

The background is white with various colorful abstract shapes and patterns. There are blue, yellow, orange, and teal wavy shapes. Some areas have diagonal lines, and others have clusters of small dots in different colors (blue, orange, green).

IMPACT
at HOME

ACTIVITY CARDS

RULES & GAMEPLAY

Flexibility: Sounds like a stretch! 2 points for being bendy!

Mindfulness: Me oh my! 3 points is worth a try!

Cardio: Get up and go with some cardio! 4 points in honor of the 4 chambers of your heart!

Strength: What kind of award do you get for building strong muscles? “A trophy” and 3 points!

Buddy: 4 points for double the trouble! 5 points for teaming up with a parent or guardian!

The background is a vibrant composition of abstract shapes and patterns in various shades of blue (from light sky blue to deep navy) and white. It features overlapping organic blobs, circles, and lines. Some areas are filled with diagonal hatching, while others contain clusters of small dots or larger solid circles. The overall aesthetic is clean, modern, and calming.

MINDFULNESS

Self-Hug

MINDFULNESS

INSTRUCTIONS

1. Sit in criss-cross position on the floor.
2. Put one hand on your stomach and one hand on your back.
3. Allow your breath to fill your back and stomach back with your inhale.
4. Release the breath for 5 seconds and repeat. Close eyes and visualize the air filling your body. Repeat 20 times.



MINDFULNESS

Hearing Hike

MINDFULNESS

INSTRUCTIONS

1. Go on a walk around your neighborhood with your parent or guardian.
2. On the walk, try to listen for 3-5 different sounds in nature.
3. This can be something like birds chirping, cars going by, or a lawnmower!

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MINDFULNESS

**Snack Time
Focus**

MINDFULNESS

INSTRUCTIONS

1. Grab your favorite snack!
2. While you're eating, really focus in on the senses associated with that snack.
3. Describe what the snack tastes like, smells like, feels like, and the sound it makes when you're eating it.

The background is a vibrant composition of various blue and white elements. It features large, overlapping organic shapes in shades of light and dark blue. Interspersed are geometric patterns: a grid of small dots in the top-left, a series of parallel diagonal lines in the top-right, and another grid of dots in the bottom-right. There are also several circles of different sizes and colors (white, light blue, dark blue) scattered throughout the design.

MINDFULNESS

**Cloud
Watching**

MINDFULNESS

INSTRUCTIONS

1. Find a day where there are a lot of clouds in the sky.
2. Lay down on your back on the ground or in the grass and look up into the sky.
3. Watch and admire all the different clouds. Look at the different shapes they make, how fast/slow they're moving, and where they are moving to!

The background is a vibrant composition of abstract shapes and patterns in various shades of blue (from light sky blue to deep navy) and white. It features overlapping organic forms, circles, and clusters of dots. Some areas are filled with diagonal hatching lines. The overall aesthetic is clean, modern, and geometric.

MINDFULNESS

Giving Thanks

MINDFULNESS

INSTRUCTIONS

1. Take some time to think about some nice things that someone has done for you. It could be a parent, guardian, friend, or family member!
2. Then, challenge yourself to say thank-you to that person. Or, write them a thank-you note to give to them in person.
3. Do this for at least 5 different people in your life!

The background is a vibrant composition of abstract elements in various shades of blue (from light sky blue to deep navy) and white. It features large, overlapping organic shapes, smaller circles, and patterns of parallel lines and dots. The overall aesthetic is clean, modern, and minimalist.

MINDFULNESS

Morning Task

MINDFULNESS

INSTRUCTIONS

1. Wake up in the morning and think for 2 minutes of at least one task you want to complete before you start your day.
2. This can be something like making your bed, brushing your teeth, or a household chore that you can do.
3. Challenge yourself to complete at least one task each morning.
4. This will give you a sense of accomplishment no matter how big or small!

The background is a vibrant, abstract composition of various shades of blue and white. It features a mix of organic, flowing shapes and geometric patterns. At the top, there are four small blue dots in a row. To the left, a circular area contains diagonal white lines. In the center, a large, dark blue, rounded shape overlaps with a lighter blue one. To the right, a white shape with a blue circular cutout is visible. At the bottom, there are more blue dots and a circular shape with diagonal lines. The overall aesthetic is clean, modern, and visually appealing.

MINDFULNESS

Smelling Stroll

MINDFULNESS

INSTRUCTIONS

1. Go for a walk around your block with your parent or guardian.
2. On the walk, try to focus in on 3-5 specific smells you can find in nature.
3. It can be the smell of fresh cut grass, the smell of someone grilling hamburgers on a BBQ, or some stinky garbage!

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MINDFULNESS

Good Deeds

MINDFULNESS

INSTRUCTIONS

1. Challenge yourself to do at least 3 nice things for different friends or family members.
2. This can be like holding the door for them, giving them a compliment, or helping your parents or guardians make dinner!
3. Feel free to do more than 3, but challenge yourself to do this everyday for a week.



MINDFULNESS

**Journal
Reflection**

MINDFULNESS

INSTRUCTIONS

1. Grab a journal or a piece of paper and a pencil.
2. Think about your day and write down 5 good things that happened. You can also write down 5 things that you are thankful for or things that you want to be better about.
3. Challenge yourself and try to do this activity for an entire week at the end of each day!



MINDFULNESS

Texture Trek

MINDFULNESS

INSTRUCTIONS

1. Go on a walk around your neighborhood with your parent or guardian.
2. On the walk, try to find 3-5 objects in nature with different textures.
3. This can be something soft, rough, hard, or even smooth!



MINDFULNESS

**Song
Dissection**

MINDFULNESS

INSTRUCTIONS

1. Find your favorite song and play it on a radio or device.
2. Now listen carefully to it and “dissect” it by listening for each specific instrument being used to play that song.
3. Listen for instruments like guitars, drums, and pianos!

The background is a vibrant composition of various blue and white elements. It features large, overlapping organic shapes in shades of light blue and dark blue. Scattered throughout are smaller geometric forms: circles of different sizes, some with white outlines, and clusters of small dots. There are also sections with diagonal hatching patterns. The overall aesthetic is clean, modern, and visually engaging.

MINDFULNESS

**Improvement
Reflection**

MINDFULNESS

INSTRUCTIONS

1. Think about some things in life that you want to be better about or improve upon. It can be things like in school, in sports, or relationships with your friends and family.
2. Now think about the steps you'll take to make those improvements!
3. Challenge yourself to think about at least 5 things that you'd want to be better about/improve upon!

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MINDFULNESS

Body Scan

MINDFULNESS

INSTRUCTIONS

1. Begin by bringing your attention to your body. Close your eyes and sit in a comfortable position, whether in a chair or on the floor.
2. Feel the weight in how you're seated and take deep breath.
3. Notice the sensations of your feet touching the floor, the pressure, heaviness, lightness or pulsing of your legs in the chair.
4. Notice your hands, arms, softness in your shoulder.
5. Let your face and facial muscles be soft. Notice your whole body present and your breath.



MINDFULNESS

**Alligator
Breath**

MINDFULNESS

INSTRUCTIONS

1. Stand with legs hip-width apart.
2. Spread arms out wide and inhale as you reach outward.
3. When you exhale, clap your hands together as many times as possible like baby alligator jaws.



MINDFULNESS

**Trace a
Shape**

MINDFULNESS

INSTRUCTIONS

1. Find a piece of paper, pen, and 10 items of your choosing.
2. Trace the shapes of these items and focus on your breath.
3. For example, when tracing, exhale as much breath as possible until your trace is complete.



MINDFULNESS

**Word
Association**

MINDFULNESS

INSTRUCTIONS

1. With a parent or guardian, play a game of word association when needing a break from a stressful moment.
2. Have one person name anything and have the other person respond with the first thing that comes to mind.
3. Some topic ideas include: food, places, people, nature, etc.



MINDFULNESS

Floor Drum

MINDFULNESS

INSTRUCTIONS

1. Find a beat or a tune in your head!
2. Sit criss-cross on the floor and tap out the tune with your hands on the ground.
3. Focus on the sounds and work different parts of your hands for different “beats.”

The background is a vibrant composition of various blue and white elements. It features large, overlapping organic shapes in shades of light and dark blue. Scattered throughout are smaller geometric forms: solid circles, circles with white outlines, and clusters of small dots. Some areas contain diagonal hatching patterns. The overall aesthetic is clean, modern, and minimalist.

MINDFULNESS

**Nutrition
Label**

MINDFULNESS

INSTRUCTIONS

1. Find any food item around the house with a nutrition label.
2. Copy the ingredients by writing them out on a separate piece of paper.
3. Once copied, go down the ingredients list and think of other words that start with the same first letter of the ingredients listed.

The background is a vibrant composition of abstract elements in various shades of blue (from light sky blue to deep navy) and white. It features overlapping organic shapes, circular motifs, and patterns of parallel lines and dots. The overall aesthetic is clean, modern, and minimalist.

MINDFULNESS

Stardust

MINDFULNESS

INSTRUCTIONS

1. Lay on back with legs stretched straight.
2. Close eyes and with one arm cross over chest.
3. Lightly move fingers tips up and down in twinkling motion on your opposite arm making sparkles and stardust for one minute.
4. Repeat movements on other side.



MINDFULNESS

**Letter to
Future You**

MINDFULNESS

INSTRUCTIONS

1. Start by finding a quiet room to sit down in with a pencil and some paper.
2. Write a letter to your future self in 10 years.
3. Write down what you hope you are doing at that point and what you have accomplished up until then.
4. Place it in an envelope and keep it somewhere safe. **DO NOT** open it until 10 years from now.

The background is a vibrant, abstract composition of various shades of blue and white. It features a central, large, dark blue organic shape that overlaps with other lighter blue shapes. Scattered throughout are geometric patterns: a grid of dots in the top left, a series of parallel lines in a circle in the top right, and another grid of dots in the bottom right. There are also several solid circles and circles with white centers. The overall aesthetic is modern and clean.

MINDFULNESS

Bottle Twist

MINDFULNESS

INSTRUCTIONS

1. Grab an empty plastic water bottle.
2. Close your eyes and start twisting the bottle in both directions.
3. Concentrate on your breathing and exhale whenever you twist.

The background is a vibrant, abstract composition of various shades of blue and white. It features a central, large, dark blue organic shape that resembles a snowball. Surrounding this are several other elements: a grid of small white dots in the top left, a series of white diagonal lines within a blue circle in the top left, a white circle with a blue outline in the top right, a white circle with a blue outline in the bottom left, and a series of white diagonal lines within a blue circle in the bottom left. The overall aesthetic is clean, modern, and geometric.

MINDFULNESS

Snowball

MINDFULNESS

INSTRUCTIONS

1. Start by finding a quiet place to sit down.
2. Close your eyes, and with pieces of paper, clothes, and/or scarves crumple them up into snowballs.
3. Think of what is bothering you, weighing on your heart, or making you stressed.
4. Throw your snowballs at the wall and let the tensions go.

The background is a vibrant, abstract composition of various shades of blue and white. It features a mix of organic, flowing shapes and geometric patterns. At the top, there are several small blue dots arranged in a grid. To the left, there are diagonal white lines on a blue background. In the center, a large, dark blue, rounded shape overlaps with a lighter blue one. To the right, there are more dots and a circular shape with a white center. At the bottom, there are more dots and a circular shape with a white center. The overall aesthetic is modern and clean.

MINDFULNESS

Rollers

MINDFULNESS

INSTRUCTIONS

1. Start by finding a quiet place to sit down.
2. Close your eyes and focus on the present.
3. With two tennis balls, or any two balls of your choosing, practice rolling them in little circles next to your side.
4. With your right side, try rolling the ball with your hand in a clockwise motion. With your left, roll in a counterclockwise motion.
5. Complete these motions at the same time and reverse to have left in clockwise and right in counterclockwise motions.



MINDFULNESS

**Heartbeat
Listening**

MINDFULNESS

INSTRUCTIONS

1. Start by finding a quiet place to sit down.
2. Close your eyes, focus, and try to listen for your own heartbeat.
3. Describe what it sounds like and how fast/slow it's going.
4. Try to do this for at least 5 mins.
5. Having trouble hearing? Try covering your ears with your hands to block out any outside noise.

The background is a vibrant, abstract composition of various shades of blue and white. It features a mix of organic, flowing shapes and geometric patterns. At the top left, there are several small blue dots arranged in a grid. To their right, a larger blue circle contains a white circle. Further right, a series of parallel white lines are set against a blue circular background. The central focus is a large, dark blue, irregular shape that overlaps with a lighter blue, more fluid shape. The word 'Crease Count' is written in white, bold, sans-serif font across this central area. At the bottom, there are more blue dots and a white circle with a blue outline. The overall aesthetic is clean, modern, and visually engaging.

MINDFULNESS

Crease Count

MINDFULNESS

INSTRUCTIONS

1. Start by finding a quiet room to sit down in.
2. Look at the palm of your hand and notice all the creases on it.
3. Take some time to admire them, how big/small they are, how they differ from each other.
4. Challenge yourself and see how many creases you can count!

The background is a vibrant composition of abstract shapes and patterns in various shades of blue (from light sky blue to deep navy) and white. It features overlapping organic blobs, circular motifs, and clusters of small dots. Some areas are filled with diagonal hatching lines. The overall aesthetic is clean, modern, and minimalist.

MINDFULNESS

Shower Scan

MINDFULNESS

INSTRUCTIONS

1. Use this activity when feeling anxious or stressed at home.
2. Take a 3-minute shower and listen to the sounds of the water falling.
3. In your minutes count how many different water droplet sounds you can hear.

The background is a complex, abstract composition of various blue and white elements. It features large, overlapping organic shapes in shades of light and dark blue. Interspersed are geometric patterns: a grid of small dots in the top-left and bottom-right, diagonal hatching in the top-left and bottom-left, and several circles of varying sizes and colors (solid blue, white with blue outline, and blue with white outline).

MINDFULNESS

Stress Press

MINDFULNESS

INSTRUCTIONS

1. Sit on the floor in a comfortable position.
2. Take both hands to prayer position leveled at your heart.
3. Notice your breath and start counting down from 20.
4. Every 5 seconds, press your hands harder together and then release and relax for 5 seconds.
5. Repeat as many times as needed.

The background is a vibrant, abstract composition of various shades of blue and white. It features a central large, dark blue organic shape that overlaps with a lighter blue one. Surrounding these are numerous smaller elements: circles of different sizes and colors (some with white outlines), clusters of small dots, and areas with diagonal hatching. The overall style is modern and minimalist.

MINDFULNESS

Crazy Eights

MINDFULNESS

INSTRUCTIONS

1. Stand up straight with feet hip-width apart.
2. With your right leg, trace figure eights on the floor using your toes. Bend supporting left leg as needed. Repeat as many times as needed and channel your breath with the flow of your footwork.
3. Switch legs to trace left leg, with right leg standing. Repeat as many times as needed to center your energy.



MINDFULNESS

Snow Angels

MINDFULNESS

INSTRUCTIONS

1. Lay on back on the floor in a comfortable position with legs together and arms by your side. This is neutral position.
2. Make snow angels on the ground slowly by making an X with your body shape.
3. When raising arms above head and extending legs outward, breathe in; while coming back to neutral position, breathe out.
4. Notice your breath and start counting down from 20.



MINDFULNESS

**Ballerina
Breaths**

MINDFULNESS

INSTRUCTIONS

1. Start with feet together. Turn toes to 11 and 1 o'clock while keeping heels connected (first position).
2. Slowly bend and rise, keeping feet planted on the ground.
3. While continuing to bend and rise, place arms in front of chest like you're holding a beach ball, then move arms out to make a "T" shape.
4. Inhale each time you make a "T" and exhale each time you hold a beach ball.



MINDFULNESS

Color Block

MINDFULNESS

INSTRUCTIONS

1. Lay on back with legs stretched straight.
2. Close eyes and think of 5 colors you like.
3. With each color, think of a movement that can done in slow motion.
4. Repeat movements in a sequence 5 times and try to flow together.



MINDFULNESS

**Butterfly
Journey**

MINDFULNESS

INSTRUCTIONS

1. Sit on the floor in butterfly position with feet touching and hands on your inner soles.
2. Close your eyes and think of where you want to travel.
3. With each breath, imagine flying to your selected location. Raise knees up with each inhale and down with exhale to pair with each breath.
4. Repeat movements in a sequence 5 times and try to flow together. Fly to all of your favorite places!

The background is a complex, abstract composition of various shades of blue and white. It features several overlapping organic shapes, some with diagonal hatching patterns, and clusters of small dots. The overall aesthetic is clean and modern, typical of contemporary graphic design.

MINDFULNESS

Inchworm

MINDFULNESS

INSTRUCTIONS

1. Stand tall with your feet hip-distance apart.
2. Take a breath in, then as you exhale, look down at the ground and reach your hands towards the floor in front your feet.
3. Allow your back to bend forward rolling one vertebrae at a time, keeping knees bent slightly.
4. Walk out to a plank position and then walk back with slight bend in knees, without moving hips back to standing position.
5. Repeat 20 times.

The background is a vibrant, abstract composition of various shades of blue and white. It features a mix of organic, flowing shapes and geometric patterns. In the top left, there are several small, dark blue dots arranged in a grid. To their right, a larger blue circle is partially visible. The top right corner is dominated by a large, dark blue, wavy shape that overlaps with a white area containing a blue circle with a white center. The bottom left corner shows a dark blue shape with white diagonal stripes. The bottom right corner features a row of small, dark blue dots. The overall aesthetic is modern and clean, with a focus on geometric and organic forms.

MINDFULNESS

Write a Letter

MINDFULNESS

INSTRUCTIONS

1. One of the best activities to practice gratitude and be in the present is letter writing.
2. Write a half-page letter to someone you care about. It can be about anything and everything!
3. Build on this activity by writing one letter a week to people you are grateful for.