

Healthy Tools

Healthy Me



Butterfly Breathing



Date	AM 	PM 

Yoga



Date	How do you feel?

Exercise for 30 Minutes



Date	What exercise?	How do you feel?

Sleep








Date	Time to Bed 	Time to Wake Up 	# of Hours

Nutrition

Kid's Healthy Eating Plate



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Date	Fruit 	Vegetable 	Protein 	Grain 	Sweets 

Limit Electronics (<2 hours)



Date	<2 Hours	>2 Hours

Nature



Date	How do you feel?

Tell Friend



Date	How do you feel?

Gratitude



Date	How do you feel?

Music



Date	How do you feel?

Play



Date	How do you feel?

Date	How do you feel?
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Tell Adult



Give Back

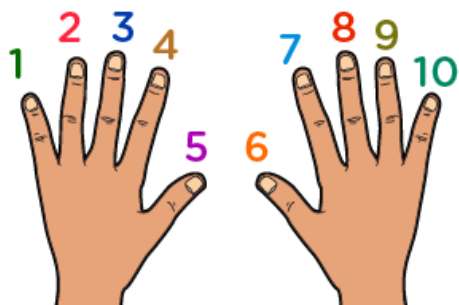


Date	How do you feel?
Date	How do you feel?

Art



Count to Ten



Date	How do you feel?

Journal



Date	How do you feel?

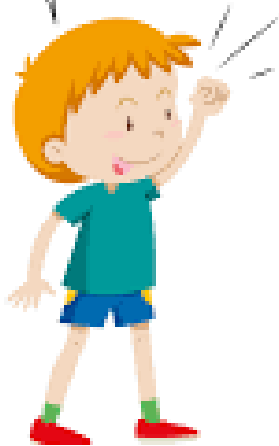
Mindfulness



Date	How do you feel?

Self-talk

I can do it!



Date	How do you feel?