



bring
belonging
to **life**



amazeworks

Wellness Activities for Children and Adults

The following activities are appropriate for both adults and children to do together in order to model skills for reducing anxiety and boosting resilience. They require very little prep and few, if any, supplies.

Finger Breathing

Materials Needed: two hands

Instructions: Close your eyes, take some long, deep breaths. Trace the outside of one hand with the other as you breathe slowly:

1. Move up each finger as you breathe in.
2. Hold your breath when you reach your finger tip as you count to three.
3. Move down each finger as you breathe out



Gratitude Wands

Materials Needed: Pipe cleaner and five beads for each person

Instructions: Take your pipe cleaner and bend one end into a small loop. Twist the end around to keep the loop in place. Slide five beads onto the pipe cleaner. When all the beads are on, twist a loop at the other end so they don't fall off.

To practice breathing and gratitude:

1. Move one bead across and breathe in slowly and deeply. Name something/someone you are grateful for.
2. Slide the next bead and breathe in slowly and deeply. Name a second thing/person you are grateful for.
3. Continue until all beads have been moved.
4. Practice finding five things to be grateful for daily.
5. Optional: Make yours into a bracelet as a reminder to take a few breaths when you need them and a way to hold onto your gratitude when you most need it.



Movement to Music Freeze Dance

Materials Needed: A source to play music aloud and 5 to 15 minutes of music
(Note: It is best to use instrumental music/no lyrics and start with slow/calm music before moving to faster upbeat music and then returning to slow/calm to end the exercise.)

Instructions: Move/dance to match the tempo, beat, and rhythm of the music. When the music stops, FREEZE. When music resumes, continue to move/dance to match the music. Repeat as many times as you like. (If necessary, arrange your space to provide ample room for the activity.)

Daily Affirmations and Power Poses

Optional Materials: Mirror for each person

Instructions: Do this activity while looking in the mirror. Read each affirmation, and have children repeat after you. Make this part of a daily routine to encourage positive self-talk.

- "I am smart, capable, and deserving of success."
- "I embrace my uniqueness and celebrate who I am."
- "I am worthy of love and respect just as I am."
- "I am enough, just as I am, and I deserve to be happy."
- "I am fearless and can face challenges with courage and determination."
- "I am beautiful inside and out and radiate positivity wherever I go."
- "I am the designer of my own future, and I have the power to create the life I desire."
- "I trust myself to make decisions that align with my values and goals."
- "I am surrounded by love and support from those who believe in me."
- "I am a leader, inspiring others with my courage."
- "I radiate positivity and kindness, uplifting those around me."
- "I am unstoppable, overcoming obstacles with grace and resilience."
- "I deserve to take up space."
- "I am enough, exactly as I am, and I honor my worthiness."
- "I am a beacon of light, shining bright in a world that needs my unique gifts."

Take the affirmations further by asking children to come up with different power poses as they say each affirmation.



Additional Exercises

Scan the QR code for more exercises for all ages from the Ramsey County Children's Mental Health Collaborative's Calm Room.

