

## Well-being Board for Secondary Students

Activities designed to help you take care of yourself and manage your stress in a time of social isolation

### Mindful Movement



Search for a basic yoga or movement practice that you can follow along with to spend time stretching and breathing. There are a variety of mindful movement videos on YouTube that are relatively short and are easy to try for those who are brand new to yoga. [Click here](#) to view a sample 20-minute yoga practice designed to relieve stress and anxiety.

### To My Future Self...



Write yourself a letter and date it one year in the future. Tell your future self about your life right now. How do you spend your days? What is your current mood? How are you feeling? What are you worried about? What do you miss most about your normal routine? What are you looking forward to when life returns to "normal"? You can write your letter on paper to open at a later date, or you can use [FutureMe.org](#) to type your letter and have it sent to you electronically in the future.

### Family & Furry Four-legged Friends



Who or what do you like to spend time with...a family pet, a parent, a sibling, or a friend? Spend 15-20 minutes giving this special person or four-legged friend some love and attention. Snuggle, play, and enjoy connecting. If everyone seems busy, search YouTube for funny animal videos and remember that laughter is the best medicine.

### Mindful Eating: Healthy Snack



How do you feel after eating a healthy meal or snack? Find a simple recipe online and spend time in the kitchen preparing yourself a nutritious meal. When you finish, take a photo of your creation and share it with the class. Please include a link to the recipe.

### Quiet Moments



Find a quiet spot in your home or outside. Make yourself physically comfortable. Set a timer for 3-5 minutes. Close your eyes and focus on your breathing. Try to clear your mind of thoughts. Each time a thought enters your mind, let it go. Immediately following your reflection, spend a few minutes journaling. You can journal on paper or create an online journal with [Penzu](#). What was the experience like? What do you notice about how you feel after spending a few quiet moments with yourself? What was the most challenging part of this practice? As you make this practice a regular part of your daily schedule, see if you can extend the time to 5 or 10 minutes.

### These Feet Were Made for Walking



Go for a brisk 20-30 walk around your neighborhood. Leave your phone at home and spend this time outside observing your surroundings. If you have access to green spaces, walk where you can "feel" like you are in nature. Notice the flowers, trees, rocks, sky, and other details. What do you see, hear, smell, and feel?

### An Attitude of Gratitude



Begin a gratitude journal. Each night before bed or first thing in the morning when you wake up, write down something that you are grateful for in your life. Describe how this thing is positively impacting your life.

### Connect with Friends



Organize a virtual get together with a friend or group of friends using a video conferencing tool, like Facetime, Zoom, or Google Hangouts. Spend some time catching up and checking in with each other. How is everyone coping with this new normal? What are they doing to pass the time at home? What are they missing?

### Mindful Listening: The Magic of Music



Find or create a playlist that makes you happy. Spend some time by yourself listening to music that brings you joy or makes you feel better about life. How does it make you feel? If your music makes you want to dance, move around! How can you find more time each day to disconnect and listen to your favorite tunes?

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