

WHAT'S ON YOUR MIND?

ACTIVITY KIT



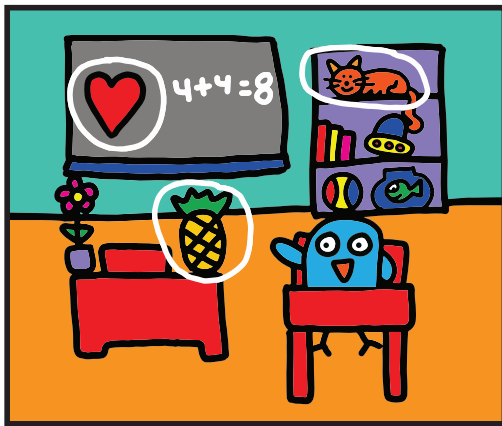
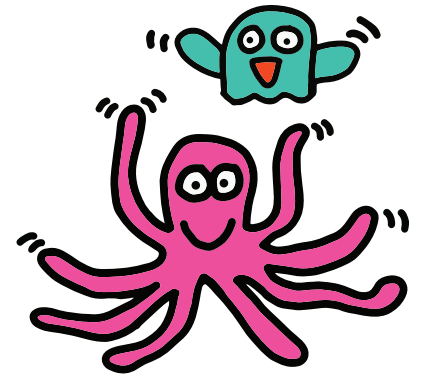
Are you thinking about something happy? Are you worried about something?

WHAT'S ON YOUR MIND?

Sometimes we can be thinking about a lot of things all at once and our brains start to feel really busy. But reading a story is a great way to calm down your mind! Doing different activities like those in this kit can help too. There's a maze, a drawing activity, and a coloring page. Need more ideas?

WILD WIGGLES AND SILLY STRETCHES

Sometimes you just need to jump up and down and wiggle all your fingers and toes. You can pretend you're shaking off all your worries! Stretch all the way to the sky, and then reach back down to the ground. Making a funny face while doing it will surely turn into some giggles, too.

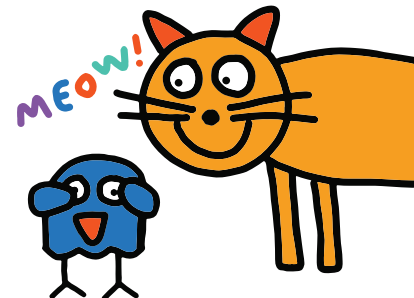


I SPY

A great way to calm your mind is to look around and name three things that you can see right now. So why not turn it into a game? Grab your friends and play "I Spy!" When it's your turn, you pick something you can see in the room and describe the color: "I spy something orange!" The rest of the group takes turns guessing things that are orange. Whoever guesses correctly gets to go next!

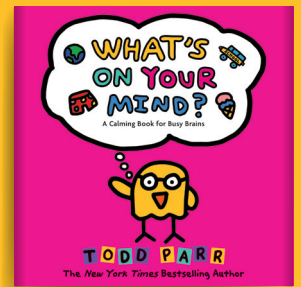
SHARE YOUR STORY

It can help to tell someone what you're thinking about. Whether you call up a friend, talk to a teacher, or write down all your thoughts, getting them out of your head can calm that buzzing, busy brain.

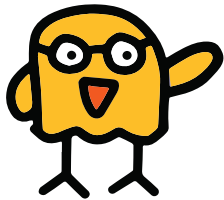


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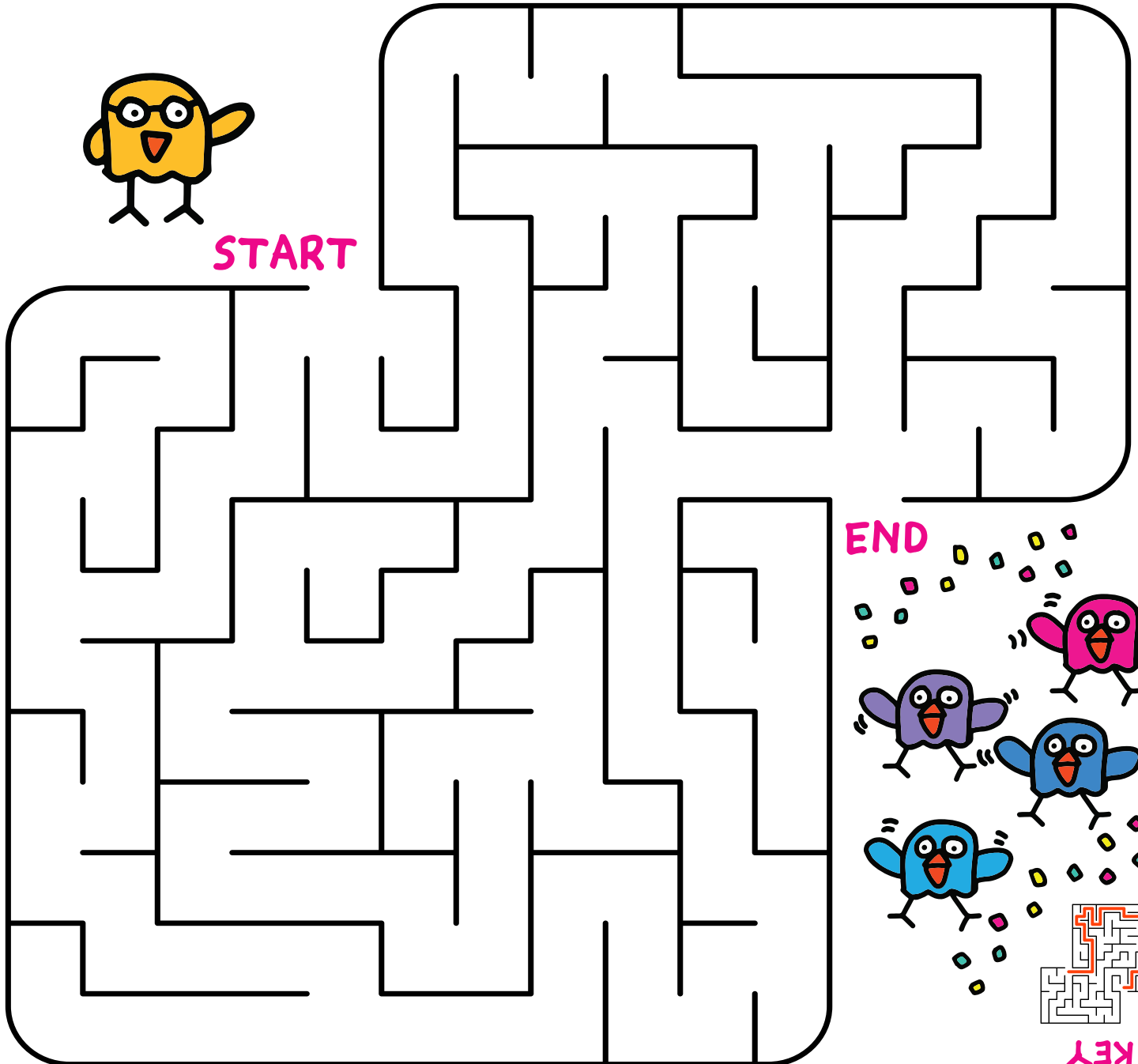
MAZE



INSTRUCTIONS: Can you help the bird reach his buddies?
Find your way through the maze to reunite these feathered friends!



START



END

KEY



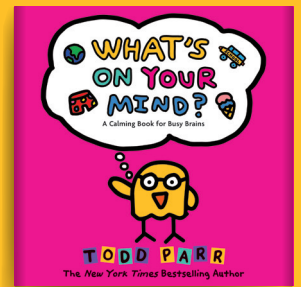
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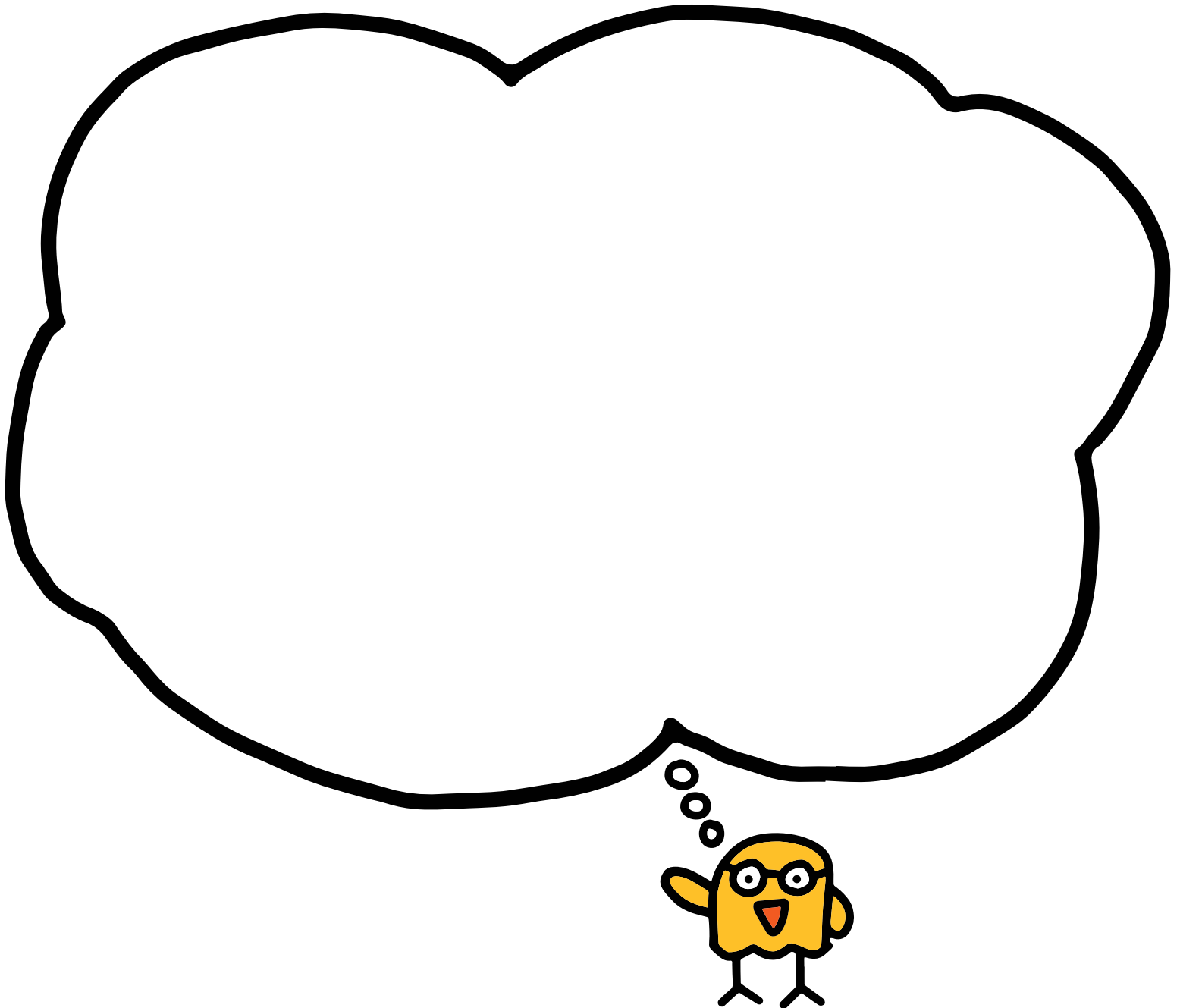
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WHAT'S
ON YOUR
MIND?

DRAWING
ACTIVITY



INSTRUCTIONS: Sometimes when your brain is busy, it helps to put your thoughts on paper. You can list the things you're thinking about or even draw a picture!



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WHAT'S
ON YOUR
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COLORING
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