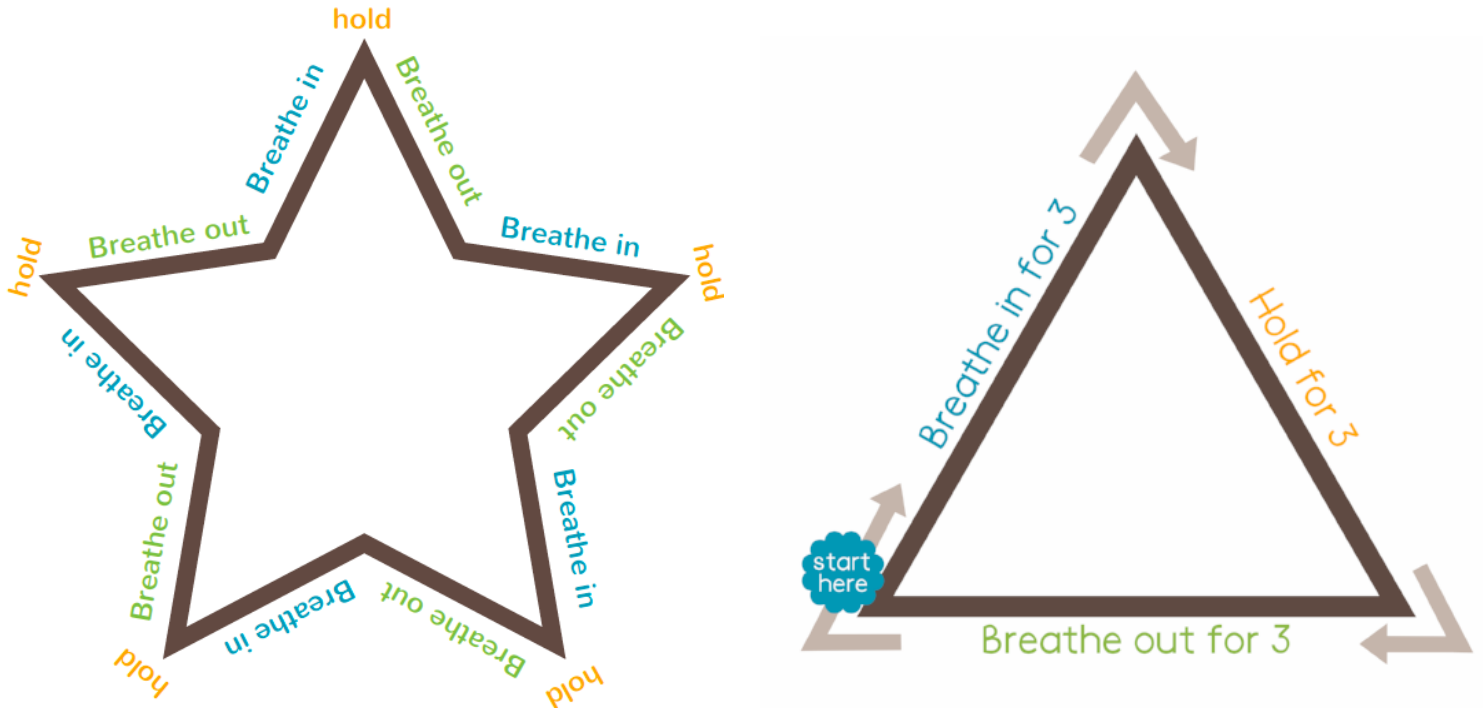


WPS WELLNESS TIPS FOR KIDS

BROUGHT TO YOU BY THE K-8 WPS SCHOOL COUNSELING TEAM

Feeling **WORRIED?** Try one of these breathing tips to help!



There are many different ways to use breathing to make you feel better. What other ways can you think of?

THINGS MAY FEEL WEIRD RIGHT NOW...

And that's OK! This is a new situation for all of us and it's okay to feel sad, scared, worried, excited, or any of the other feelings you might be having now

WHAT CAN I DO TO HELP MYSELF?

- Color or make art
- Listen to music
- Play outside, run around
- Talk to friends and family
- Read a new book

- Dance, make up a new song
- Draw a picture
- Write in a journal
- Help your family with a chore
- Play a game
- Build something
- Watch your favorite show - just not all day :-)
- Or try something new!

THINGS TO REMEMBER WHILE YOU ARE AT HOME

- **Wash your hands:** try to help stop the spread of germs by washing your hands and covering your cough
- **Stay connected:** Call, Text, FaceTime, and play games with your friends and families
- **Find the positive:** what is something good that is coming out of missing school and being home?
- **Don't stress about schoolwork:** your teachers are working on some things for you and you have time to figure it out
- Don't forget to **BE KIND**
- **Keep smiling and know you are missed!**

