Creating a Calm Space
Description: Do you often feel overstimulated and overwhelmed? Do you find comfort in quiet spaces and calm environments? Creating a comfortable space and minimizing clutter can have a positive effect on our mood, thoughts, and behaviors at home, in the classroom, or at the office.
Link: https://bit.ly/3QNbepU

Four Weeks of Gratitude
Description: Calendar for four weeks of daily gratitude activities.
Link: https://bit.ly/3AlPWsa

Give Thanks With a Gratitude Jar
Description: A gratitude jar is the perfect project to help your child express thankfulness! As they draw the things for which they are thankful, add the drawings to the jar and watch the collection grow.
Link: https://to.pbs.org/3PKaRLi

Thought Bubbles! Mindfulness for Children
Description: A mindfulness activity for youth ages 6-11.
Link: https://bit.ly/3pD3Tx6