

Head Outdoors

Being outdoors in the fresh air is great for the mind and body. Go for regular walks together, and get outside when you can. Make a list of some of the things you might be able to find outdoors and go on a scavenger hunt!

Talk It Out

If you are not feeling good, don't try and deal with it alone! Contact Kids Help Phone [live chat](#) You can also call them at 1-800-668-6868

Capture Life

Photography is not only fun, but great for your mental health

Clean Your Room

Taking time to clean your room and go through things you no longer need is good for your mental health. Statistics show that once you are awake making your bed each day helps you to feel a sense of accomplishment

Get Some Sleep

Sleep is a very important part of your mental and physical health because it allows your mind and body to rest and recover. There are many things you can do to help your [child](#) or [teen](#) get good quality sleep as often as possible

Read A Book

Take a book, grab a snack and head outside

Get Moving

[PE with Joe](#) on youtube has awesome videos intended for students to get moving

Wellness Tips Staying Healthy at Home



Paint

Why not try your hand at an art tutorial! There are plenty of fun ones online! Check out this [cool elephant!](#)

Dance

Dancing is a great way to get moving and improve your mental health! Want to learn some [hip hop?](#)

Stretch

[Yoga](#) is a great way to stretch and clear your mind! It is great for your mental health