

# Elementary Wellness Activity Board

Play a board game with a family member.



Create a daily gratitude journal. Each day, write about what you are thankful for.



Go for a walk or ride your bike.



Cook a meal as a family.



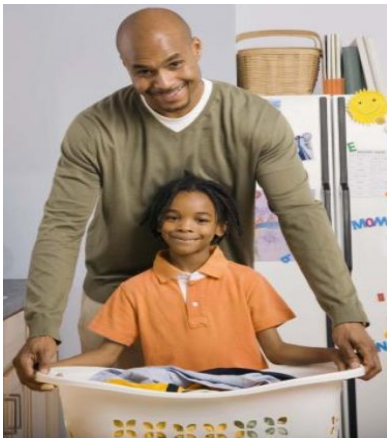
Practice Star Breathing.



Draw a picture for someone you love.



Do chores as a family.



Enjoy some quiet time.



Name and practice a strategy for each Zone of Regulation.

How am I feeling?

GREEN ZONE	YELLOW ZONE
Feeling Okay	Loss of Some Control
Happy	Excited
Focused	Silly/Wiggly
Ready to Learn	Frustrated
Calm	
BLUE ZONE	RED ZONE
Sad	Out of Control
Moving Slowly	Terrified
Sick	Yelling/Hitting
Tired	Mean
	Mad/Angry

