

Summer Bucket List



mindup
Tigers!

- Practice Box Breathing (4 counts)
- Eat an entire meal in silence mindfully chewing
- Go for a neighborhood walk with a parent
- Practice a brain break using your Calm Happy Place
- Watch a sunrise
- Lead a brain break with a parent using deep belly breaths
- Listen to your favorite song while deep belly breathing
- Make a phone call to someone you love
- Draw a picture of what or who you are grateful for
- Place your hand on your belly and take 5 deep breaths
- Focus on what is happening around you. What can you see, hear, feel, taste and smell?
- Read a book under the shade of a tree
- Think of a person that brings you joy
- Find a quiet activity that makes you feel calm
- Help a parent tidy up or organize something
- Tell a parent or grandparent a favorite memory about them
- Be extra kind to your mind today
- Give someone 3 compliments today
- Make a card for someone
- Spend an afternoon coloring outside
- Start a gratitude journal
- Give yourself 3 compliments today
- Watch a sunset
- Play a fun game with your family

