



# WEEKLY HEALTH + WELLNESS ACTIVITIES

April 20-24

## Mindful MONDAY

Try this deep breathing technique  
to calm our bodies

Rainbow Breathing - [Click Here](#)

## Tasty TUESDAY

Healthy Frozen Banana Cereal  
Pops

[Click Here for recipe](#)

## Wiggly WEDNESDAY

Take a walk outside...

5 Things you see  
4 Things you feel  
3 Things you hear  
2 Things you smell  
1 Thing you can taste  
(Bring your favorite snack!)

## Thoughtful THURSDAY

Make your own Calm Down Kit! Find an old shoe box or bin to store your items. Decorate your box with paper, stickers or drawings. Make it colorful and unique so that when you look at it, it will make you happy. Each week we will suggest an item to add. This week find your favourite book to add to your calm down kit.



## FUn FRIDAY

Try something new! Try just one or  
try them all!

Puzzle  
Knitting  
Painting

## GOAL OF THE WEEK:

Developing healthy coping skills is something both adults and children can benefit from. Try out a few of the activities above for fun!