

Cards by Category

CONNECT

1. Ask for Help
2. Code Break
3. Connected Gestures
4. Hug Myself
5. Noodle Arms
6. Sending Kindness
7. Smile at Someone
8. Trusted Adult
9. Zones Check-In



DO IT

1. Be a Helper
2. Book Worm
3. Build a Fort
4. Color
5. Comfort Spot
6. Eat Wise
7. Growing Roots
8. LOL—Laugh Out Loud
9. Rock, Paper, Scissors
10. Shred It
11. Water Break

MOVE IT

1. Animal Walks
2. Chair Push-ups
3. Dance Moves
4. Jumping Jacks
5. Mighty Muscles
6. Reach and Breathe
7. Stand Tall
8. Stretch it Out
9. Tense and Relax
10. Walk It Out
11. Wall Pushes

FEEL IT

1. 2+2+2
2. Belly Breathing
3. Bird Breath
4. Desk Rest
5. Finger Tap Breathing
6. Finger Tug
7. The Great Outdoors
8. Pressure Points
9. Mindful Listening
10. Tunnel Breathing

THINK IT

1. Animal Adventure
2. Count Down
3. Counting Colors
4. Embrace Mistakes
5. Everything Will be Okay
6. Favorite Place
7. “I Can Do This”
8. Press Pause
9. Song Bird
10. What’s Ahead