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

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!

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!