

# Spring into Action

Name/ID \_\_\_\_\_

## Physical

- Stretched
- Set a fitness goal for the week and achieved it
- Chose action when I typically wouldn't
- Drank enough water
- Took a grateful shower: Every time I showered, I identified what I am grateful for

## Social

- Checked in on a friend
- Said "Hi!" to a person I usually don't talk to
- Helped someone
- Did something that made me feel connected to others
- Showed respect to someone

## Emotional

- Journalled
- Spent some time alone
- Took a nap
- Identified how my body physically responds to my feelings
- Took three deep breaths before walking into school

## Passion

- Had a movie night
- Visited a new place
- Listened to a podcast or audiobook or music
- Took a picture of myself doing something fun
- Learned something new

## Practical

- Cleaned an area of the house
- Made a spring to do list
- Made an action plan to achieve a task or goal
- Completed a self-care activity with a friend
- Got a hair cut or dyed your hair

## Mental

- Took a technology break
- Identified how a part of my body helped me reach my goals
- Spent time with animals
- Wrote a list of people who lift me up
- Took a mindful bathroom break