

Try and make baskets from further and further away. Add obstacles for a more difficult challenge!

You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a "negative person". It makes you human.

LORI DESCHENE



HealthyPlace.com



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# Day 13

**Journal Prompt:** What is the hardest part about being a kid? What do you like about being a kid?



## **Activity 1:**

Grab an empty tissue box and turn it on its side. Decorate the box with paper, paint, or anything else you find to make it look like a monster. Anytime you are worried about something, write it on a piece of paper and feed it to your worry monster to take your worry away!

## **Activity 2:**

Make Rock Candy!

All you need is sugar, water and some string or skewers. Have an adult help you create this yummy treat!

<https://www.thespruceeats.com/rock-candy-521016>





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# Day 14

**Journal Prompt:** What is your favorite season? What do you like to do during that season?



### **Activity 1:**

Cut out 10-15 band aid shaped pieces of paper. Write things you want people to say to you when you are struggling. These could be statements, quotes, positive reminders, etc. Decorate a small box for your “mind band aids.” Pull one out when you need encouragement!

### **Activity 2:**

Have a blind taste test for your family! Blindfold your family members and serve them small bites of different foods. See who gets the brand and food correct! (Examples: cereal, cheese, chips, crackers, soda)

When you can't control  
what's happening,  
challenge yourself to control  
the way you are responding to  
what's happening.  
That's where the power is.

© Janet Mas



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# Day 15

**Journal Prompt:** What do you do to relax?



## **Activity 1:**

Create a kindness calendar for the next 7 days. Try and do something every day to help someone else. Write a brief summary what their response was after you complete the random act of kindness!  
Examples: take out the trash, do the dishes, get the mail, etc.)

## **Activity 2:**

Plant a seed!

Dig up some dirt and put it in a small pot or cup. Plant a single seed from the food in the cup and watch it grow! Be sure to give it sunlight and water daily!

You can use a lemon seed, cucumber seed, pepper seed, etc.)

BE SOMEBODY  
WHO MAKES  
EVERYBODY FEEL  
LIKE A SOMEBODY

@COURTNEY\_SHIELDS

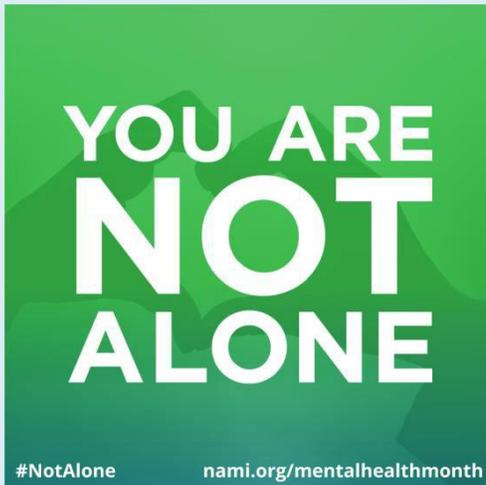


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# Day 16

**Journal Prompt:** The last time I laughed really hard was...



## Activity 1:

Guided Imagery can help you with relaxation, sleep, anxiety and stress.

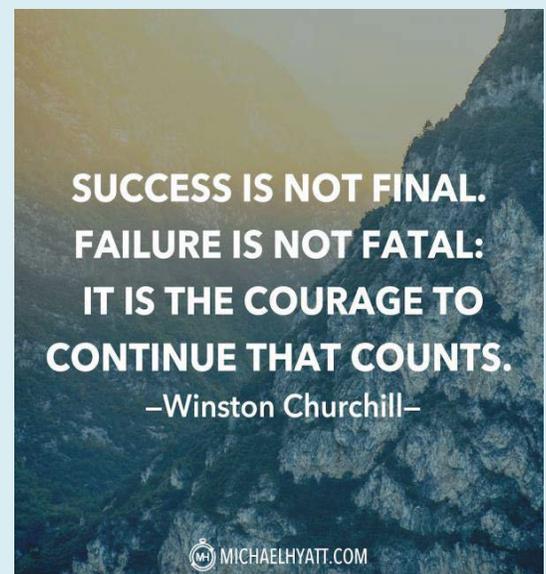
Find a quiet place without distractions and listen to one of the guided imageries on the website

below:

<https://www.newhorizonholisticcentre.co.uk/kids-meditation.html>

## Activity 2:

Go outside with a family member and look up at the clouds. Do you see any shapes? Do they see the same thing or something else?





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# Day 17

**Journal Prompt:** What movie character do you relate to the most? Why?



## Activity 1:

Walk around your house and find an object that you feel represents each family member. Why did you pick that object? What about that object reminds you of that person? What object would represent you? If you are comfortable share with your family members what you chose for them and why.

## Activity 2:

Draw or paint a picture with your toes. See if other people can figure out what you drew. For extra fun, write down different items to draw and put them in a hat. Break into teams and have one person from each team draw the picture. See which team can guess the drawing faster!

WHEN  
*Nothing*  
IS SURE  
*everything*  
IS POSSIBLE



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# Day 18

**Journal Prompt:** Three things I am thankful for are....



## **Activity 1:**

Draw a tree in the middle of a piece of paper. Draw roots on the tree and list one of your strengths on each root. Draw some leaves and list one of your weaknesses on each or things you would like to change. Remember that your roots keep you standing, and your leaves can always re-grow.

## **Activity 2:**

Learn a magic trick! All you need is a deck of cards.

Without moving your mouth to show you are counting, count out 20 cards off the top of the pack and set those 20 aside on the table in front of you.

This will be pile 2. The other pile will be pile 1.

Offer the other half of the pack (pile 1) to your spectator. Ask them to choose a card.

Tell them to memorize it. Ask them to give it back to you.

Slip the card beneath pile 2 (the 20 cards you set aside at the beginning).

Place pile 2 on top of pile 1.

Turn the cards over to face you: so that you can see the front of each card. Count from the back of the pile until you get to the 21st card. That will be your spectator's card. Ask your spectator, "Is this your card?"

They will be amazed!



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# Day 19

**Journal Prompt:** If you could be any animal, what would you be? Why did you choose that animal?

## Activity 1:

Make a mood tracker for the rest of the month!

Get a piece of paper and draw 13 of the same picture all over the page. Label each one a number 1-13. Pick colors for different moods (happy, sad, angry, bored, or anything else you choose)

Write down each color and mood so you don't forget! Color in one picture every day depending on how you felt that day. What mood did you experience the most? What happened differently on days you were happy versus angry or sad? How can you influence your mood?

## Activity 2:

Make your own puzzle!

Find a piece of cardboard or paper and draw a picture that covers every part of the page. When you are finished, cut it out into puzzle pieces and see if you can put it back together!

ONE DAY YOU WILL  
LOOK BACK &  
SEE THAT ALL  
ALONG, YOU WERE  
BLOOMING

MORRIS  
HARPER  
NICHOLS



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# Day 20

**Journal Prompt:** Would you rather live in the mountains, at the beach or in a city? Why?



## Activity 1:

Write a letter to yourself about what your current goals are, what is difficult in your life and what is going well. You can add anything else you want to share with your future self. Seal it in an envelope and open it a year from now to see how you have progressed!

## Activity 2:

Have a family potluck.  
Make a sign-up sheet with spaces for a protein, vegetable, starch and dessert. Have each person in your family sign up for 1-2 things to make for dinner and set a time for it to be ready. Get together and enjoy the meal!

LIFE IS LIKE A CAMERA

**FOCUS**

ON WHAT'S IMPORTANT

**CAPTURE**

THE GOOD TIMES

**DEVELOP**

FROM THE NEGATIVES

AND IF THINGS DON'T WORK OUT

*Take another shot*



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# Day 21

**Journal Prompt:** If you had to get rid of all of your toys except one, which one would you keep? Why does it mean so much?



## Activity 1:

Draw your personal shield. Draw a shield on a piece of paper and draw pictures, words, etc. about what makes you, you! These should be the things you love about yourself and the things that get you through the hard times! Refer to this when you need a reminder of your strength!

## Activity 2:

Learn Origami!

There are step by step directions for 25 different origami creations on the link below. How many can you make come to life?!

<http://www.playideas.com/25-easy-origami-ideas-bigger-kids/>

*It's OK to be a glowstick; sometimes we need to break before we shine*



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# Day 22

**Journal Prompt:** If you could take a potion that would allow you to live for 150 without illness would you take? Why or why not?



## **Activity 1:**

Write your name with the letters going vertically down the page. For each letter write something you love about yourself or something someone has said about you that made you feel good. You can also make one for a family member to remind them how awesome they are!

## **Activity 2:**

Gather your family and learn a dance routine! Make one up or find a video online for some inspiration!





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# Day 23

**Journal Prompt:** Who is someone in history that you want to be friends with? Why? What would you ask them?



## Activity 1:

Laughter is proven to help reduce stress, change your mindset, and decrease anger! Ask your family to participate in a comedy night with you! Have everyone come up with a few jokes, grab some popcorn and see who can make you laugh!

## Activity 2:

Invent a new vegetable! Draw a picture of how it would look. Describe what it tastes like and how it grows!

*“And if today, all you did was hold yourself together, I’m proud of you.”*

- Unknown

[www.paintedteacup.com](http://www.paintedteacup.com)



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# Day 24

**Journal Prompt:** List 5 successes you have had in your life. Why do you consider them successes?



## Activity 1:

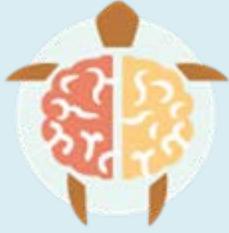
Try and utilize “I statements” next time you are feeling bored, frustrated or having a disagreement with someone. “I statements” can help ease tension and help the other person understand you better. Follow the prompt: “I feel when you \_ because\_\_\_\_\_”

## Activity 2:

Take a virtual tour! You can visit museums, theme parks and zoo’s while staying at home! Follow the link below, and check out different places around the world.

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>





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# Day 25

**Journal Prompt:** What is something you don't understand about adults?

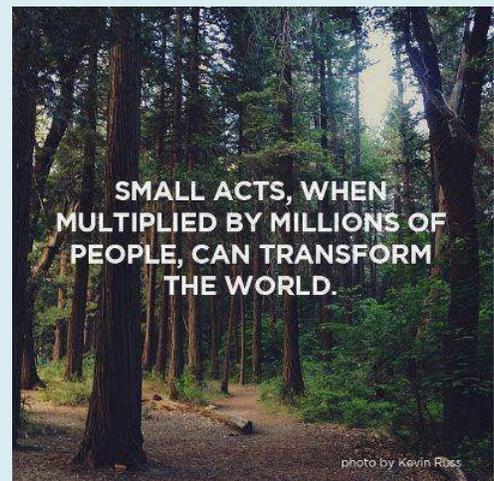


## Activity 1:

At the top of a piece of paper, write down your biggest worry or stressor. Trace your hand on the page. Inside your hand list the things you can control related to what you wrote. Outside of your hand list the things you cannot control. How can you focus on what you can control to help ease your worry?

## Activity 2:

Cut the middle out of a paper plate. Cut multiple red and blue stars and glue them all around the plate. Tie some string to the top of the plate and hang it on your door as a memorial day wreath!





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# Day 26

**Journal Prompt:** Do you think telling the truth is always right, even if it hurts someone's feelings? Explain.



## Activity 1:

Make a happiness jar!  
Find a cup or jar you can keep in your room. At the end of every day, write something you did that made you happy that day and put it in the jar. When you are looking for something to do, pull a happy thought out to give you a positive activity!

## Activity 2:

Film a cooking show! Make sure each family member participates. One person can cook, one person can narrate, one person can film, etc. Send your show to a friend and see if they can make your dish!





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# Day 27

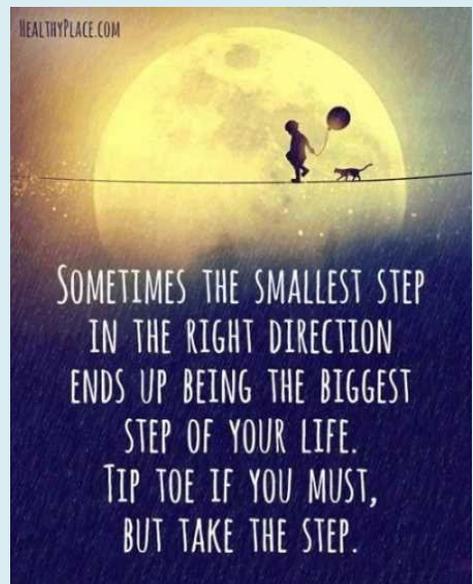
**Journal Prompt:** What is the most important instrument in a band? Why did you pick that one?

### **Activity 1:**

Find a comfort item that you can carry with you. Comfort items are good when you are feeling stressed or uncomfortable. They give you a sense of familiarity and calm. Find something that makes you feel secure and confident so you can hold it in tough situations. Some things could be: a smooth rock, a fidget spinner, a button, a fabric, a piece of jewelry, or something that reminds you of your family. Be sure it is something you can easily carry at all times!

### **Activity 2:**

Ask your family sit in a circle. Pick a children's book that you love and have each person read a page in a funny accent until the story is over!





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# Day 28

**Journal Prompt:** If you could trade places with anyone in the world, who would you choose? Why?



## **Activity 1:**

10 Days to Conquer!

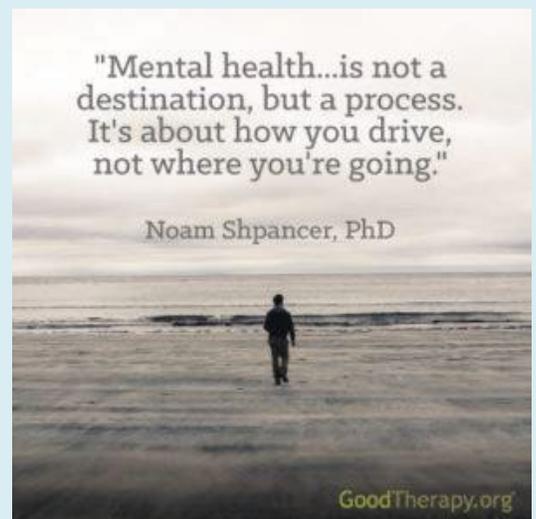
What is something you have always wanted to do? Start practicing every day for the next 10 days to master your new skill! This will help you with self-motivation and self-discipline which will help you with your self-esteem and confidence!

## **Activity 2:**

Set up a few baskets at different distances away. Have anyone who wants to participate make a paper airplane (there are many different techniques online). Who can throw their plane the farthest? Whose goes the straightest?

"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

Noam Shpancer, PhD



GoodTherapy.org



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# Day 29

**Journal Prompt:** If you could go on an all-expenses paid trip anywhere in the world, where would you go? Why?



## Activity 1:

List 3 people in your life that you interact daily. Have a conversation with them about what they are struggling with. How can you help relieve some of their burden?

Sometimes the smallest action can make a big impact on someone else's life. What have people done for you to help you when you are having a hard time?

## Activity 2:

Coloring can be very calming! Go around your house and find all of your broken crayons as well as a muffin tin. Take the paper off, cut the crayons into small pieces and fill each muffin mold with different colors. Get an adult to bake them at 275° for 7-8 minutes for new crayons!





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# Day 30

**Journal Prompt:** What advice would you give your parents?

## **Activity 1:**

Create the timeline of your life. Start with a line in the middle; make the line go up for positives and down for difficult times in your life that stand out to you. Draw pictures that represent each memory. See if your family will draw theirs and share them with you. You never know what you will learn-what may be insignificant for you may have been a major point in someone else's life.

## **Activity 2:**

Invent a new game!  
This could be a card game, board game or outdoor game. Be sure to write down how many players, rules, how to play and how to win!





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# Day 31

**Journal Prompt:** What has this experience (the last 31 days) been like for you?



## Activity 1:

Create your calm down toolbox. Put different things in there that will help you during difficult times. Some items could be your calm down playlist, a stress ball, crayons and paper, a fidget spinner, play doh or anything else that will take you mind off of your challenge. Be sure to use your skills you learned this month!

## Activity 2:

Make placemats for each of your family members to make eating dinner more exciting! Draw pictures of things they like, things that remind you of them and positive words or quotes.

