

Secondary Wellness Activity Board

Play a board game with a family member.



Use technology to connect with family and friends.



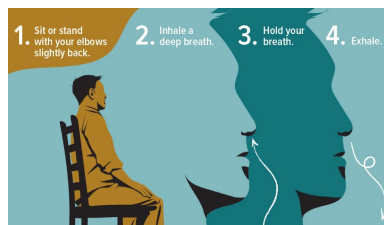
Go outside to get some fresh air and exercise.



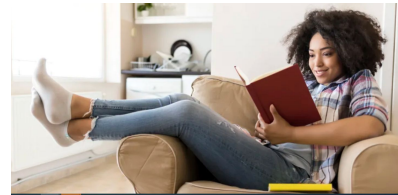
Cook a meal as a family.



Practice deep breathing and meditation.



Read a book for pleasure.



Do household chores.



“Unplug” from technology.



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

