

Thankfulness  
and Gratitude.

 *Finding small  
positives.*

  
Kindness and  
helping others.

Exercise.



Growth  
mindset.



Structure  
and routine.



Understanding  
and identifying  
feelings.



# Healthy Minds

Connecting with  
people and loved  
ones.



Healthy food  
and water.



Exploring and  
developing  
personal  
interests.



Sleep.



Connecting  
with nature.

