



DBHDD

Red Ribbon

365's

RELAXATION STATION

For High School Scholars



These self-guided activities are designed for scholars to complete independently or with a friend or family member. They were created to provide opportunities to reflect and relax. We hope you will enjoy them!

~The DBHDD Team



D·B·H·D·D

Georgia Department
of Behavioral Health &
Developmental Disabilities



All About Me!

My Selfie



My name is _____

I love _____

I'm good at _____

My favorites

Food _____

Color _____

Subject _____

Activity _____

Animal _____

Season _____

Four words that describe me

1 _____

2 _____

3 _____

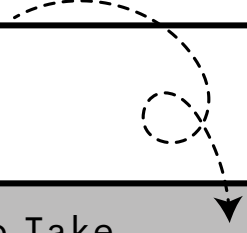
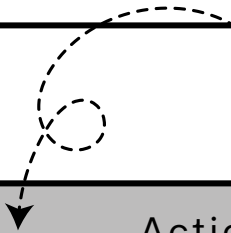
Fun facts about me



Planning to Be My Best Self!

College and/or Career Goals

School Goals



Actions to Take

Actions to Take



Coloring Fun!

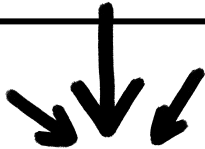
Choose your favorite colors to complete this picture.





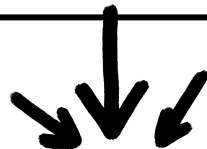
Planning to Be My Best Self!

Family Goals



Actions to Take

Health Goals

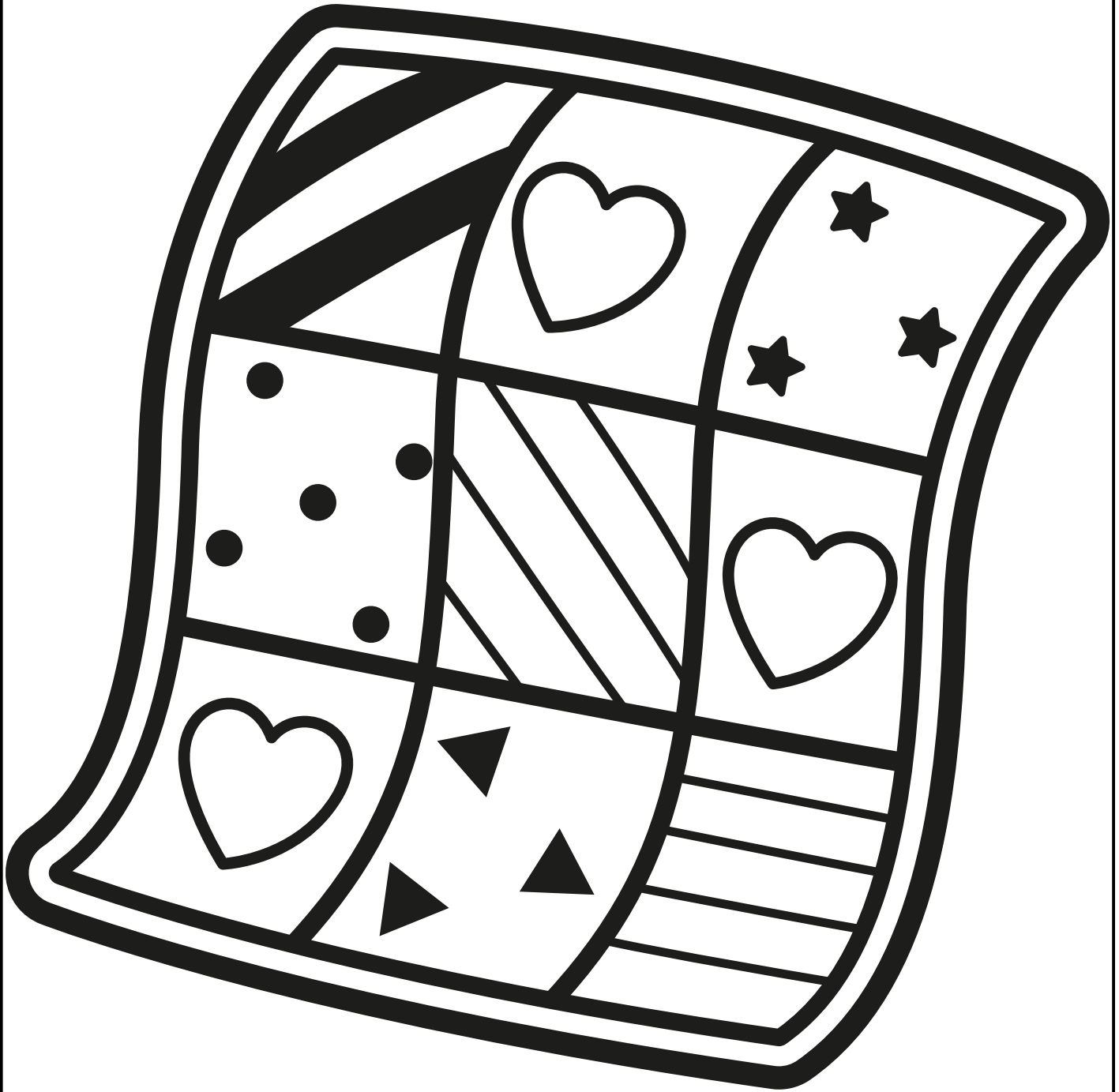


Actions to Take



Thankful Quilt

What are you thankful for? Create your own Thankful Quilt as a reminder of those things that bring you joy.





See It Clearly

Find pictures related to your goals and place them on a poster board. Be as creative as you can. You can also add pictures or words.

Materials Needed:

- Glue
- Scissors
- Poster board
- Magazine
- Internet images



Place your board somewhere close to keep you focused.
Write something you are thankful for in each square.





Coloring Fun!

Choose your favorite colors to complete this picture.





Tea Time

Make a cup of your favorite hot beverage. While you are enjoying it, take some time to create an acrostic poem that gives advice on anything related to building a healthy future. The example below uses the letters in the word tea. You might prefer coffee, cocoa or something else. Feel free to use the letters in your favorite beverage. Try creating a video to spread your message to your friends and family as you sip!

Think before you speak or act when you are angry.

Encourage those around you by being a good example.

Ask a trusted adult for advice when you are faced with making a difficult decision.



Tea Time





Take 5!

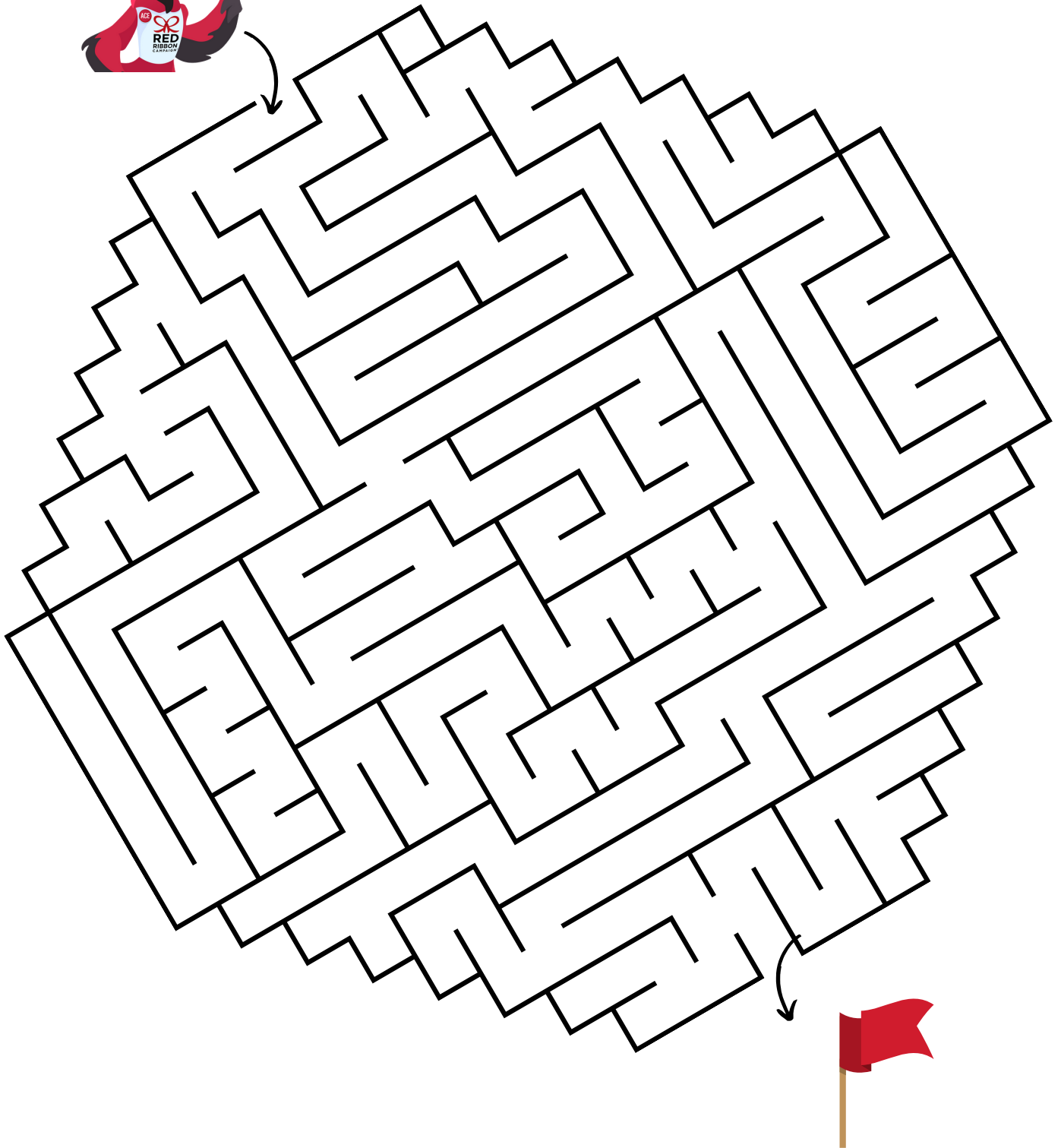
August 15th is International Relaxation Day, but it is a great idea to make relaxation a part of your daily routine! Choose five yoga poses from the image below. Hold each pose for one minute each. It's okay if you wobble or it isn't perfect! The more you practice, the easier it will become! Do this as many times as possible throughout the month. You can try the same poses repeatedly or you can try new ones to discover which are your favorites. Do it alone or with a friend or family member.





Flag Maze Fun!

Help Ace find his bright future!





Coloring Fun!

Choose your favorite colors to complete this picture.





Color by Number

Have you ever wondered why you spent so much time coloring when you were younger? Coloring is one of the most calming and relaxing things you can do! It's no wonder Kindergarten teachers have their students color. Many adults also use coloring as a form of relaxation and therapy. Try it! Use the code provided (or choose your favorite colors) to complete this picture





How do you handle disappointment?

In my own words, disappointment is...

A time when I was disappointed...

My response to the disappointment...

Was that the best response?

How could I have responded differently?

When I am disappointed, I can talk to

because



Got Goals?

There are some things we purchase as soon as we decide we want them, and there are other things we can purchase after we have saved enough money to afford them. What is something you really want to buy? It can be for you or someone else. Create a plan to make it happen!

Item I wish to purchase

How much does the item cost?

What is my plan for saving for the item?





Drugs Free Maze Fun!

Ace knows how important it is to be drug free! Help him make sure he does just that!





Follow the Dr's Orders

We often hear about the dangers of what many refer to as "street drugs," however, prescription drugs may also be harmful when they are not used as directed. Doctors give explicit directions for any medications they prescribe to their patients. Despite this, some people still choose to disregard those instructions. Complete the information below and create a PSA to teach others about the dangers of all drugs. Share it on your social media pages and text it to family members and friends.

| | | |
|----|-------------------------------------|--------------------|
| | Prescription Drugs | Other Drugs |
| 1. | | 1. |
| 2. | | 2. |
| 3 | | 3 |
| | Prescription Drugs (Harmful) | |
| 1. | | 1. |
| 2. | | 2. |
| 3 | | 3 |



But First...Think!

Think of a time you said something that upset someone or someone said something that upset you. Use the guidance below to determine if there was really a reason to be upset.

| | |
|------------------------------|--|
| T is it true? | |
| H is it Helpful? | |
| I is it Inspiring? | |
| N is it Necessary? | |
| K is it Kind? | |





Are You Socially Fit?

For the next two weeks, monitor the amount of time you currently spend on social media. Use the features on your phone to help you.

| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
|-------|---|---|---|---|---|---|-------|---|---|---|---|---|---|
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | _____ | ○ | ○ | ○ | ○ | ○ | ○ |

What is something you really need to focus on? A class in school? Training? College applications? Community service? Cleaning? Develop a plan to use some of that social media time to meet other goals.



Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 2 | 7 | | 3 | 5 | 6 |
| | 3 | | 8 | | 6 | 4 | | 2 |
| 6 | 2 | | | | 4 | 7 | | 8 |
| | 5 | | 9 | 1 | | 8 | | |
| | 8 | 3 | | 4 | | | | 9 |
| 4 | 9 | | | 8 | | | | 1 |
| | 1 | | 7 | | | | | |
| | 7 | | | 2 | 5 | | 6 | 3 |
| | | | 1 | | | | | 7 |



Coloring Fun!

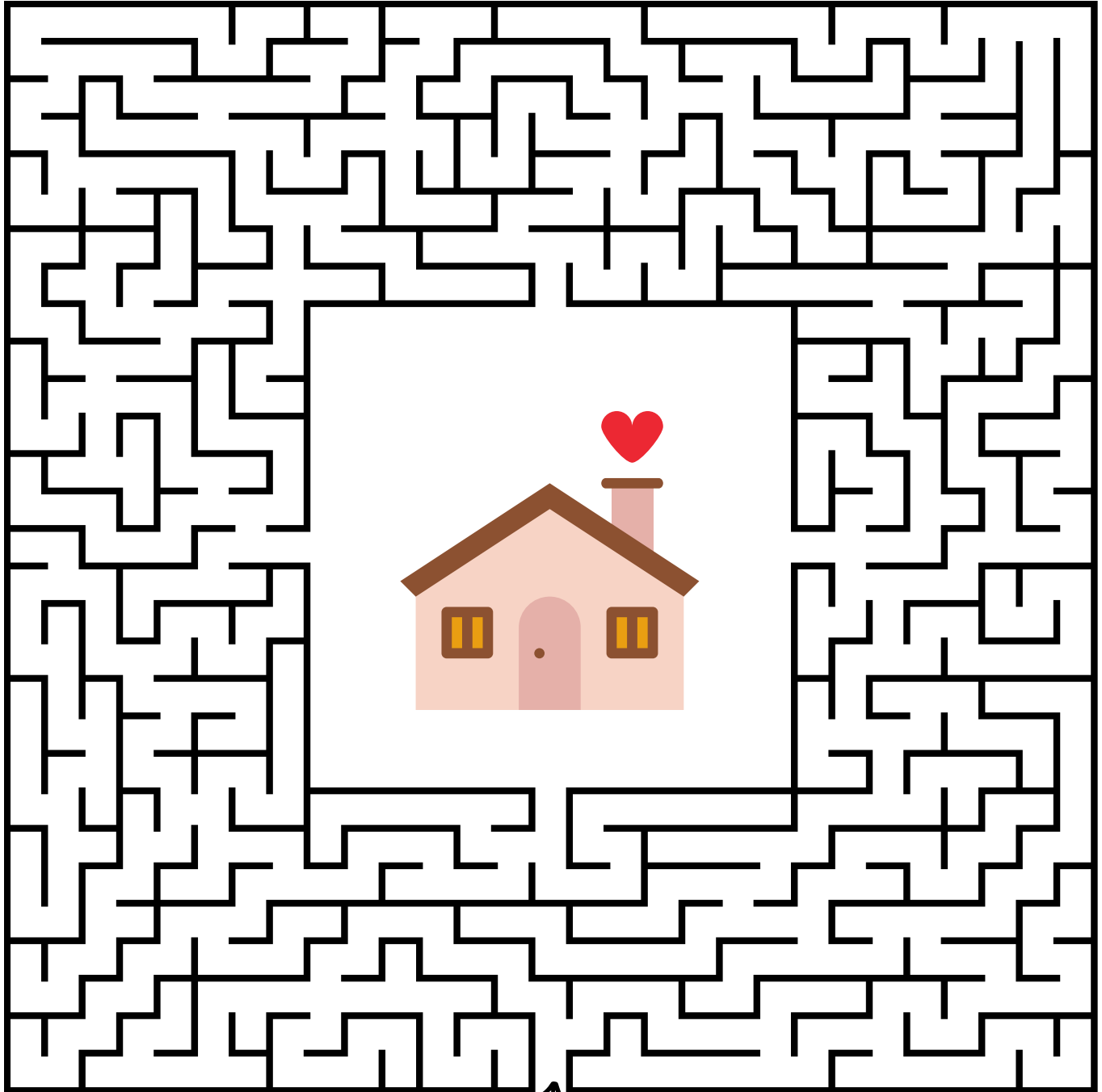
Choose your favorite colors to complete this picture.





Home Maze Fun!

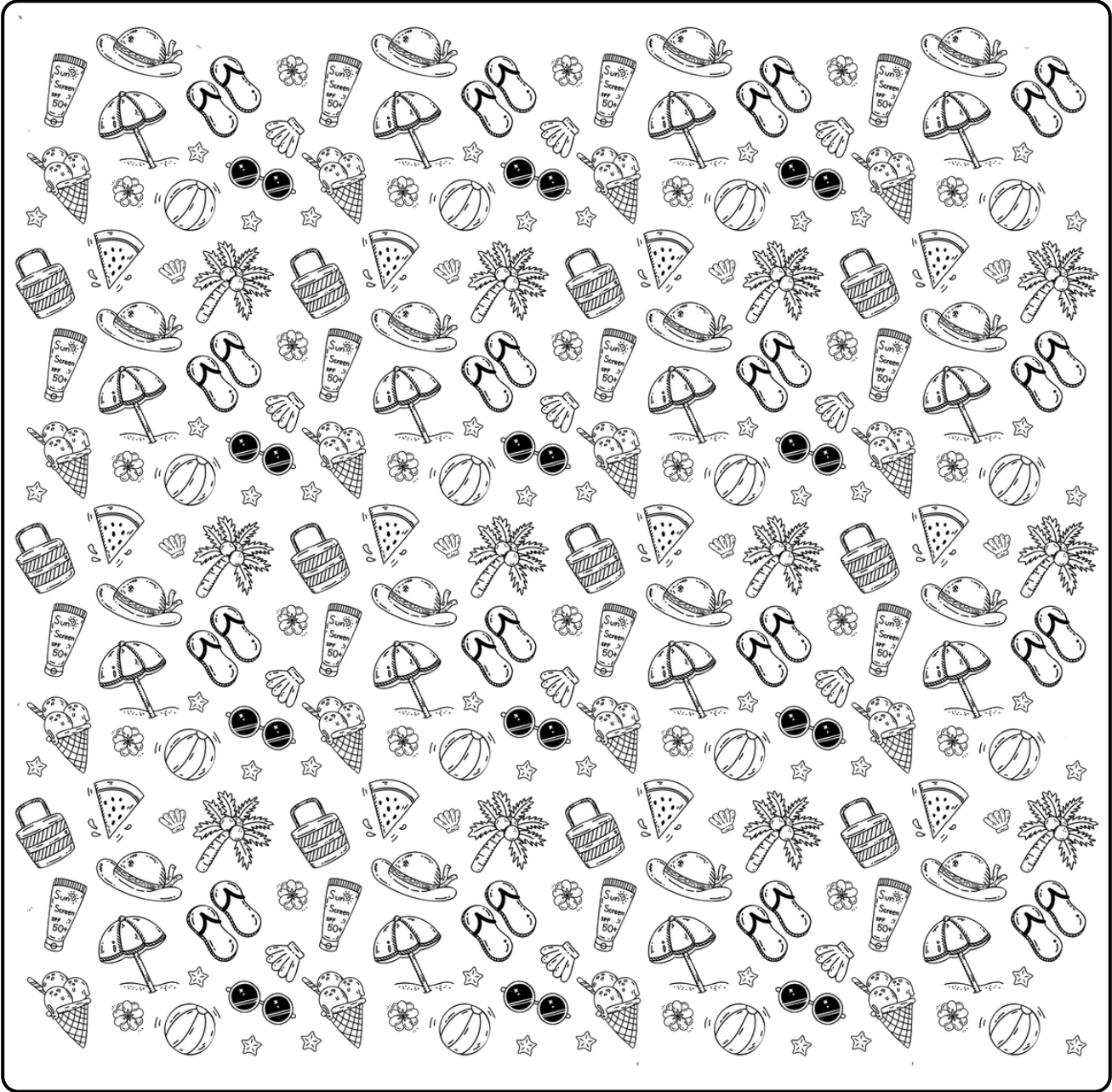
Ace has dreams of having a nice home. He can have it with your help!







Beach Vacation I Spy


Find the items and write the number under each section.





 =

 =

 =

 =

 =

 =



The Perfect Summer Picnic

PERFECT SUMMER PICNIC





The Perfect Summer Picnic







- August is National Picnic Month! Plan the perfect picnic for your friends or family.
 - Create a menu of foods and beverages that includes something each guest will enjoy.
 - Think of at least one activity or game that allows you to connect without using your cell phones.



- Once you have all the details, create a personal invitation of your choice to see if they would like to join you. You could write or record your invitation.
- Does the person you want to invite live out of town? No worries! Include a virtual option to connect from wherever you are!



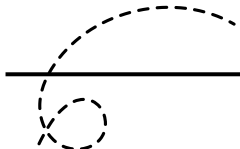
Here's a checklist to make sure you include everything needed for the perfect picnic!

- Location, date and time 
- Food and beverage menu 
- Picnic supplies (basket, paper towels, cups, etc.) 
- Items for setup (blankets, pillows, chairs, etc.) 
- Games/Equipment 
- Invitation 



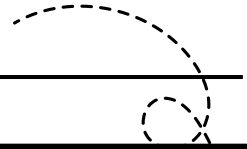
The Perfect Summer Picnic.

Location / Date / Time



Items for setup

Games/Ideas



Picnic Supplies

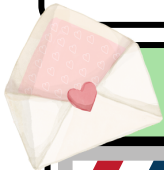


Summer Picnic Planning

Food and Beverages Menu

Menu

Invitation





The Perfect Summer Picnic Word Search

Find the words given in the word bank.

b b q z z e o d u f s i u z b s i s m w i f r i f p c t p z
 q e a y t f a a m s a n d w i c h e r t i h r a q a r x m x
 a c f s k d a n g w d u k z j j h a e j k r k o a a b c b x
 y c j i k v f t s f d r l g a m e s t m v s t t p o v a q l
 y w i v x e q b t u h l x e x o g d l p r z l i v d j m t d
 f h h e o s t j r w z y d d t a b l e c l o t h c c u p s j
 z z d b w p z x a a c g o y g t r g o l k o k u u d j g f h
 s t m x b a b n w d g n a p k i n s h v h k z q p h v q t u
 v q e t l i t m b r r c y v o w a o j v a i o a q p k b q l
 o i a i a j y e e m a e q x v s s p l z f f n f k n i f e e
 s t a c n c n z r h s h n y c t g o n i g f q s r z x a g u
 z h f y k t i o r m s j c b f j j t e g h g j l e x h l k r
 q j a p e x i b i t e y y p u f s a g z a w a r e c y n o a
 k q n y t z u d e f p l j b x x o t t h k k x v x t t q e y
 e d w j o b v n s p n s o d d l b o b a l l s i g j m s n p
 j l l a u i n w f o q d s n x g a s h e j h l l f g t x g m
 o h j m t u t m b t h t f x l d d a z r c x d u r v f e j v
 o h q s t v n g a a v k x x o t f l a d p a o h e p i l i s
 t s d g n r c h y t s t b d r z o a h s g b r k x i t c y q
 b u e s r q y s g o s k g o d d r d e c l b n z i a f i x g
 o i s z b a d a s c x v f k o k k l u n c c w p q j u w x a
 g i s k j i p v d h t x d g i f w m l v o w a s p a z o b b
 e f e q g u h e j i c x g v c w c k x m d j r t p g o b s z
 h n r r w v m z s p i d p m a n i a i i y c v w t o h d x v
 r e t p v g r b o s b f l o f d b c r s g p u l j u o g q w
 k s n m e v s f r z e h c p f m l s t d p u l u s i k n c z
 x p r w m k x z t e m s p q t n k l q b s m u a l m x n c d
 o k s c v o p j z u l l p q g d z k c j g z r b t n y y g a
 g o c x e u d m g a k l t z x t t o r m c z j f l e j o u v
 l k u k n o h j s m r x a c e z n w j j z t m c x d s b n w

Word Bank

- | | | | | |
|--------------|--------------|---------|--------|-------|
| Strawberries | Potato Chips | Insects | Ant | Grass |
| Potato Salad | Umbrella | Fork | Grapes | Cards |
| Tablecloth | Cups | Dessert | Basket | Games |
| Balls | Sandwich | Napkins | Spoon | |
| Watermelon | Blanket | Plates | Knife | |



Smile!

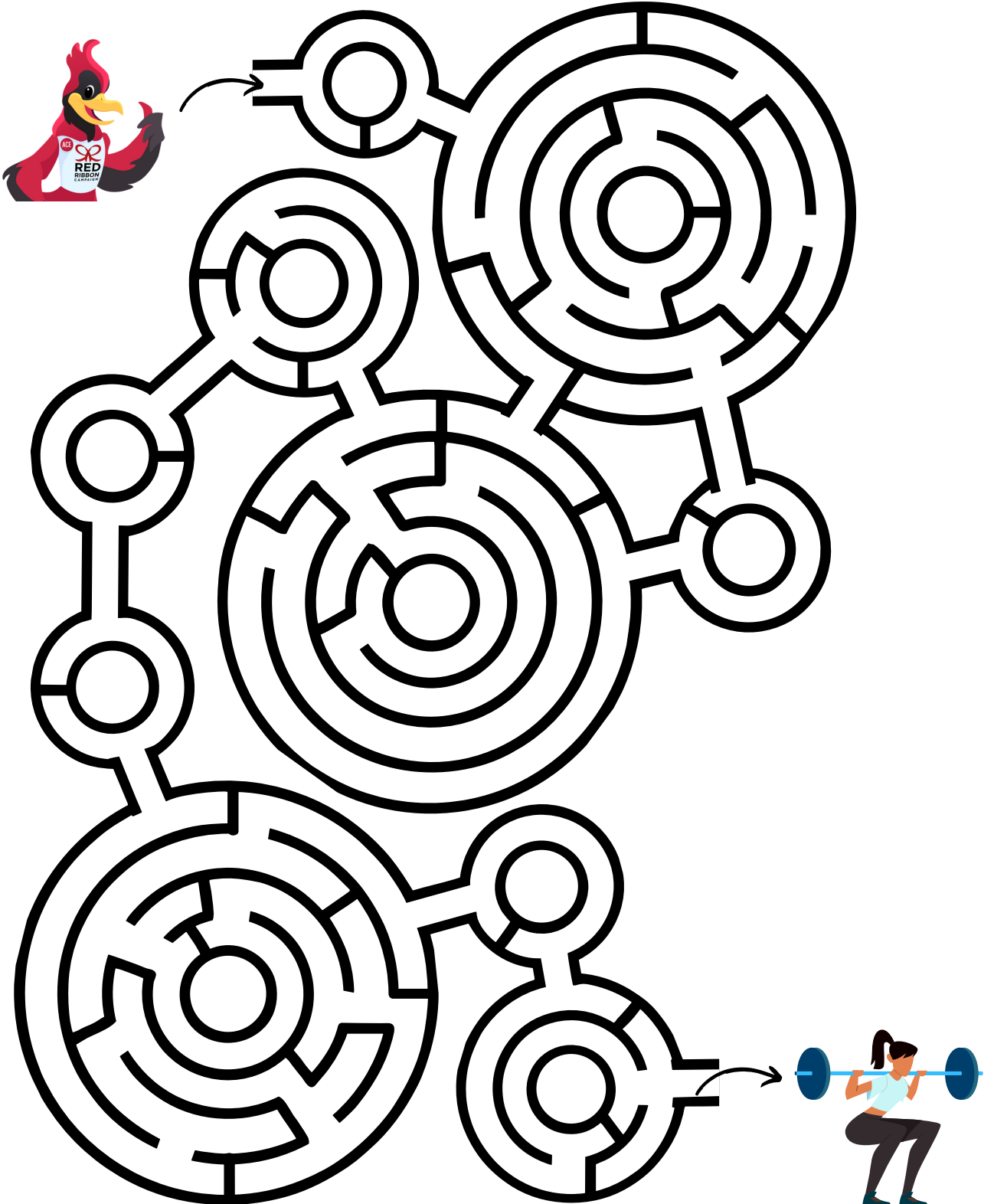
Scroll through the pictures on your phone. Choose 3 pictures you took with 3 different loved ones. Send each picture with a note saying, "Don't we look great? 😊" You just made someone smile!





Lifting Weights Maze Fun!

Ace wants to try out for the basketball team and decided to get in shape. Where should he start?





Coloring Fun!

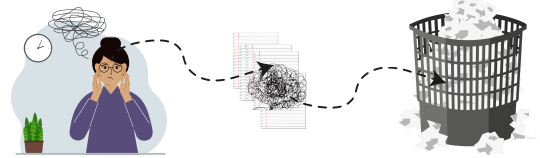
Choose your favorite colors to complete this picture.





Trash Talk

Having healthy relationships with others begins with having a healthy relationship with yourself. Sometimes the negative thoughts we have about ourselves and those we hear from others keep us from being our best selves.



Materials Needed

- 5 sheets of paper
- a writing utensil 
- a trashcan or something that can be used as a basket 

Directions:

1. Cut each sheet of paper in half. (This means you will end up with 10 pieces of paper.)
2. Write 5 things (one on each sheet) that keep you from being your best self.
3. Crumple each sheet of paper.
4. Place your "basket" far enough away that it becomes difficult to throw and land the paper into it.
5. Throw each sheet of paper into the basket. If you don't make it the first time, try again until all 5 sheets are in the "basket."
6. Recall the five things you "trashed." On the remaining five sheets of paper, decide how you will make small changes to improve in each of those areas.

Lesson: *Whether it was easy or hard to make your "basket," you kept trying. Anything worth changing is worth working for. You can do hard things!*



Friendship Word Search

Find the words given in the word bank.

r c o n s i d e r a t e w k r b v x v v b s l e b l j u f k
 w x o p r a d r m c m w r g q y i j y t b j g j e c j l p h
 s w h u a l p q i f m w e h f w c a v k e q e c q c v b b p
 g r i n r l f c j q y a s t r u s t w o r t h y u y l b p a
 p b e i i t s h o t p j p j d o t q w z c u y b i c i d x t
 y s z n t s e c m z q n e g e n e r o u s q y l v i i v y i
 y e v r c k u o t u c p c f o d j k c j f f g g g t r w g e
 e t c b t o e y u w b z t o v h w a o k c e j z o a o b e n
 y u q h l z u w n s i u f q l o z r m f h r p y o i e q p t
 f z v b q w c r u k s l u c k n m v p t h g r g d f y r f y
 l b d z f f p v a t q w l b b e g r a r a i x k l q i g t q
 e r u m n z p j z g h k n r e s f e s b h g i k i h k c a b
 g k a k q k f e m f i p n a y t k n s v m i p d s d o e p s
 u i f e f b p j d r q n n k r z k e i o n y k o t y x t c e
 b k f u x a h f y w b a g s t n a o o m b f i b e g n n r s
 g w u a g n b l p z b k g c z m n h n i y f n r n x b e l u
 l x p v a p t t j w w g u i i y k l a h v e d m e f k q e p
 u g w o g c r n w g s m l o y a l i t w z a e n r h t t p p
 g z o q s m c e u c s y j f r y y l e g c x k z w f x e n o
 x c t z d i u e s t m o e m p a t h e t i c a a l w b j c r
 f u g g s o t y p p k t c w s h h o k n u d v m a e m v b t
 g w t l b x l i i t o r x u q s j o r c w i q b b m y l b i
 f x a r y k u n v q i n h y i s e q b y i g s i b u p n e v
 y p d g j v w j z e u n s d x v o n o a u a h t q r b d t e
 n k k e k p w w p a n g g i z d k u p q b j v i s t r g f l
 v a z n m a y b g n v n o h b w s d z i t a i o l u p b f g
 e s x o k q k b w c x g c i f l g z e f y d m u v o h z l a
 p c r k c j r v o q u j w h m u e a g l m i p s h p y k e y
 p n d e o g u a a g o v p p f h u e k l i z i l l k b g u u
 d w f v r e l i a b l e j a j j w f a p t v h i k n k a y b

Word Bank

| | | | | |
|---------------|-------------|-----------|----------|-------------|
| Compassionate | Considerate | courteous | reliable | Positive |
| Good Listener | responsible | ambitious | Honest | Respectful |
| Encouraging | Supportive | Accepting | Loyal | Trustworthy |
| Kind | Empathetic | Generous | Patient | |



Not Your Average Skittles

Some people say, "You are what you eat." Are you really? Maybe you aren't an actual cheeseburger, taco, pizza, or piece of chicken, but eating more healthy foods can energize you!



Being healthy starts from within! Having healthy relationships AND a healthy diet are a part of that! Surprise your family by asking to make a fruit salad to go along with your meal. Choose up to 3 fruits of your choice. You can even make your own sauce to pour over it.

Let's go Chef!





Get Up and Move

Do you have any idea how long it takes you to walk or run a mile? Identify a safe space to find out! Ask a friend or family member to join you and time it!

Schedule time to walk or run at least twice a week. At the end of 30 days, time yourself again to check for progress.



Walk or run a mile:

Identify a safe space

Name a friend or family member to join you:

Benefits of walking:

30 Day Tracker

Color each circle when you achieve your daily target.



Finance Word Search

Find the words given in the word bank.

m z w k n z n u y m y h k n r o i n v e s t k k c u a c u m
r w a n t s d v z y v v e k u y e d v j x p w j a o t o q f
z n f p n d n h y k c l z p g f c c n f f x s x b s g s v s
g e p m n e e d s w w l p k l m p s j r y z g c q c i t r i
t a t g t n x m s b m v r k f z b r r m n n h g o e x i m i
f r e e m a r k e t e v w i o o a s f o d c p w w p d s e n
o d t v r v n q p n u p g i s e b z w e l w q u n m f s b t
f i q i v j f t i y f e m k c i n q l u t l n l e t u m s e
g o n c u j q g r c q u k k a x r o w z z s j g r u j l i r
b e w c b g f h m j w i j y l p f n e d l o i v s z z j h e
s a v i n g s w s v y t z n f f c o o v d i z v h m g w l s
w w k r u d r w d p s e k s h s u y b n a v f f i z b o b t
d q q r y c a p i t a l u j i v p j c j h h a i p x q o c d
e b v i r s g g p q h t k l h j u z e r t i d h n t a i b x
m m l t q k n k l y v d e u z x k c b p c u v c l a y x b s
a b w t n z m l d p x u v n a r n z v t o q k i p k n a j i
n s j e a y u p x e s c e k s d e h p e n w n h j n k c y r
d k z d a y y w p p b i e w h e i t x i s k w y b z r u e a
a z i f f l z d q u w t c x q a i t i e u j a u d b w d f s
m v i i n i t x a i p r o i w x r s y r m n v c w p x b h b
m c y n c u j h u g u e n t a a x d o w e q e e f a f z e m
j u a a r l t f y v i t o s m l g s d e r m f g d i d d f f
l f e n e i f e q b q s m l d q n x t f i t e d a u z m e w
p g j c d r l e e d c u i b a i r o b o s n j n z s j y f t
q l b e i z b v a e d d c n b x c m v r c w x a t u c c u j
i p u p t k s p q f y i s v l c g m j g n k a c l p g j k p
z n d o e t d u s i i m t f k j t k a o h j s h m p o g d y
n e g w e e o p s c o y c l i u w f b x y k c w d l o h n c
j k e d o g f w n i d s z b o w o k u r k c t o t y d z i d
v i t h a z k i z t d h e o g z f i p y q e r g q q s r l r

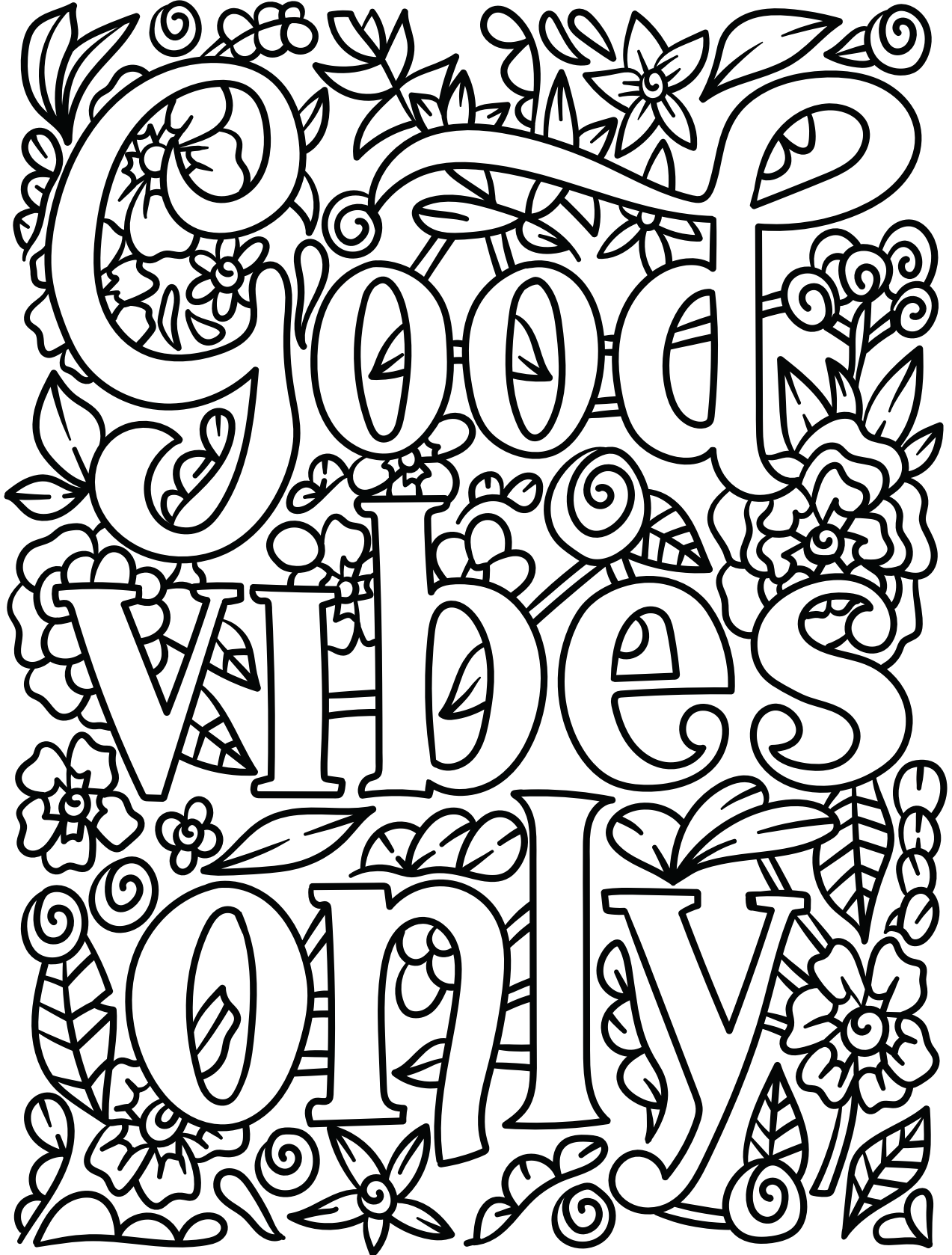
Word Bank

| | | | | | |
|-------------|-----------|---------|---------|--------|-------|
| Retirement | Economics | Capital | Savings | Supply | Goods |
| Free market | Consumer | Finance | Invest | Credit | Needs |
| Ownership | Interest | IRA | Demand | Wealth | Wants |
| Debt | Cost | Deficit | Stocks | Budget | |



Coloring Fun!

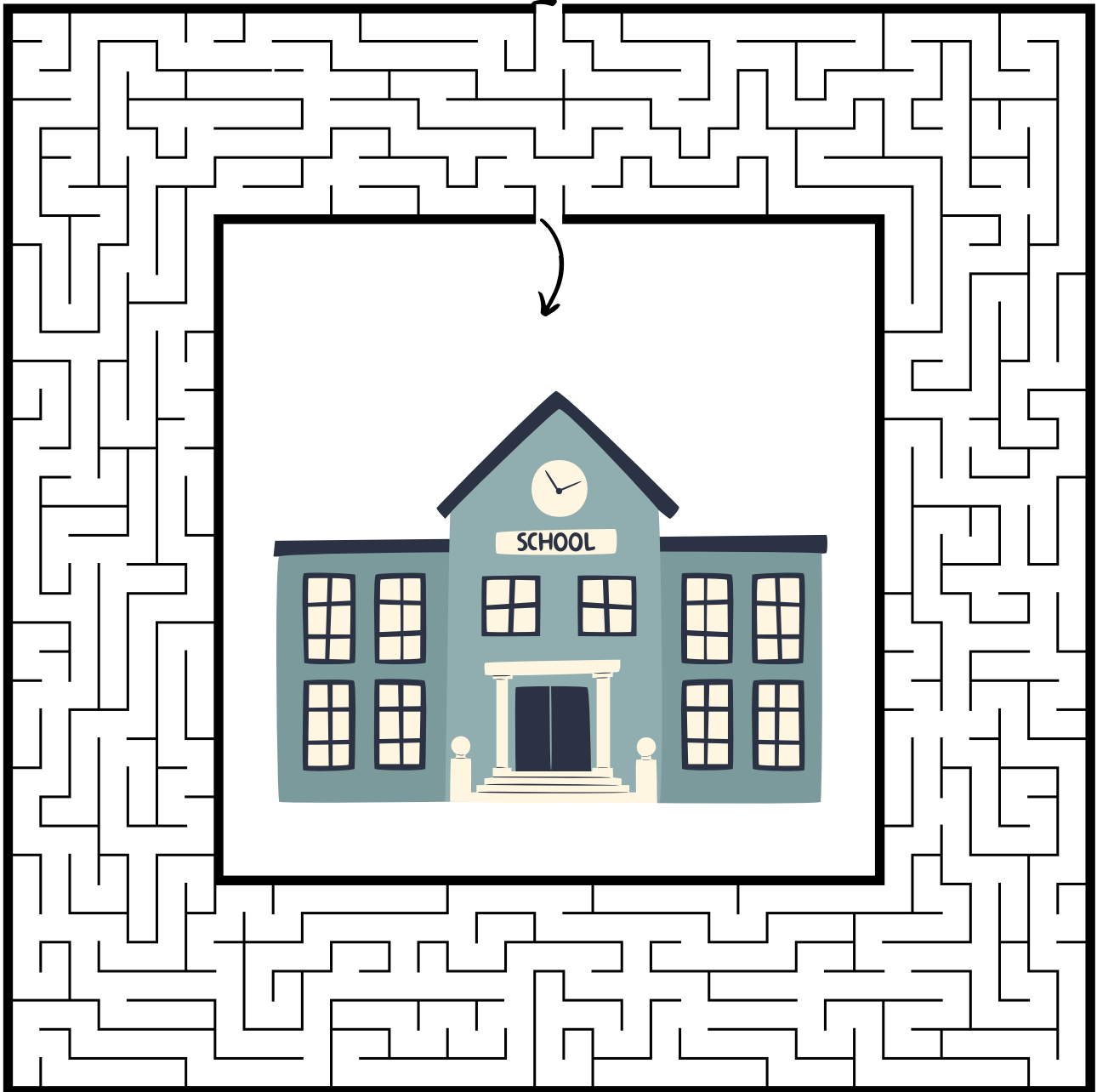
Choose your favorite colors to complete this picture.





School Maze Fun!

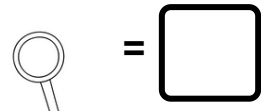
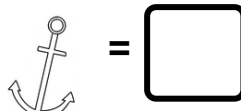
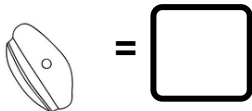
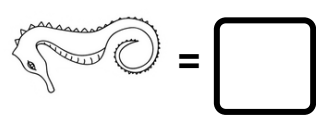
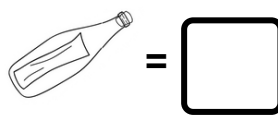
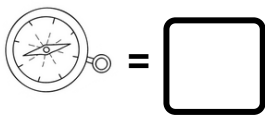
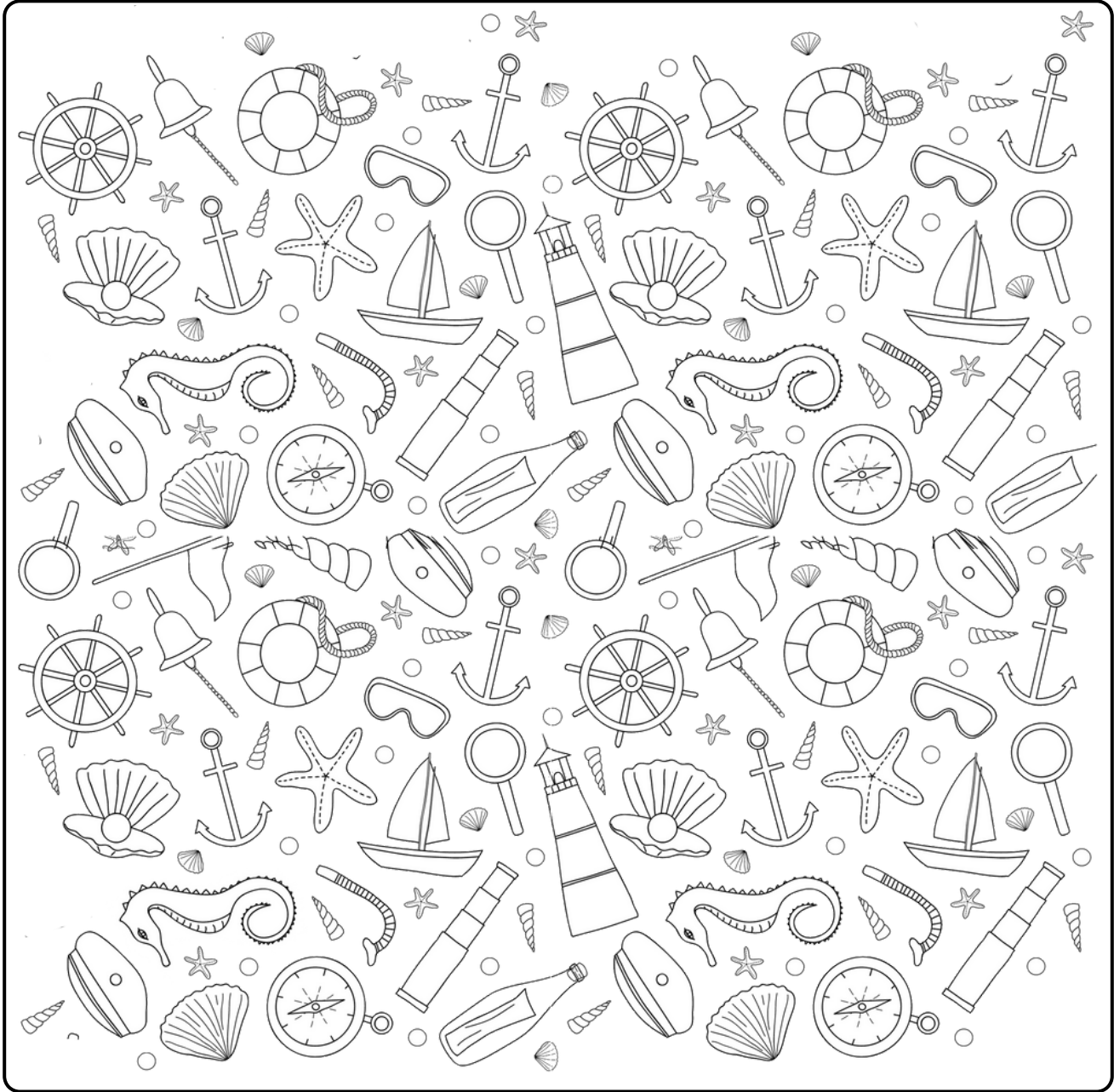
Help Ace find his way to school.





A Cruise I Spy

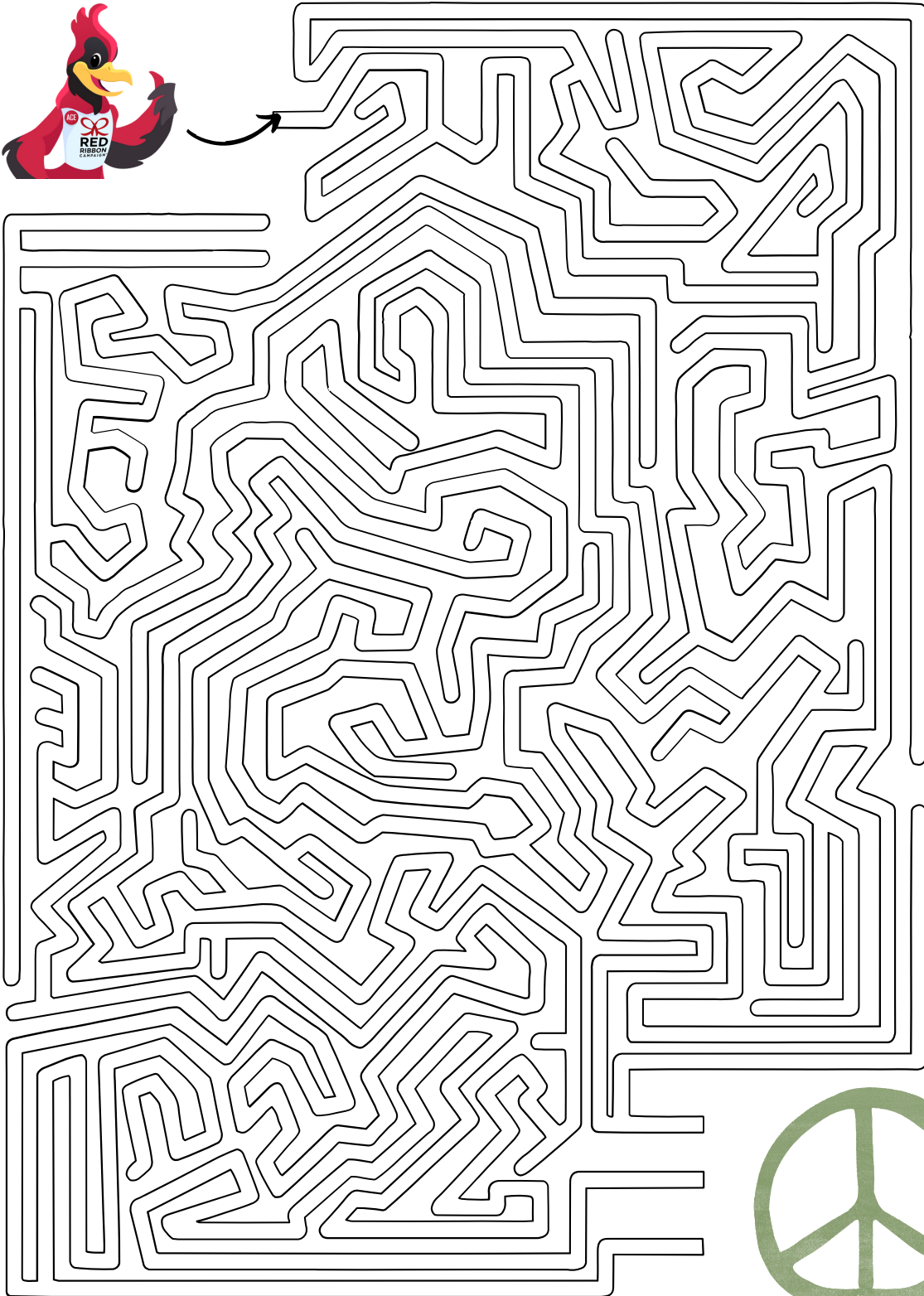
Find the items and write the number under each section.





Peace Maze Fun!

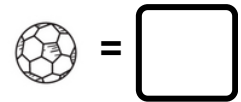
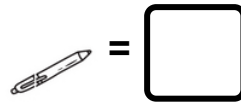
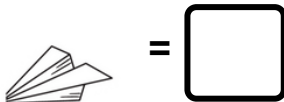
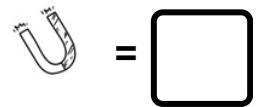
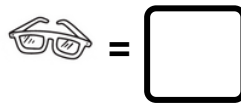
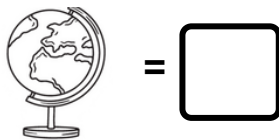
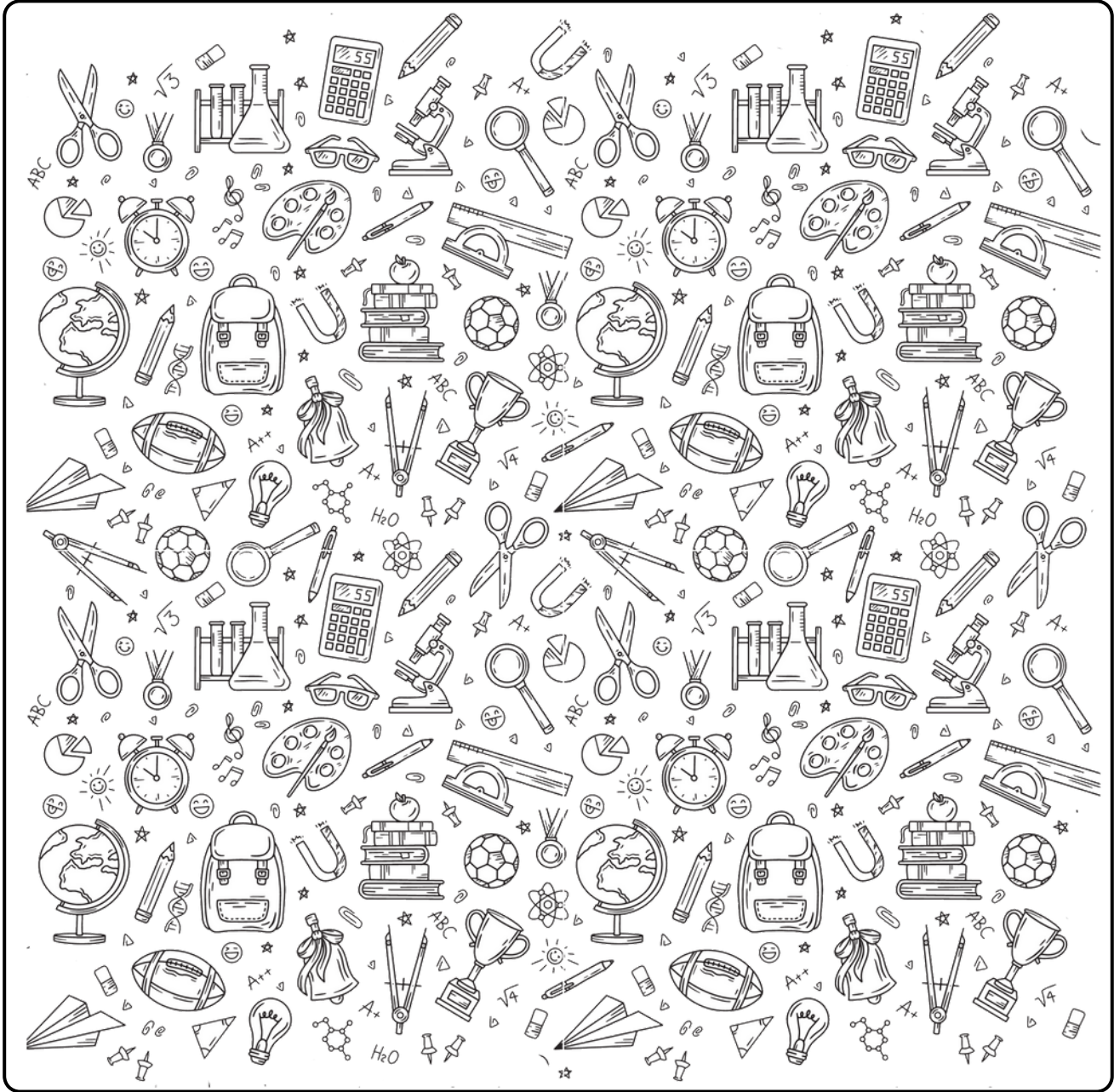
Help Ace find his peace!





School I Spy

Find the items and write the number under each section.





Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

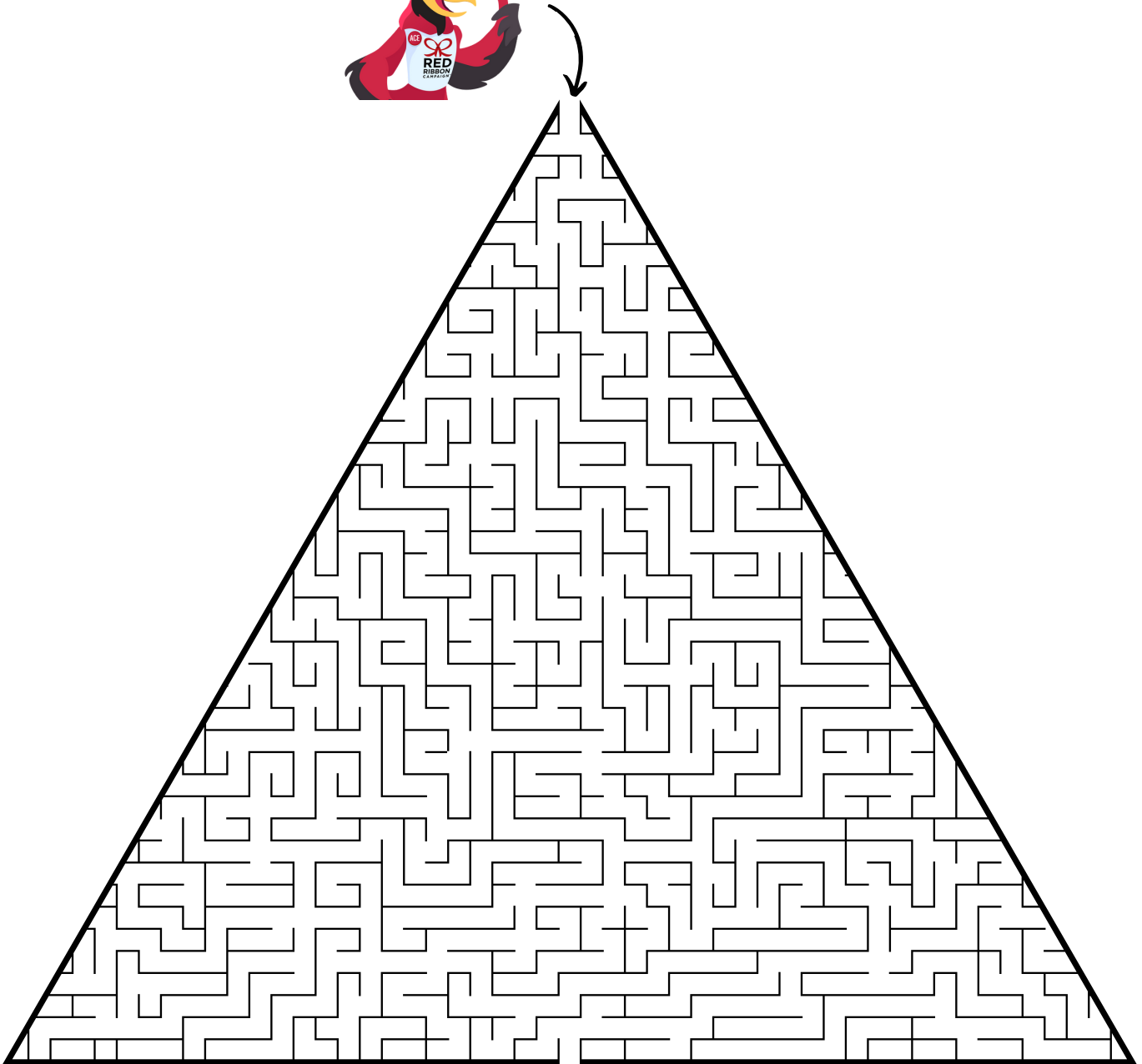
Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | 1 | | 4 | 2 | 9 | | 5 |
| 3 | | | | | | 8 | | |
| 5 | | | | | | | 2 | 1 |
| | | 8 | | | 6 | 1 | | 3 |
| | 1 | 5 | 9 | | | 2 | 7 | 8 |
| | 9 | 3 | | | | 4 | 5 | 6 |
| 9 | 3 | | 1 | 2 | | 5 | 6 | |
| | | 2 | 4 | | 7 | 3 | 8 | |
| 4 | | 6 | | | | | 1 | 2 |



Bank Maze Fun!

Ace was just paid for helping his neighbor clean his garage. Help him find a bank to make a deposit.



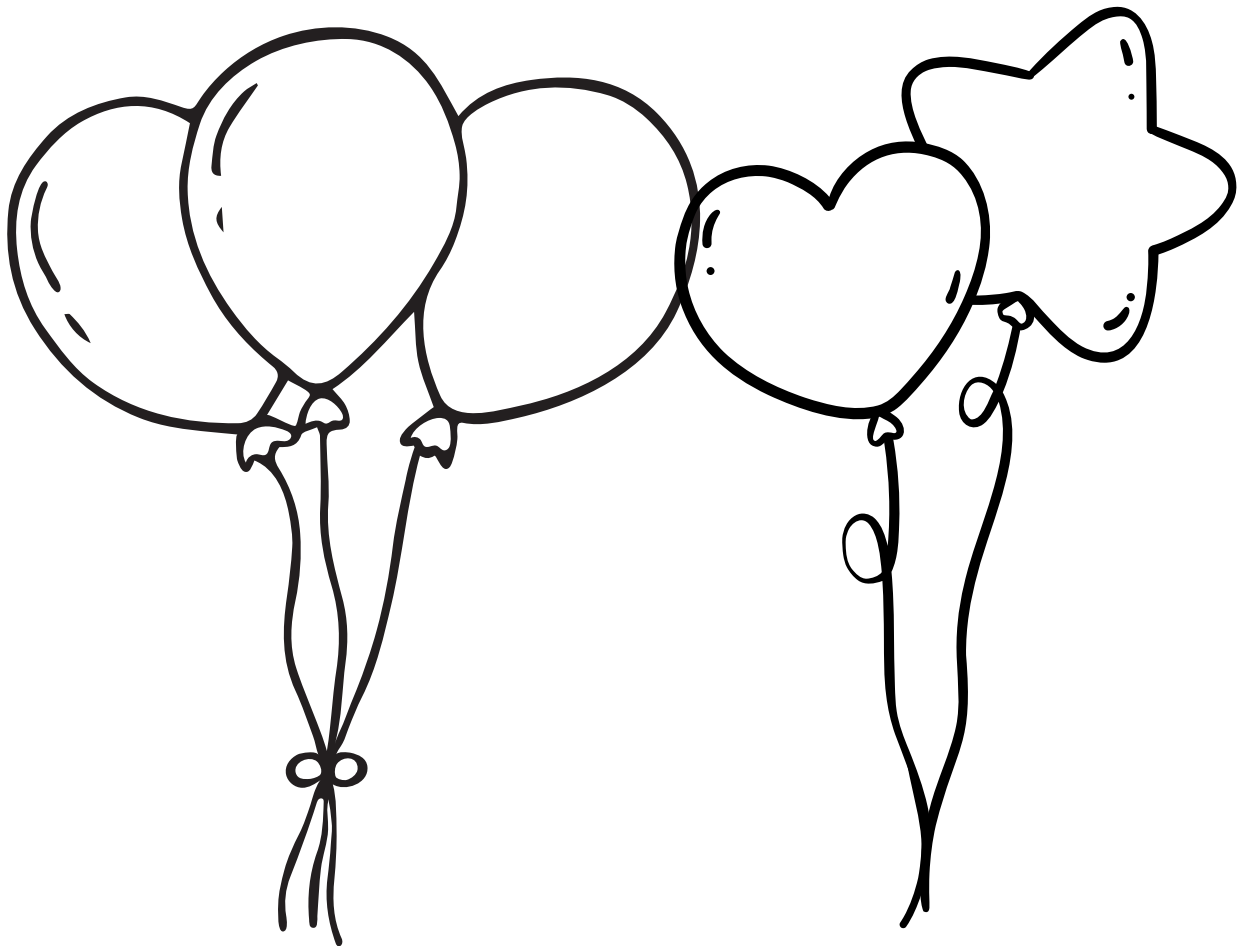
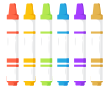


Forgiveness Flight

Think of 5 people or situations you want to forgive. You may want to forgive others, but you might also want to forgive yourself. Write the name of one person or situation on each balloon. Release them to signify your willingness to let whatever happened go.

Materials Needed

- 5 helium filled balloons for each person participating
- Markers





Draw and Color

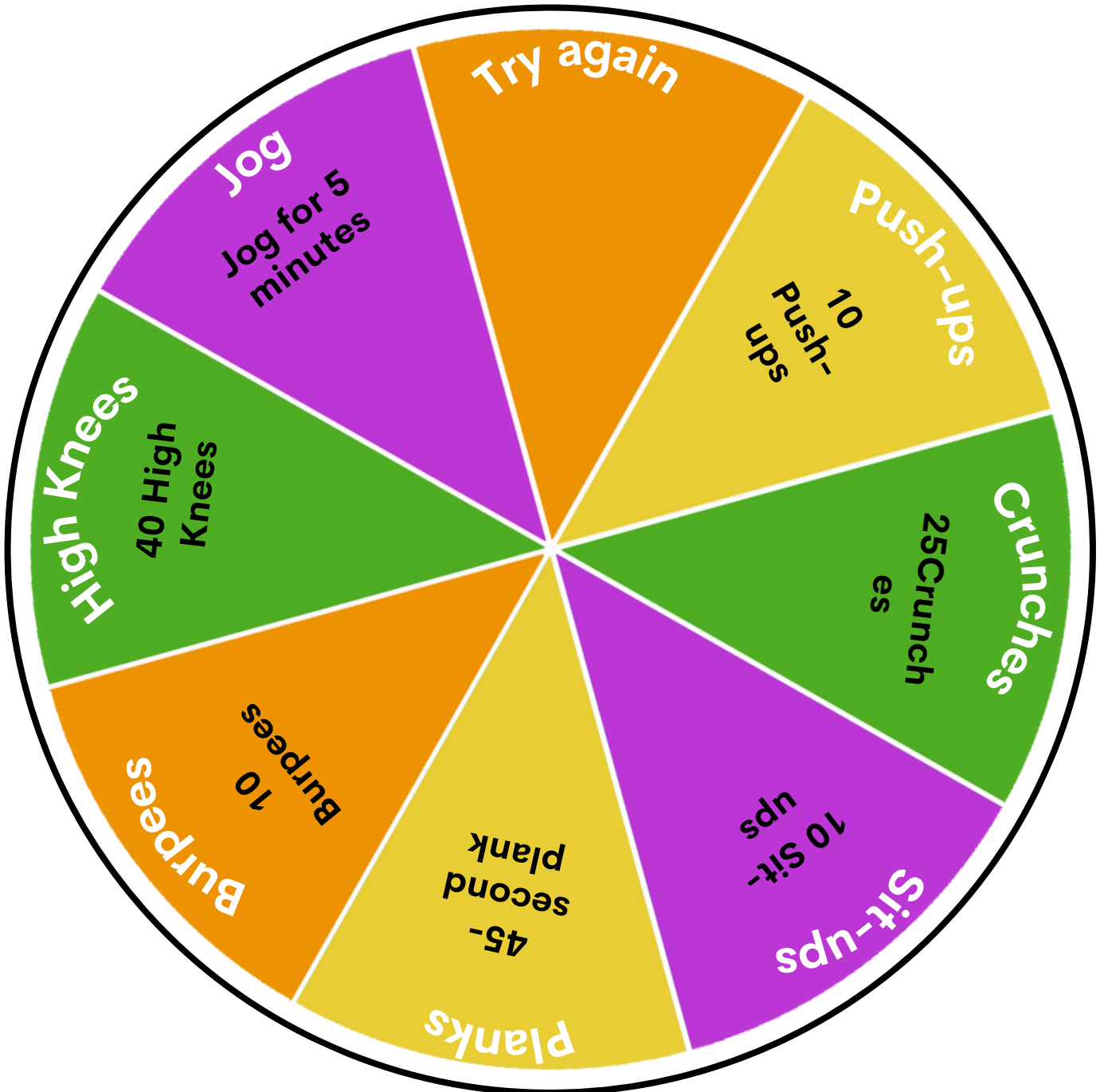
Draw and color the other half of the picture.



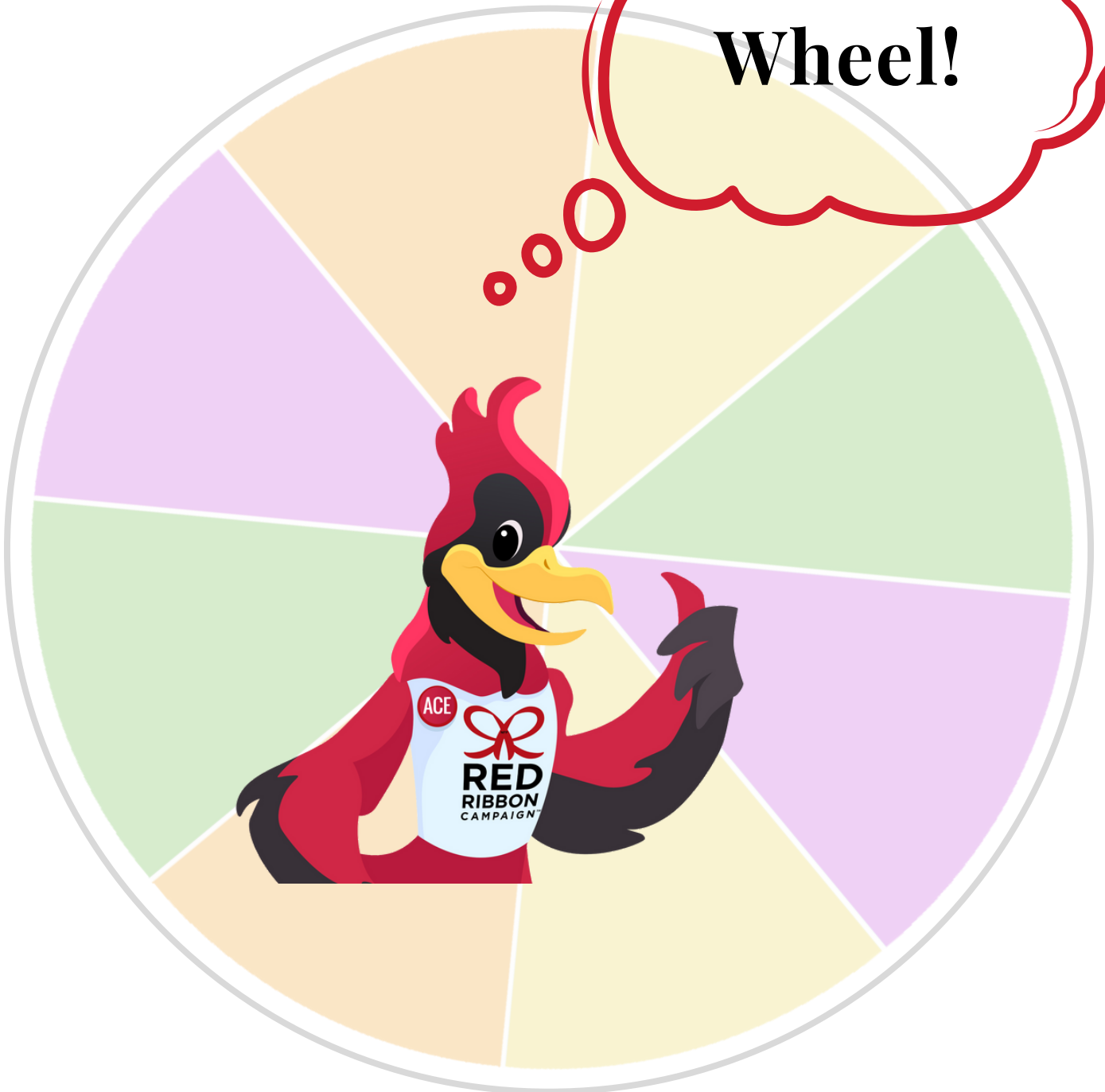


Spin the Wheel!

All you need is ten minutes! Spin the wheel and do as many exercises as you can. Grab a friend or go at it alone!



**Spin the
Wheel!**





Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | 9 | | | | 2 |
| 2 | 8 | | 1 | 6 | 5 | | 7 | |
| 9 | 6 | | 8 | 7 | | 3 | 1 | |
| 7 | 1 | | 4 | | 3 | | 2 | |
| 6 | 3 | | 2 | | | 4 | 5 | |
| 4 | 2 | 5 | | 8 | 9 | 1 | 3 | |
| | 4 | | | | 6 | | 9 | 1 |
| | 9 | | 7 | | | 5 | 4 | |
| | | 2 | 9 | 4 | 1 | 7 | | 8 |



It's Better to Give! Word Search

Find the words given in the word bank.

p z c d x i f a d j y s k b g p g x c t c d t z g j m a x x
 b w y h m s p m a x w a o k f g y r o a d m h i r v a b h m
 f w q k v h h n s s e c i d c h x n j u r t c f o t z g a h
 s g v w a f t e i s f d o n a t i o n s q n s b w c o f y s
 m j c r n x o n l u n f h p t r a s e r v i c e t u e t h y
 t u x e v p b o l t j r s y r m g b q p y a l h h s b p h k
 y e a m u d k h d n e s x n o p a s s i o n m n m e p g u z
 b a z a e e k s o w p r n w k o a q h w s h h t h l m q m f
 h x q n h n x e k u e h d o h m u w f h p t w i k f u s a i
 f o p s c d u r d p p f i u f w j k l h x m l m t l x h n s
 o r n a h k y v x h b c u l r o q n c y d a t w k e n r i u
 i c q m y u q a c e o l h n a z o u v s q w n b k s e d t p
 c w e d m b g n f l t p u a d n r d r r j j f b u s y p a q
 m o e s m o c t w p m q p f r r t t d v o l u n t e e r r d
 y j l i k f n l o x u g e o m i a h w r q j o r d c l m i p
 m o l l z p u e c b v j c i r o t i r m i r y x p b d d a z
 r e m f e a x a y q f t h o a t j y s o u v m u v v q p n g
 f b s i j c l d o j d n e e m x u m u e p x e a d f z j i b
 m u r b g q t e g e r g d d q m s n s l r i o m s f s e q y
 e n t f o s m r d j a b k k s a u m i d o s s f w i q a w x
 z x e m y s x v m p d f n p y n u n k t b d p t j n z s l b
 f n x c c c p s a d a e o d j d s q i b y x h b u h c y a r
 i c g k e t r x r k c g i q f w a v m t y j w q r x e a z r
 u l p a v s t y j m o t i v a t i o n y y v z m b z f d k s
 b s r x k r s u b w c c g o u o p e c t j b p i s b s o t y
 x j v j r e p i v j s q g z z f t q i t e f g h k v n d v h
 g r x s h n n q t e y i h n k p f t j k c c p n y x g x n b
 f o i w f x f x v i p x r t p r b b t e f g b f u l j i r g
 s w p y x s y x l q e p d c l o t h i n g r h l l d r i v e
 d d t v e x x q s k h s d z w x k j k b j d z m p m n i w e

Word Bank

| | | | | | |
|----------------|-------------|-----------|-----------|---------|-------------|
| Philanthropist | Opportunity | Community | Volunteer | Charity | Passion |
| Servant Leader | Fundraisers | Help | Collect | Growth | Selfless |
| Humanitarian | Food | Donations | Service | Drive | Food drive |
| Give | Motivation | Clothing | Shelter | Money | Necessities |

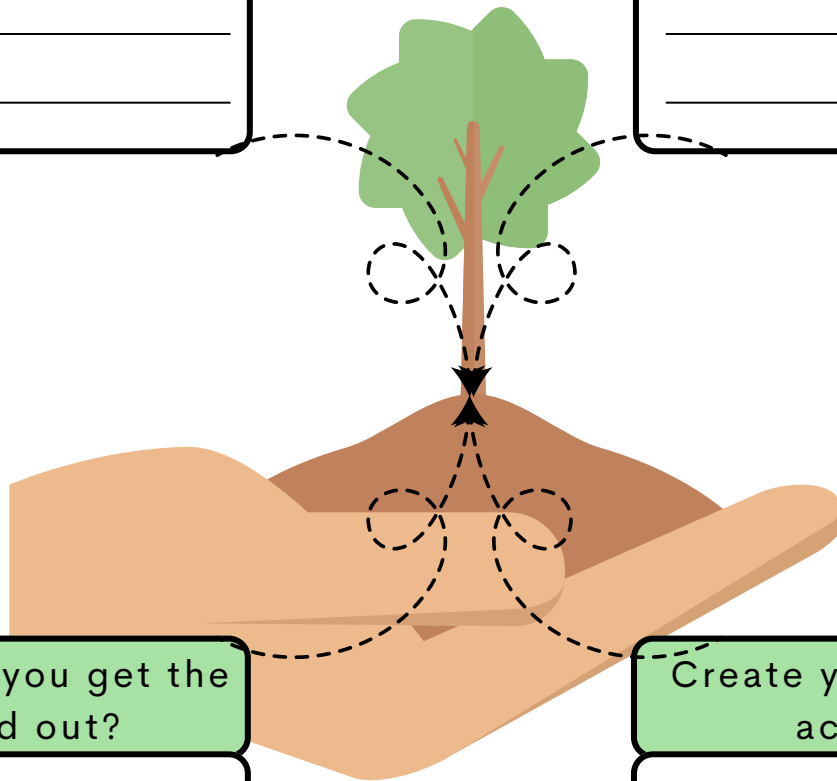


The Giving Tree

Marian Wright Edelman said, "Service is the rent we pay for being. It is the very purpose of life and not something you do in your spare time." Plan a community service project that you can be proud of.

Who will benefit from this service project?

Who will be on your team?



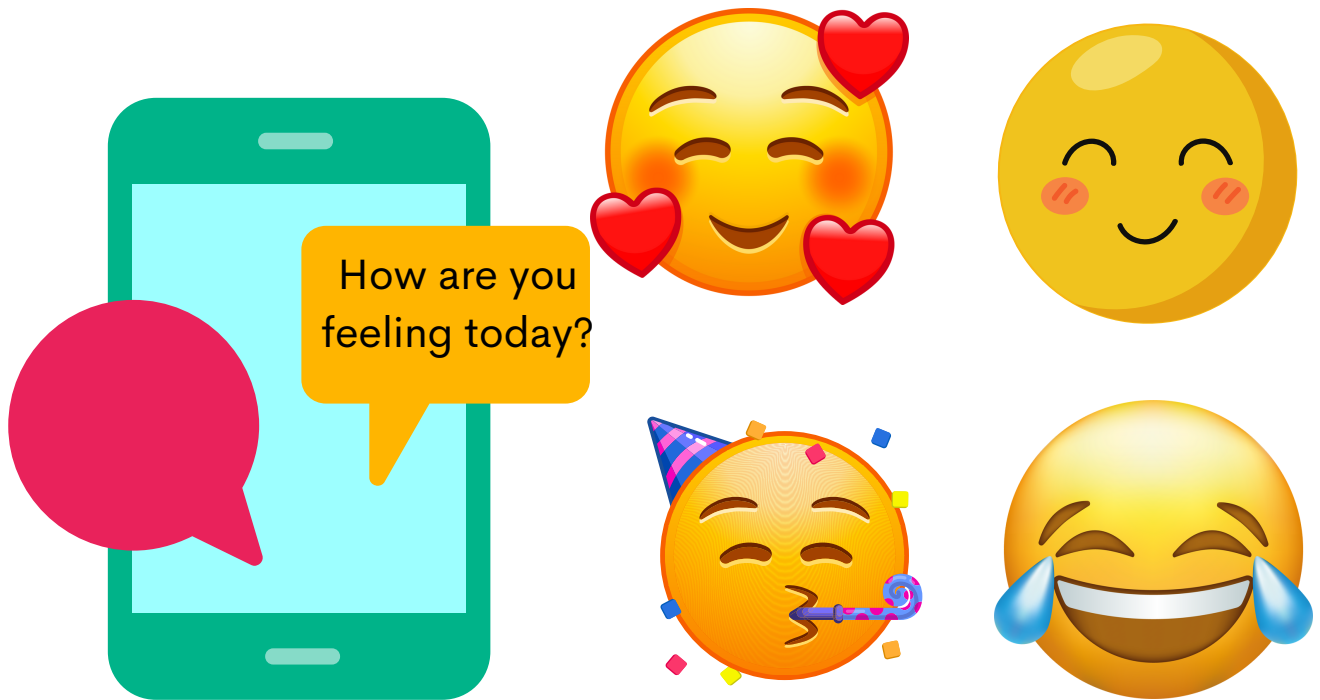
How will you get the word out?

Create your plan of action.

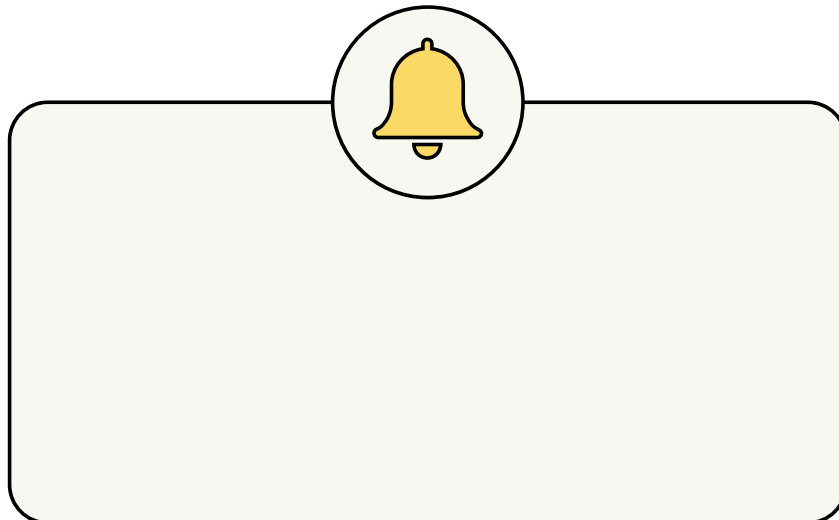


Social Break!

Text the following message to 4 family members: How are you feeling today? Respond using emojis only.



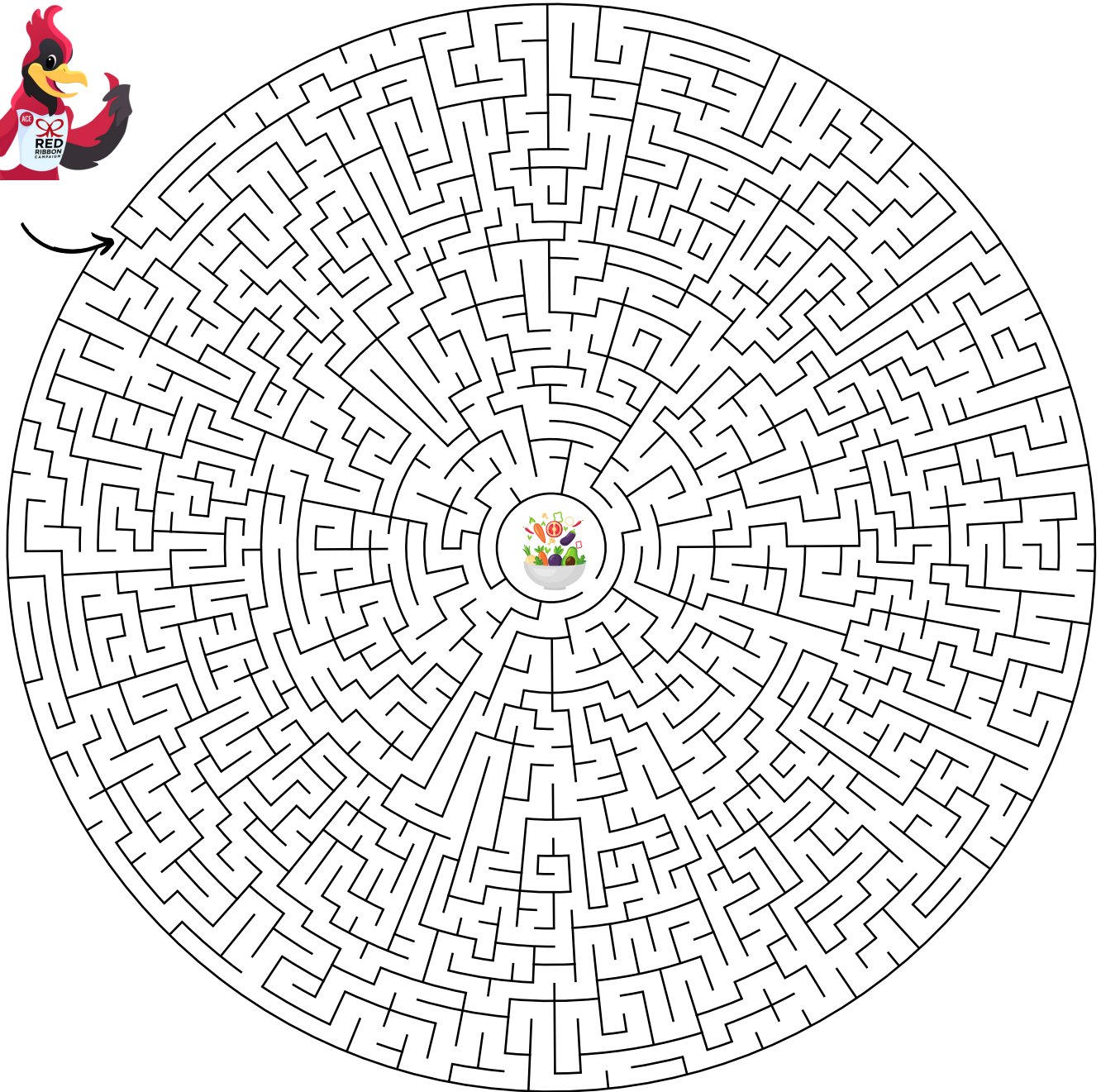
Set a reminder to check back in with those who are not doing well on another day.





Healthy Food Maze Fun!

Ace has been eating too much junk food and decides he needs to eat healthier. Help him find his way to better choices.





Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 5 | | | | 9 | | | |
| | 1 | 4 | 7 | | | 6 | | 3 |
| | 3 | 8 | | | 2 | | 9 | |
| 7 | 4 | | | 9 | | 5 | 1 | 2 |
| 1 | | 9 | | 7 | 6 | | 8 | |
| 3 | 8 | 5 | | | | 9 | | 6 |
| 5 | 7 | | | 6 | 8 | | | 9 |
| 4 | 9 | 2 | 3 | | 7 | | 6 | 1 |
| 8 | | | | 1 | 4 | | 5 | 7 |



A Perfect Day

Some may say there is no such thing as perfect, but this is what a perfect day for me looks like...



Who would join you or would you be alone?

What would you eat?

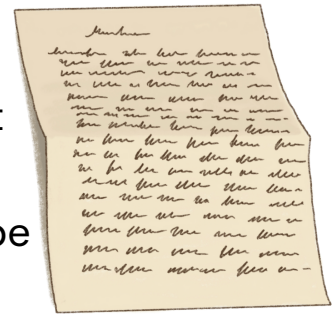
Where would you be?

What would you be doing?



Could We be Friends Again?

Write a letter or create a text to someone you feel has wronged you. Discuss what they did and how it made you feel. After you are done, read it to yourself at least once. Do you feel better now that you've gotten your feelings out? Is this something that actually needs to be discussed with the person or maybe a trusted adult?



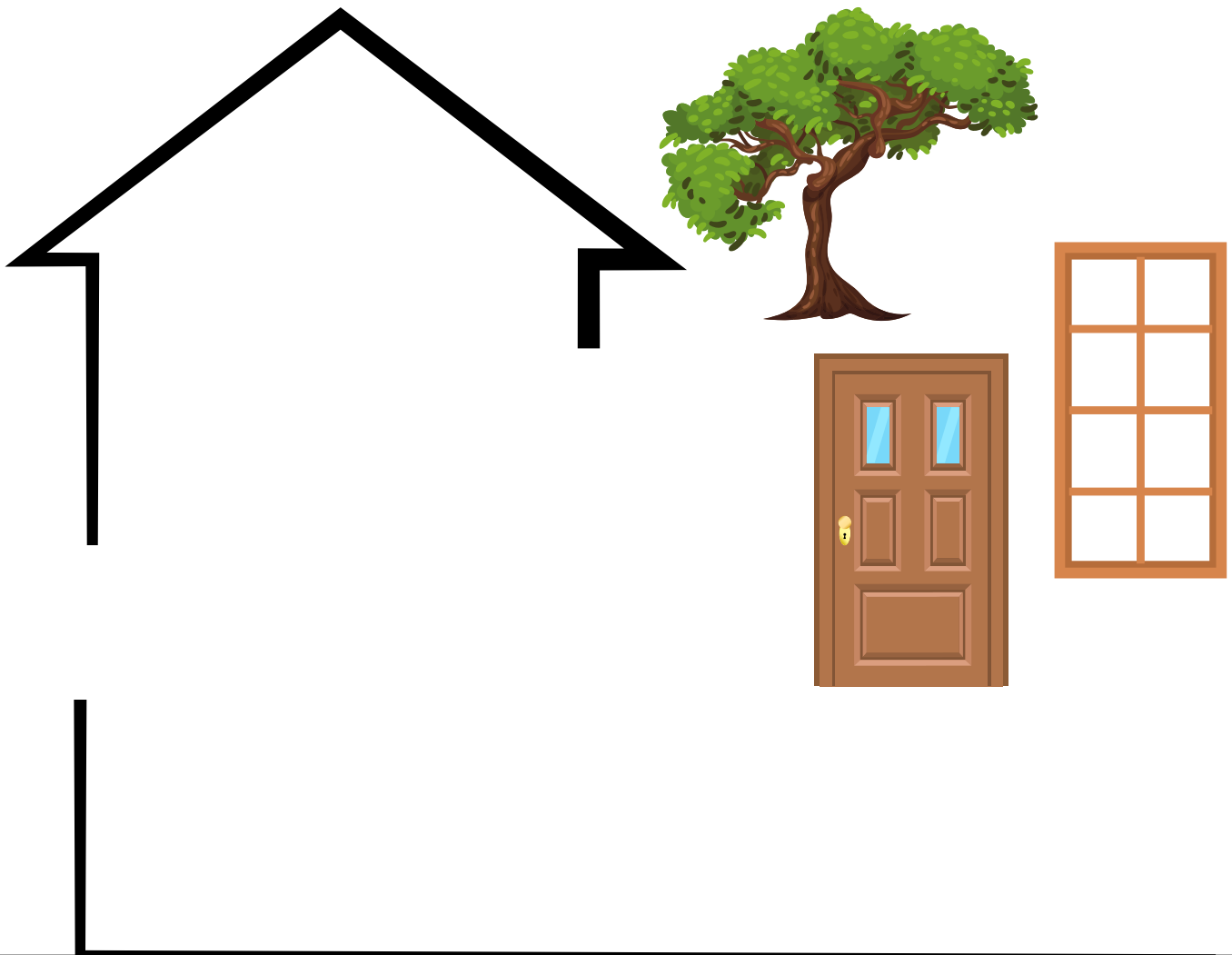
Ask yourself if you can forgive the person and continue your relationship or are you better off not communicating anymore. Regardless of the answers to these questions, decide what you need to do to heal and move on.



Building for Your Future

For an architect to build a home, there must be a blueprint. A blueprint is a drawing or sketch of the final product. It also symbolizes there must be a process. What is the danger of not using a blueprint to build your home? How can we relate this to building a healthy future for ourselves?

Draw a house below. (Do your best. This isn't an art contest.) Label the parts of your house with those things you feel are needed to have a healthy future. Be thoughtful when labeling. From the foundation to the roof, consider the purpose each part of the house serves.





Building for Your Future

This is My House!

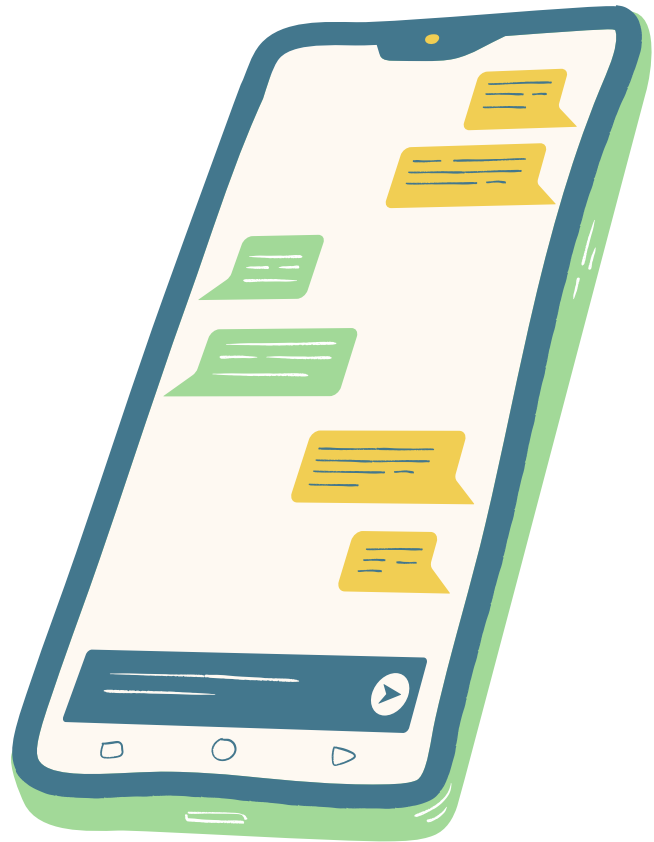
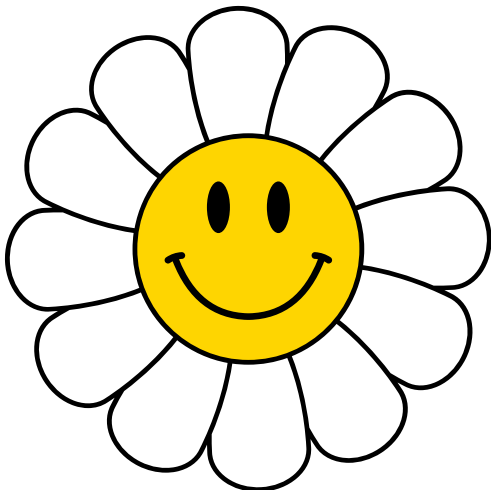
A large, empty rectangular box with a black border, intended for drawing or writing.



Smiling is Contagious!

Have you ever had someone smile at you for no apparent reason? How did you respond? You probably smiled back because smiling is contagious!

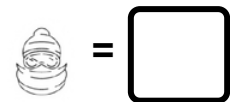
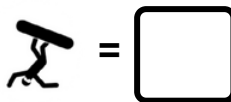
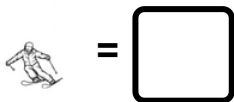
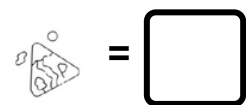
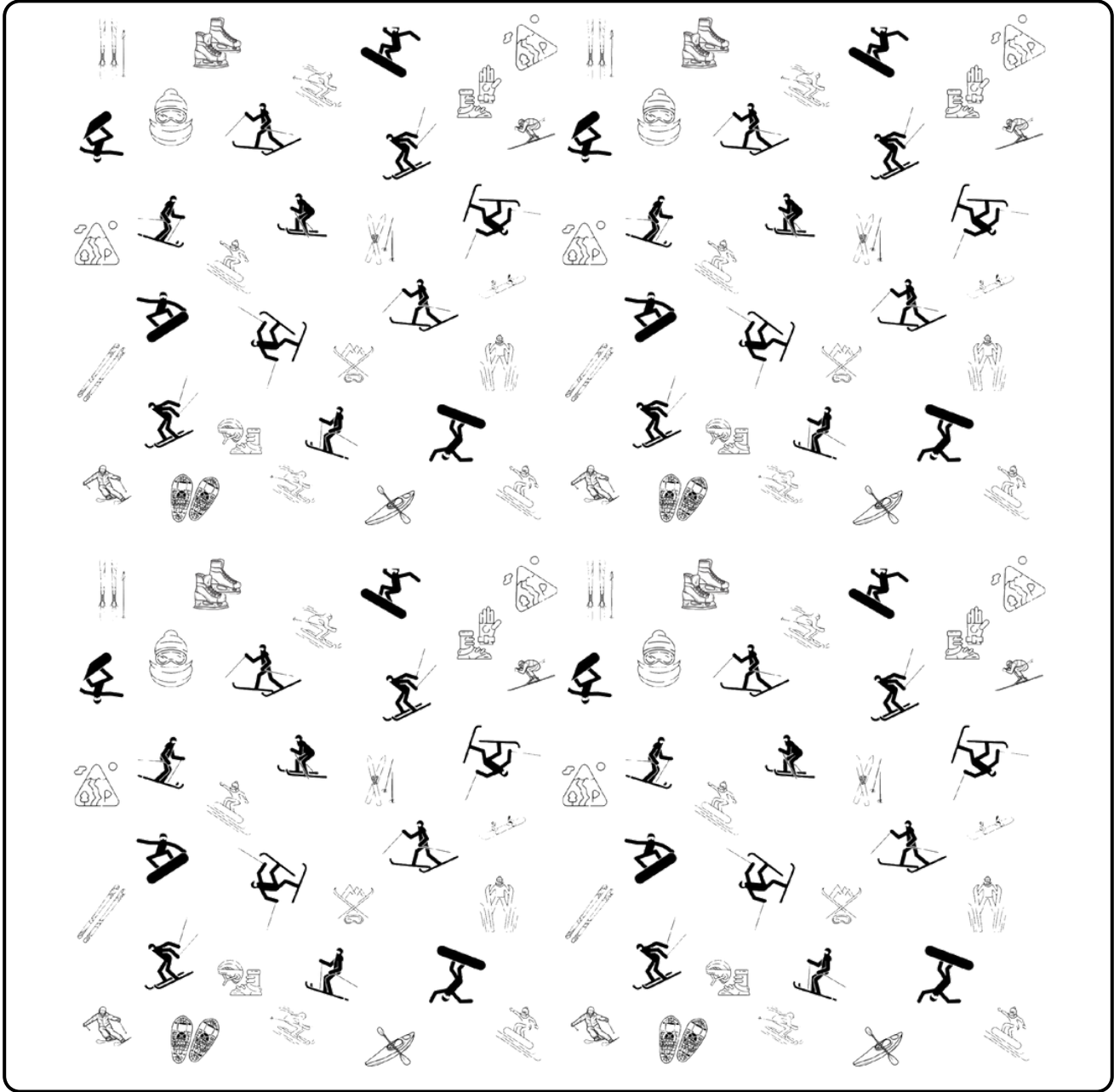
What day of the month is it? Scroll through your phone and send a smiley face to that number of people. For example, if it is the 10th day of the month, send smiley faces to 10 different people. Don't worry about whether you get one back or not. Just know you probably made someone smile.





A Ski Trip I Spy

Find the items and write the number under each section.





Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

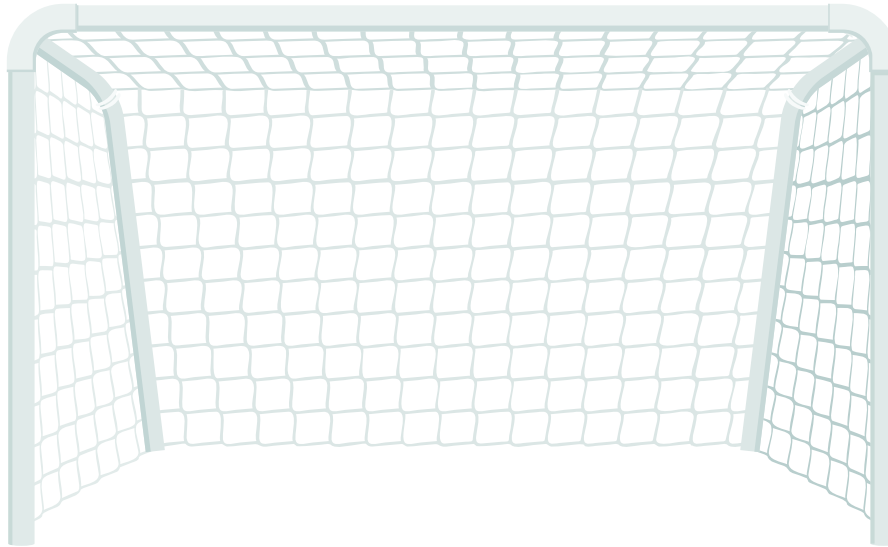
Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 5 | | | 7 | 8 | 4 | 6 |
| 3 | | 7 | 9 | 6 | 4 | | 5 | |
| 6 | | 2 | | | 8 | 9 | | 7 |
| | 7 | 3 | | | 5 | | 2 | 9 |
| | 9 | | | 1 | 2 | | | |
| 8 | | 4 | 6 | | | 7 | 1 | |
| 4 | | | 8 | | 6 | 5 | | |
| | 6 | 8 | 5 | | | 1 | | 4 |
| 7 | 5 | | | 4 | 1 | 3 | | |



Score!

Most athletes do not just become great with no plan. They have playbooks that include the steps needed to score the points that will allow them to win the game. The same is needed in the game of life. Write a goal in the goalpost. Starting with the ball the farthest from the goalpost, add the steps needed to help you achieve your goal. Create a PSA or positive social media post on the importance of goal setting using your personal example.





How's Your Mindset?

Have you ever heard of mindset? Growth mindset is when we know, with practice, we will get better at something. When a person has a fixed mindset, the belief is that things will not get better, even with practice.



Examples of Growth Mindset Statements

- Challenge helps my brain get stronger
- I will beat my running time if I practice.
- Mistakes are a part of learning.
- Everyone makes mistakes.
- I'll try!

Examples of Fixed Mindset Statements

- I'm just bad at math.
- It's embarrassing to make a mistake in front of others.
- If I don't try, then I won't fail.
- I tried it once. I am no good at it.
- I can't do that.



Money In the Bank

You've just graduated from college. You find a job making \$3,000 a month after taxes are taken out. Create an expense and savings budget. Can you afford to live on your own or should you plan to stay with your parents?



Month

| | | | | | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|



Expenses

| Date | Description | Amount |
|--------|-------------|--------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| TOTAL: | | |



SUMMARY

| Total Income | Total Expenses | Total Saving |
|--------------|----------------|--------------|
| | | |

Are you moving out or staying with your parents a little longer? Why?

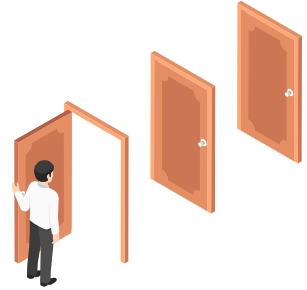


Journaling

I want to be a

Self-Reflection:

What do you enjoy doing in your free time?
What subjects in school interest you the most?
List your strengths and weaknesses.



Steps to Your Career Door:

Write something you can do this week to move closer to your goal.

Describe a small achievement you can target in the next month.

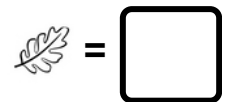
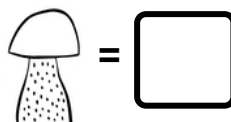
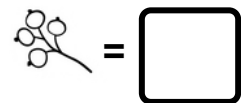
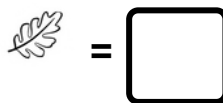
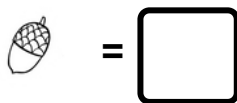
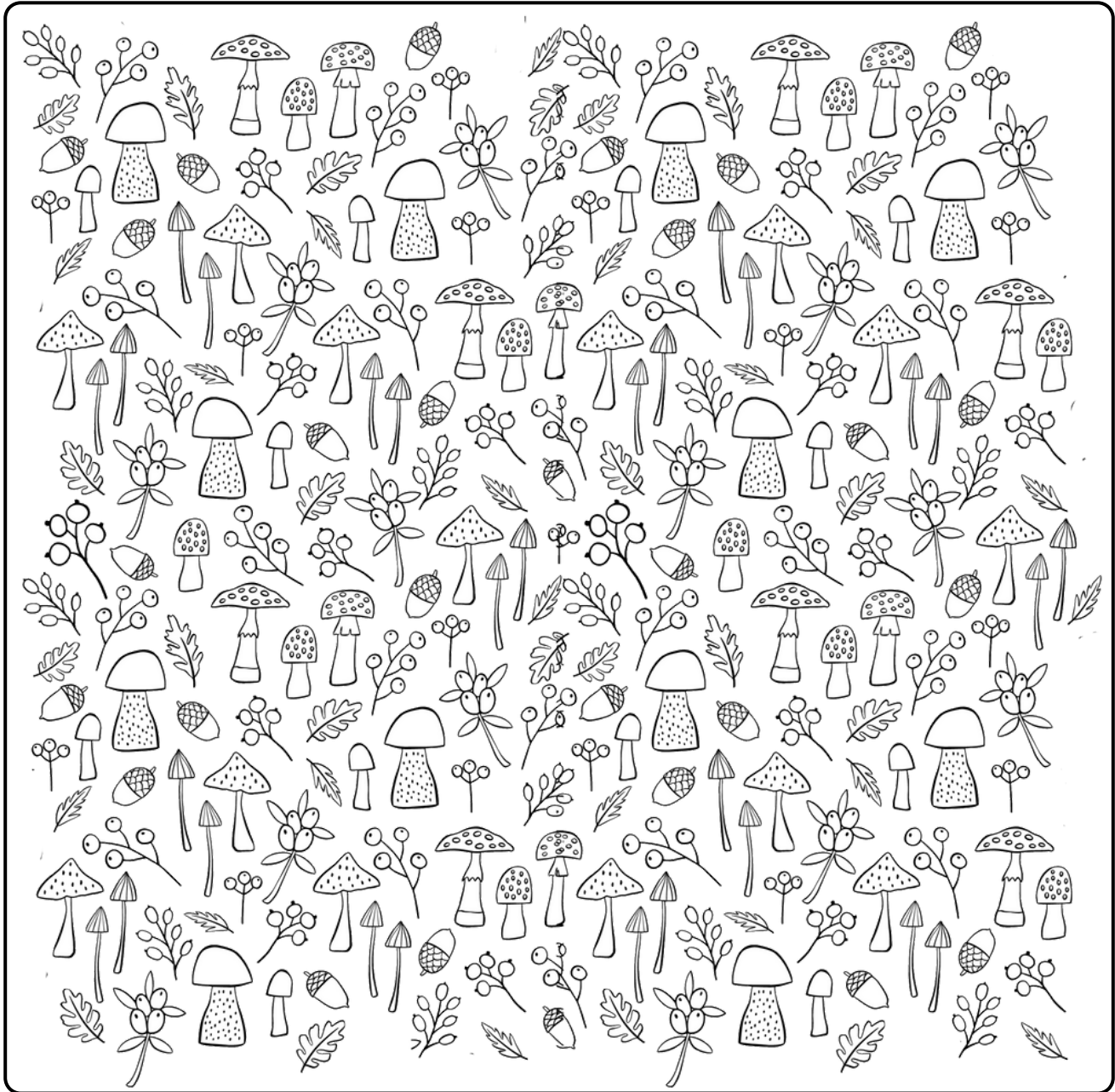
Outline a significant action you will take in the next six months.

Envision your final step before reaching your career goal.



A Rainforest Trip I Spy

Find the items and write the number under each section.





Social Interaction

Do you have something you want to share with a family member or friend? Scroll through your phone and send a “thumbs up” emoji to one person. After they respond, share with them how you’re feeling using emojis only. They will either respond with emojis or ask for more details. 😊 Continue the conversation from there. Feel free to try this with more than one person.

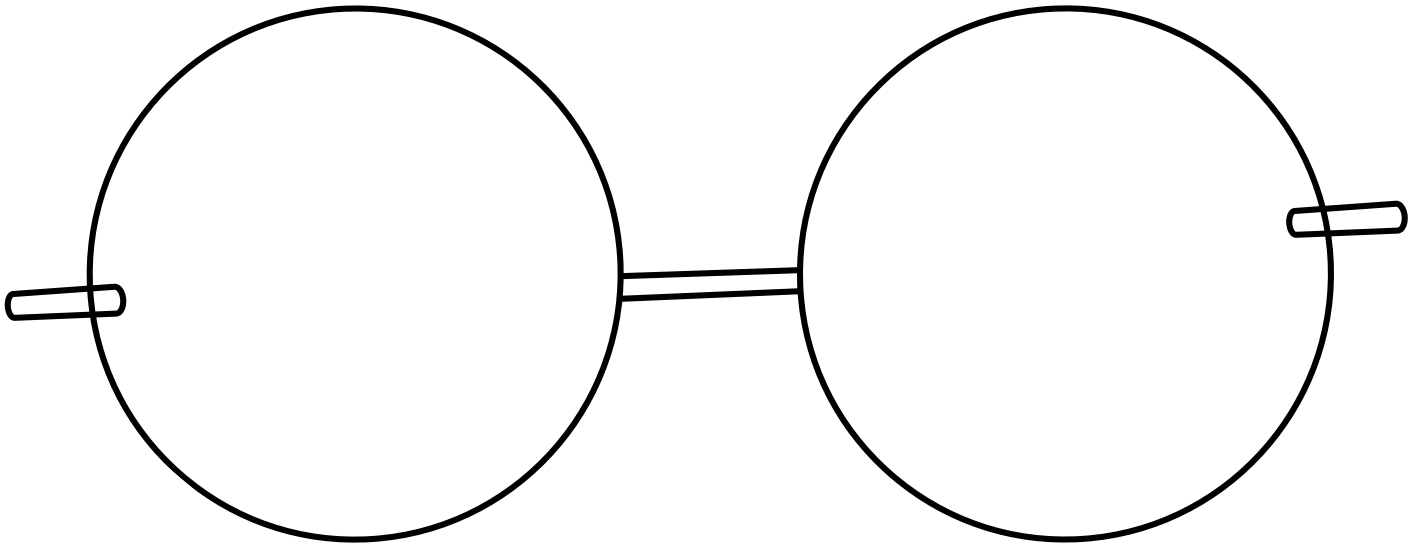




Moving Forward

Goal #1

Goal #2



Things I am really good at/Things I really enjoy

Things others have told me I am good at

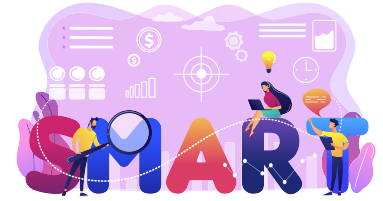
| |
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“Goal” Star

Use the template below to organize the steps needed to reach your overall goal. Remember to be as detailed as possible when identifying the steps in your process. PROCESS leads to the PRODUCT!



Name: _____ Date: _____

Overall Goal : _____

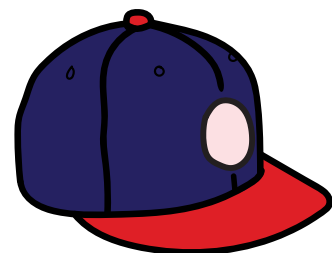
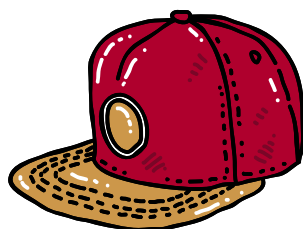
| | |
|---|--|
| S Specific: Clearly state your goal! | |
| M Measurable: Make sure you can measure your success! | |
| A Achievable: Set goals you know you can achieve! | |
| R Relevant: Set goals relevant to your overall health and wellbeing! | |
| T Time-bound: Set a deadline for completion! | |



Setbacks and Snapbacks

A setback is something that delays or reverses your progress. A snapback is a type of hat, but it is also a sudden rebound or recovery. It is important to understand that there is an opportunity for you to snap back from most setbacks! Make a list of setbacks you've had. How did you respond to them? What would you do differently if faced with the same setback again?

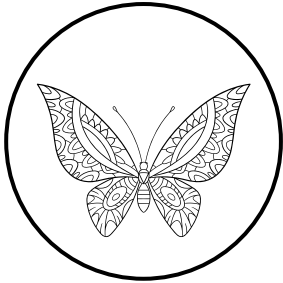
| Setback | How I responded? | How I would respond in the future? |
|---------|------------------|------------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |





Draw and Color

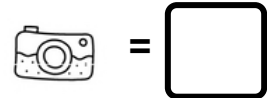
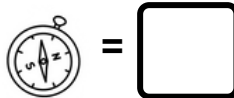
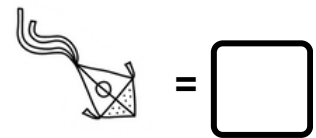
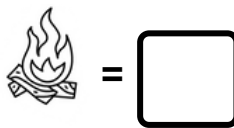
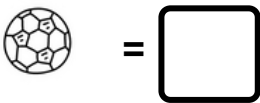
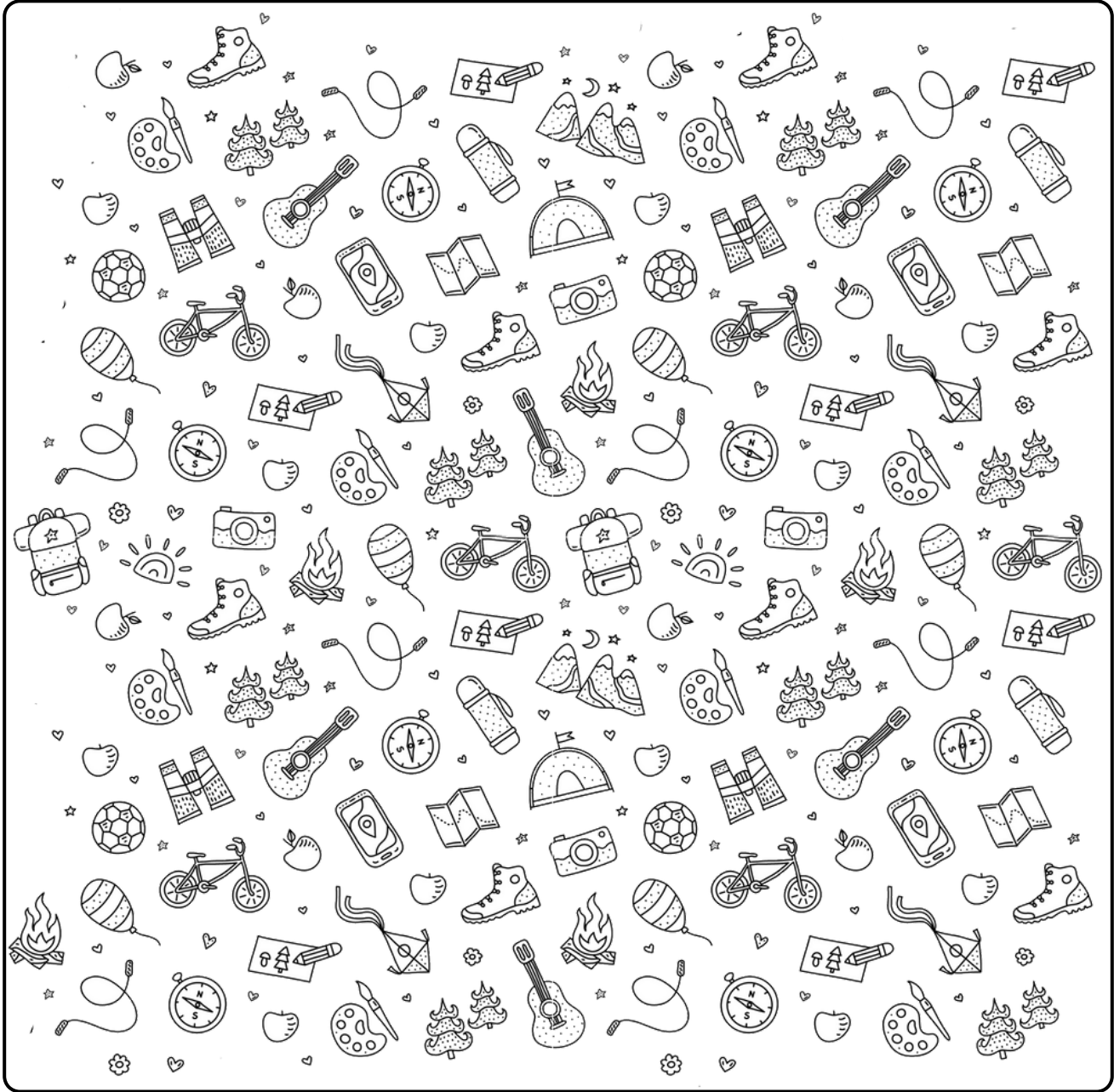
Draw and color the other half of the picture.





A Safari Trip I Spy

Find the items and write the number under each section.





Draw and Color















Draw and color the other half of the picture.





Healthy Eating Food Tracker

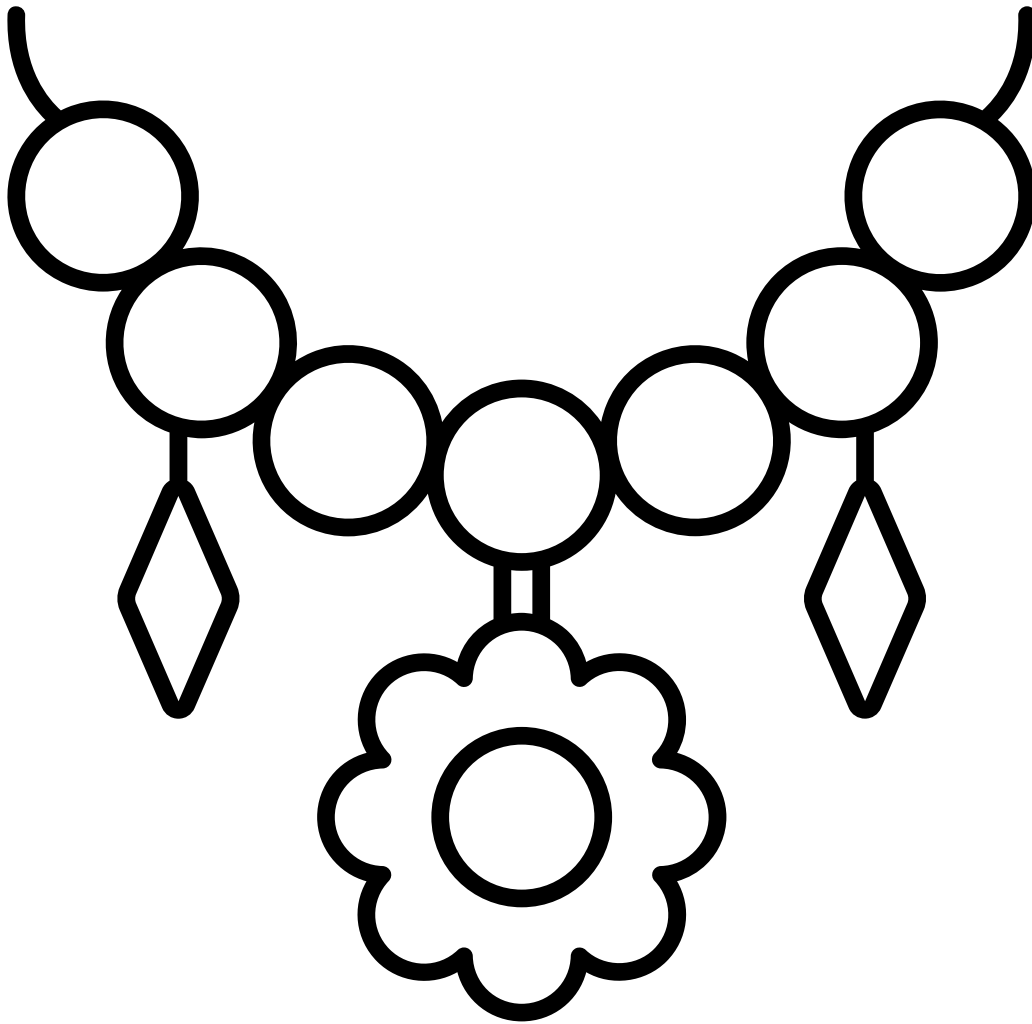
The best way to make sure something happens is to plan it. Make a list of everything you eat in one week and make a plan to improve the following week.

| | Breakfast | Lunch | Dinner | Fruits and Vegetables |
|-----------|-----------|-------|--------|---|
| Sunday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |
| Monday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |
| Tuesday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |
| Wednesday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |
| Thursday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |
| Friday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |
| Saturday | | | |  <input type="checkbox"/>  <input type="checkbox"/> |



Hidden Gems and Talents

Everyone has hidden gems and talents. What are yours? Place them in the charms in the necklace below. These could be positive personal characteristics or skills such as cooking.



Based on my hidden gems and talents, I would love to learn...



Gratitude Tree

What are you grateful for? Try not to include things like phones, games and shoes or clothes.



I am grateful for

I am grateful for

I am grateful for

♥ _____

♥ _____

♥ _____

♥ _____



My Life as a Movie

Imagine your life as a movie. What type of movie would it be? Drama? Comedy? Something else? Who would you want to play you? Begin writing a script for the opening scene below or on a device.



Genre:

Who would you want to play you?

Script:

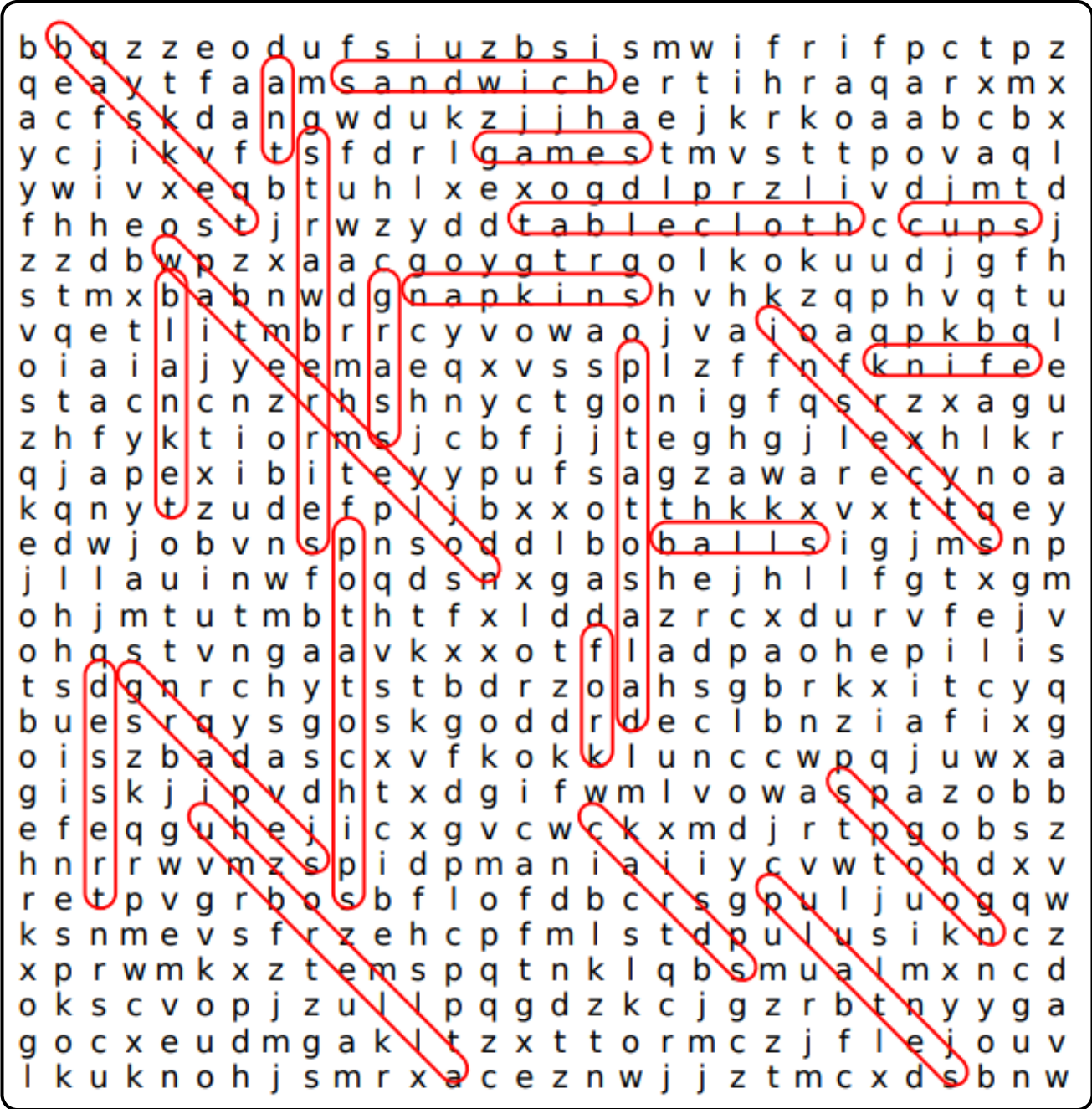
Answer Keys





The Perfect Summer Picnic Word Search

Find the words given in the word bank.



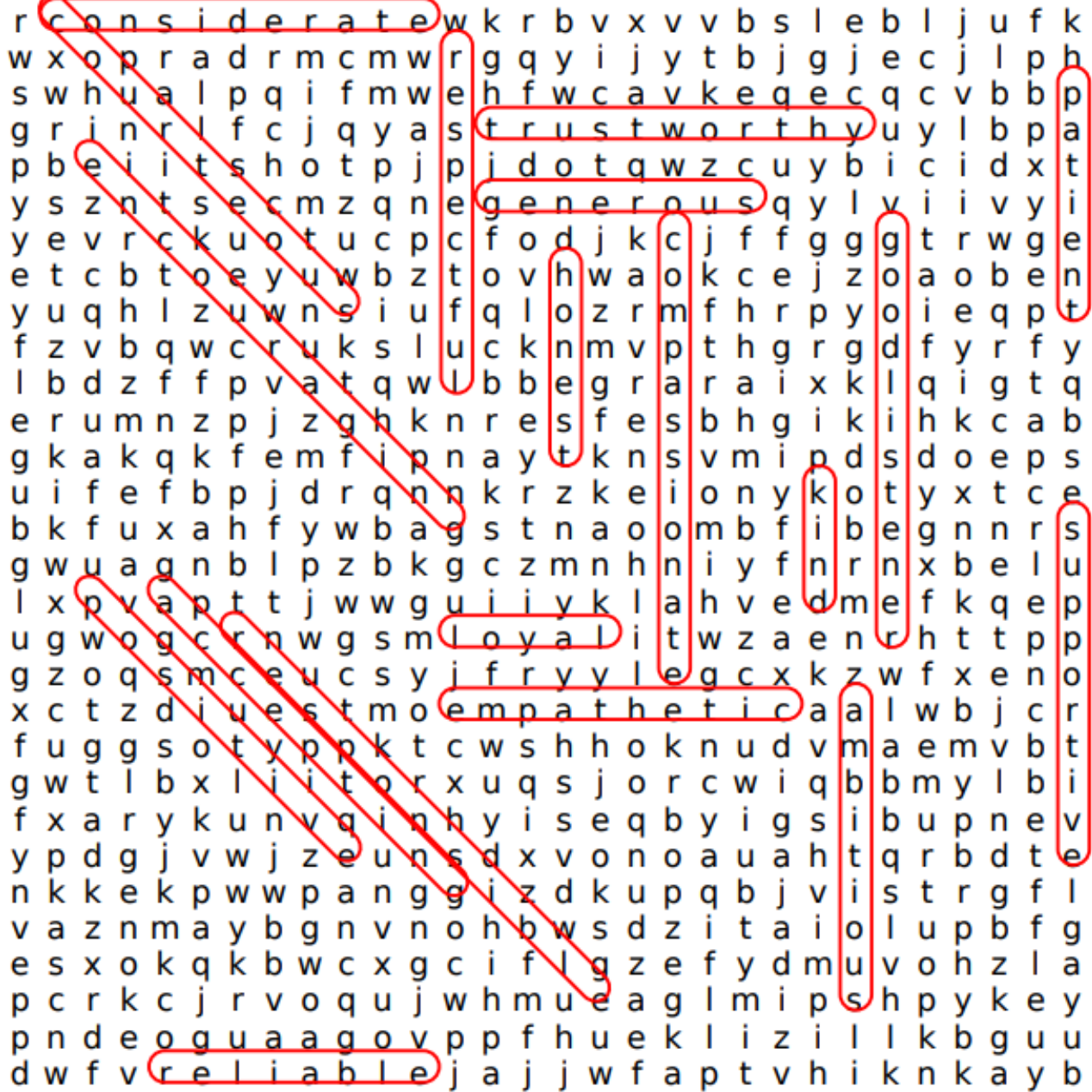
Word Bank

- | | | | | |
|--------------|--------------|---------|--------|-------|
| Strawberries | Potato Chips | Insects | Ant | Grass |
| Potato Salad | Umbrella | Fork | Grapes | Cards |
| Tablecloth | Cups | Dessert | Basket | Games |
| Balls | Sandwich | Napkins | Spoon | |
| Watermelon | Blanket | Plates | Knife | |



Friendship Word Search

Find the words given in the word bank.



Word Bank

- | | | | | |
|---------------|-------------|-----------|----------|-------------|
| Compassionate | Considerate | courteous | reliable | Positive |
| Good Listener | responsible | ambitious | Honest | Respectful |
| Encouraging | Supportive | Accepting | Loyal | Trustworthy |
| Kind | Empathetic | Generous | Patient | |



Finance Word Search

Find the words given in the word bank.

A 20x20 grid of letters with several words circled in red. The circled words are: invest, wants, needs, freemarket, savings, capital, debt, interest, cost, deficit, stocks, budget, credit, wealth, and goods.

Word Bank

| | | | | | |
|-------------|-----------|---------|---------|--------|-------|
| Retirement | Economics | Capital | Savings | Supply | Goods |
| Free market | Consumer | Finance | Invest | Credit | Needs |
| Ownership | Interest | IRA | Demand | Wealth | Wants |
| Debt | Cost | Deficit | Stocks | Budget | |



It's Better to Give! Word Search

Find the words given in the word bank.



Word Bank

- | | | | | | |
|----------------|-------------|-----------|-----------|---------|-------------|
| Philanthropist | Opportunity | Community | Volunteer | Charity | Passion |
| Servant Leader | Fundraisers | Help | Collect | Growth | Selfless |
| Humanitarian | Food | Donations | Service | Drive | Food drive |
| Give | Motivation | Clothing | Shelter | Money | Necessities |



Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 4 | 9 | 2 | 7 | 1 | 3 | 5 | 6 |
| 5 | 3 | 7 | 8 | 9 | 6 | 4 | 1 | 2 |
| 6 | 2 | 1 | 3 | 5 | 4 | 7 | 9 | 8 |
| 7 | 5 | 6 | 9 | 1 | 2 | 8 | 3 | 4 |
| 1 | 8 | 3 | 6 | 4 | 7 | 5 | 2 | 9 |
| 4 | 9 | 2 | 5 | 8 | 3 | 6 | 7 | 1 |
| 3 | 1 | 4 | 7 | 6 | 9 | 2 | 8 | 5 |
| 9 | 7 | 8 | 4 | 2 | 5 | 1 | 6 | 3 |
| 2 | 6 | 5 | 1 | 3 | 8 | 9 | 4 | 7 |



Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 1 | 7 | 4 | 2 | 9 | 3 | 5 |
| 3 | 2 | 9 | 6 | 1 | 5 | 8 | 4 | 7 |
| 5 | 7 | 4 | 8 | 9 | 3 | 6 | 2 | 1 |
| 2 | 4 | 8 | 5 | 7 | 6 | 1 | 9 | 3 |
| 6 | 1 | 5 | 9 | 3 | 4 | 2 | 7 | 8 |
| 7 | 9 | 3 | 2 | 8 | 1 | 4 | 5 | 6 |
| 9 | 3 | 7 | 1 | 2 | 8 | 5 | 6 | 4 |
| 1 | 5 | 2 | 4 | 6 | 7 | 3 | 8 | 9 |
| 4 | 8 | 6 | 3 | 5 | 9 | 7 | 1 | 2 |



Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 1 | 3 | 9 | 4 | 6 | 8 | 2 |
| 2 | 8 | 3 | 1 | 6 | 5 | 9 | 7 | 4 |
| 9 | 6 | 4 | 8 | 7 | 2 | 3 | 1 | 5 |
| 7 | 1 | 9 | 4 | 5 | 3 | 8 | 2 | 6 |
| 6 | 3 | 8 | 2 | 1 | 7 | 4 | 5 | 9 |
| 4 | 2 | 5 | 6 | 8 | 9 | 1 | 3 | 7 |
| 8 | 4 | 7 | 5 | 3 | 6 | 2 | 9 | 1 |
| 1 | 9 | 6 | 7 | 2 | 8 | 5 | 4 | 3 |
| 3 | 5 | 2 | 9 | 4 | 1 | 7 | 6 | 8 |



Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 | 7 | 6 | 3 | 9 | 1 | 4 | 8 |
| 9 | 1 | 4 | 7 | 8 | 5 | 6 | 2 | 3 |
| 6 | 3 | 8 | 1 | 4 | 2 | 7 | 9 | 5 |
| 7 | 4 | 6 | 8 | 9 | 3 | 5 | 1 | 2 |
| 1 | 2 | 9 | 5 | 7 | 6 | 3 | 8 | 4 |
| 3 | 8 | 5 | 4 | 2 | 1 | 9 | 7 | 6 |
| 5 | 7 | 1 | 2 | 6 | 8 | 4 | 3 | 9 |
| 4 | 9 | 2 | 3 | 5 | 7 | 8 | 6 | 1 |
| 8 | 6 | 3 | 9 | 1 | 4 | 2 | 5 | 7 |



Sudoku Puzzle!

Fill in the missing numbers to solve the sudoku puzzle.

Sudoku.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 1 | 5 | 3 | 2 | 7 | 8 | 4 | 6 |
| 3 | 8 | 7 | 9 | 6 | 4 | 2 | 5 | 1 |
| 6 | 4 | 2 | 1 | 5 | 8 | 9 | 3 | 7 |
| 1 | 7 | 3 | 4 | 8 | 5 | 6 | 2 | 9 |
| 5 | 9 | 6 | 7 | 1 | 2 | 4 | 8 | 3 |
| 8 | 2 | 4 | 6 | 3 | 9 | 7 | 1 | 5 |
| 4 | 3 | 1 | 8 | 9 | 6 | 5 | 7 | 2 |
| 2 | 6 | 8 | 5 | 7 | 3 | 1 | 9 | 4 |
| 7 | 5 | 9 | 2 | 4 | 1 | 3 | 6 | 8 |



D-B-H-D

Draw and Color
Draw and color the other half of the picture.

Spin the Wheel!
All you need is ten minutes! Spin the wheel and do as many exercises as you can. Grab a friend or go it alone!

Could We be Friends Again?

Write a letter or create a text to someone you feel has wronged you. Discuss what they did and how it made you feel. After you are done, read it to yourself at least once. Do you feel better now that you've gotten your feelings out? Is this person or maybe a trusted adult? Discuss with the person and continue your relationship or are you better off not communicating anymore. Regardless of the answers to these questions, decide what you need to do to feel and move on.

Social Interaction

Do you have something you want to share with a family member or friend? Scroll through your phone and send a "thumbs up" emoji to one person. After they respond, share with them how you're feeling only using emojis. They will either respond with emojis or ask for more details. Continue the conversation from there. Feel free to try this with more than one person.

