

# YWRC ACTIVITY BOOK



5<sup>TH</sup> — 7<sup>TH</sup> GRADE



# Self- Care Checklist

Over the next several weeks our lives may change, in both big and small ways. Let's make sure we are taking care of ourselves during a hard time. **Directions:** Go through the following checklist and mark the items with an (X) that you think you are doing well. If you see something on the list you want to try put a (O)!

Challenge: Write in your own self-care practice in at least one of the blank (Other) items.

## **Physical Self-Care**

- ☐ Eat healthy foods regularly
- ☐ Take part in physical activities that are fun for you
- ☐ Take breaks alone when needed
- ☐ Get enough sleep
- ☐ Take time to care your bodily hygiene  
-i.e. wash hand, showers/baths, keep area around you clean, brush teeth, etc.
- ☐ Time away from telephones and social media
- ☐ Other:

## **Psychological Self-Care**

- ☐ Make time for self-reflection
- ☐ Go see a therapist/counselor
- ☐ Write in a journal
- ☐ Read things that interest you other than school work
- ☐ Try new things
- ☐ Say "no" to extra activities or to friends
- ☐ Other:

## **Emotional Self-Care**

- ☐ Stay in contact with important people in your life
  - During this time you can schedule weekly video chats with family and friends
- ☐ Give yourself positive affirmations
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Strive for balance among school, family, relationships, play and rest
- ☐ Other:

## **Spiritual Self-Care**

- ☐ Spend time with nature
- ☐ Find a spiritual connection or community
- ☐ Identify what is meaningful to you and how it plays a role in your life
- ☐ Meditate
- ☐ Sing
- ☐ Other

# HOW DO I FEEL RIGHT NOW?



Aggressive



Angry



Anxious



Ashamed



Bashful



Bored



Cautious



Confident



Confused



Curious



Depressed



Determined



Disappointed



Disbelieving



Disgusted



Ecstatic



Embarrassed



Enraged



Envious



Exasperated



Exhausted



Frightened



Frustrated



Grieved



Guilty



Happy



Hopeful



Hurt



Indifferent



Interested



Jealous



Joyful



Lonely



Loved



Loving



Miserable



Optimistic



Overwhelmed



Pained



Puzzled



Regretful



Relieved



Sad



Satisfied



Shocked



Shy



Smug



Sorry



Stubborn



Stupid



Surprised



Suspicious



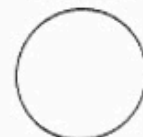
Thoughtful



Withdrawn



\_\_\_\_\_



\_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fail, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

# WRITING PROMPTS

1. WHAT IS YOUR "HIGH" OF TODAY, THIS WEEK, OR THIS MONTH? WHAT IS YOUR "LOW?"
2. DESCRIBE YOUR PERFECT DAY. WHO WOULD YOU SPEND IT WITH AND WHAT WOULD YOU DO?
3. WHO IS SOMEONE IN YOUR LIFE THAT YOU ARE GRATEFUL FOR? DESCRIBE THE PARTS OF THIS PERSON THAT MAKE YOU HAPPY.
4. IF YOU COULD CHANGE ONE THING ABOUT THE WORLD, WHAT WOULD YOU CHOOSE? WHY?
5. DESCRIBE A TIME WHEN YOU HAD TO BE BRAVE. WHAT WAS THE SCENARIO? WHAT FEELINGS CAME UP? HOW DID YOU FEEL BEFORE AND AFTER?
6. WRITE A SHORT STORY ABOUT WHAT YOU THINK LIFE WILL BE LIKE IN THE YEAR 2500.
7. DESCRIBE SOMETHING NEW THAT YOU HAVE LEARNED THIS YEAR.
8. WHAT MAKES YOU WHO YOU ARE? WHY ARE YOU UNIQUE? LIST EVERYTHING YOU CAN THINK OF!

# AT-HOME SCAVENGER HUNT

This scavenger hunt can be done right in your own home! Grab a sibling or a caregiver, or you can find them all on your own. To increase the difficulty level, consider dividing into teams or adding a time limit!

**Do your best to find all of the following:**

- ☐ Something that starts with the letter "E"
- ☐ Something that is soft
- ☐ Something that is smaller than a penny
- ☐ Something that you are grateful for
- ☐ Something that can be used in multiple ways
- ☐ Something that makes you feel good about yourself
- ☐ Something that starts with the letter "L"
- ☐ Something that makes a nice sound
- ☐ Something that is yellow
- ☐ Something that floats
- ☐ Something that reminds you of the phrase, "Girl Power"
- ☐ Something that grows
- ☐ Something that starts with the letter "W"
- ☐ Something that you could not live without
- ☐ Something that can be used for self-care (i.e. anything you do or use to take care of your physical, mental, or spiritual health)
- ☐ Something shiny
- ☐ Something outside that you enjoy
- ☐ Something that moves on its own

**BONUS:** Find something with a positive quote or message (electronics not allowed!)

# Personal Empowerment

A A M P T D H C Z G D U S C A F Z  
T T V A N T J J K C Y Z Y H W O Q  
T V W W E J O G G L T H T T F S N  
I G A I L U Q Z S T I A I R X L Q  
T S S D A I Y R F L L G R O U U B  
U L H T T C X M X R I F G W O D U  
D J T E R W Y H A G B U E A M Z S  
E J C J C E R G S N I W T R M H G  
A L E L H Q N U V Q S W N B D Z S  
O L P N O V X G X W N Y I R V A X  
E D S J I F D Y T T O Z D E W Q W  
B F E J C P T R H H P G T G Z B Z  
T X R U E O C A K E S Y H A U L L  
F C H A R A C T E R E A H R T F K  
Y T S E N O H A Y V R F H D O W R  
E G S D X L Y C V H R Y Z V P R N  
A Y Z F K M E E T S E F L E S B R

Strength

Honesty

Responsibility

Choice

Regard

Character

Respect

Integrity

Attitude

Talent

Worth

Self Esteem

# MEDITATION ACTIVITIES

Meditation is the practice of focusing our thoughts. This focusing can be done in a number of ways – through breathing exercises, through visualizing images, and more.

Meditation can provide us with a sense of **calm, peace, and balance**. It can benefit both our emotional well-being and our overall health. And, these benefits don't end when your meditation session ends - meditation can help us carry more calmly through our day and help us to better cope with stress and difficult emotions.

Below are a few different meditation activities that you can try alone, or with a friend or family member, in order to “pause” and “slow down” for a bit – and hopefully find some relaxation! They can be done in silence or with soft music playing.

## BREATHING MEDITATIONS

- 1) Sit up tall with your legs crossed or lie down on your back. Close your eyes. Begin breathing deep enough that you can hear your breath. Feel how the breath moves through your body, and notice the flow of the breath through your nostrils - in and out of your body. Try to feel the contact of the air with the inside your nose, or how the air touches your upper lips. Now gradually make the breath much gentler and let it flow naturally but keep listening to its sound. Try not to listen to your thoughts; listen more to your breath. Whenever you find yourself thinking of other things, come back to your breath. Practice this with your breath for as long as you want or need to.  
*(You can practice the same meditation listening to your heartbeat by bringing your full attention to it in a similar manner.)*
- 2) “Pay attention to how you are feeling” - take the time to notice your feelings and pause and reflect before responding to sources of stress.
  - Place one hand on your belly and one on your chest.
  - Take a deep breath into your belly and feel your hand rise.
  - Exhale slowly and gently through your lips, like you are blowing on hot soup.
  - Repeat two to four times.
  - Respond to the situation once you’ve calmed yourself.

## PARTNER MEDITATION



### ***"Sitting Still Together"***

Sit back to back with a friend or family member, backs and heads touching.

Feel each other breathing through your backs.

Breathe in and out slowly and deeply, coordinating the rhythm of your breath.

Sit as still as you can, just for a few moments, as you listen to the sound of the breath or to silence.

Help each other focus and go within by remaining still.

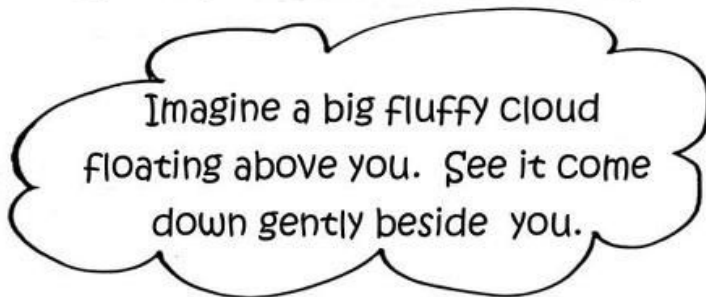
Now, try to feel how, with your breath, you connect to your friend/family member, and everything around you.

We all support each other and we are all interconnected!

## **VISUALIZATION MEDITATION**

### **FLOATING ON A CLOUD**

- \* Lie on your back & close your eyes.



- \* Imagine what your cloud looks like. What color is it? Does it have a shape? This is your own special cloud... you are completely Safe & Happy when you are on your Cloud.
- \* Climb up onto your cloud & it will take you anywhere you want to go.
- \* What things do you see as you float on your cloud? Where will it take you? Let your cloud Fly you to a special place where you can rest Quietly & feel Peaceful.

## 5 BASIC YOGA POSES



### Cat-Cow

This pose stretches your abs, neck and back, and it keeps the spine flexible. It's especially helpful for stiff backs.



### Child's Pose

This pose stretches the lower back and hips. It helps to relieve stress, lower back discomfort, fatigue, gas and bloating.



### Downward Dog

This pose strengthens arms, shoulders, abs, quads and ankles, while stretching shoulders, hamstrings, calves, and the chest.



### Plank

This pose strengthens the arms, wrists, and spine. And it tones abs. You can easily glide into this position from Downward Dog.



### Cobra

This pose stretches the chest and abs and keeps the spine flexible. It also helps poor posture and combats depression, lower back discomfort, and low energy.

# BEGINNER YOGA POSES

by GROUNDED PANDA



MOUNTAIN



PLANK



EASY SEAT



HERO



DOWNWARD FACING DOG



LOW LUNGE



HIGH LUNGE



WARRIOR I



WARRIOR II



HALF STANDING FOLD



TRIANGLE



TREE



BABY COBRA



LOCUST



CHAIR



CAT



COW



HALF SEATED TWIST

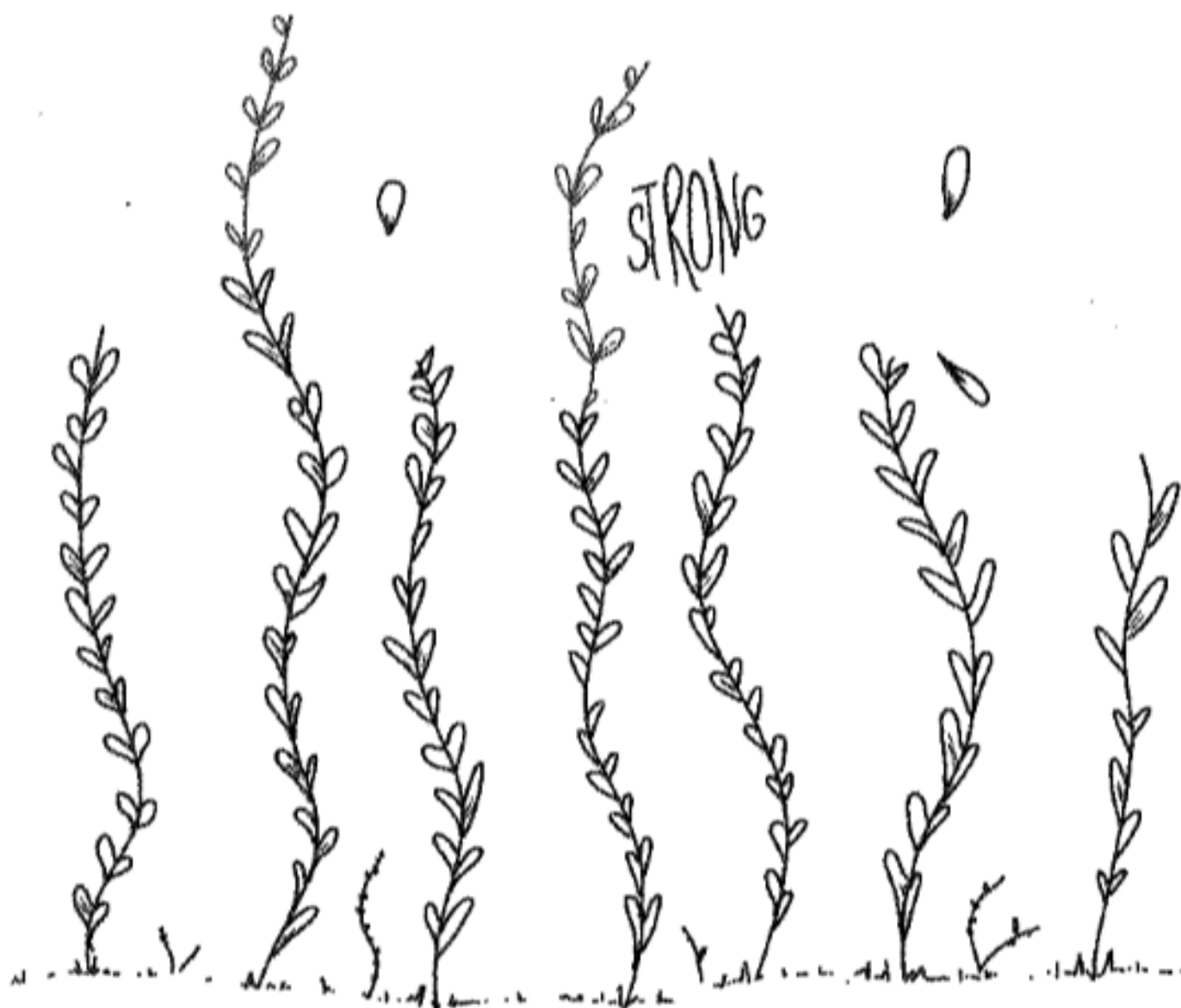


CHILD



CORPSE

Fill the garden with positive affirmations :~



... Then read each aloud starting with "I AM..."

# MY BRAIN DUMP LIST



Procrastinations



Fear



Anger



Discouragements



Incomplete goals



Sorrow

USING MAGAZINE OR NEWSPAPER CLIPPINGS, PASTE A COLLAGE OF IMAGES AND WORDS THAT  
INSPIRE YOU & SUPPORT YOUR WELLBEING



# MORNING MINDFULNESS

**Instructions:** Fill out this sheet in the morning to strengthen your brain throughout the day.

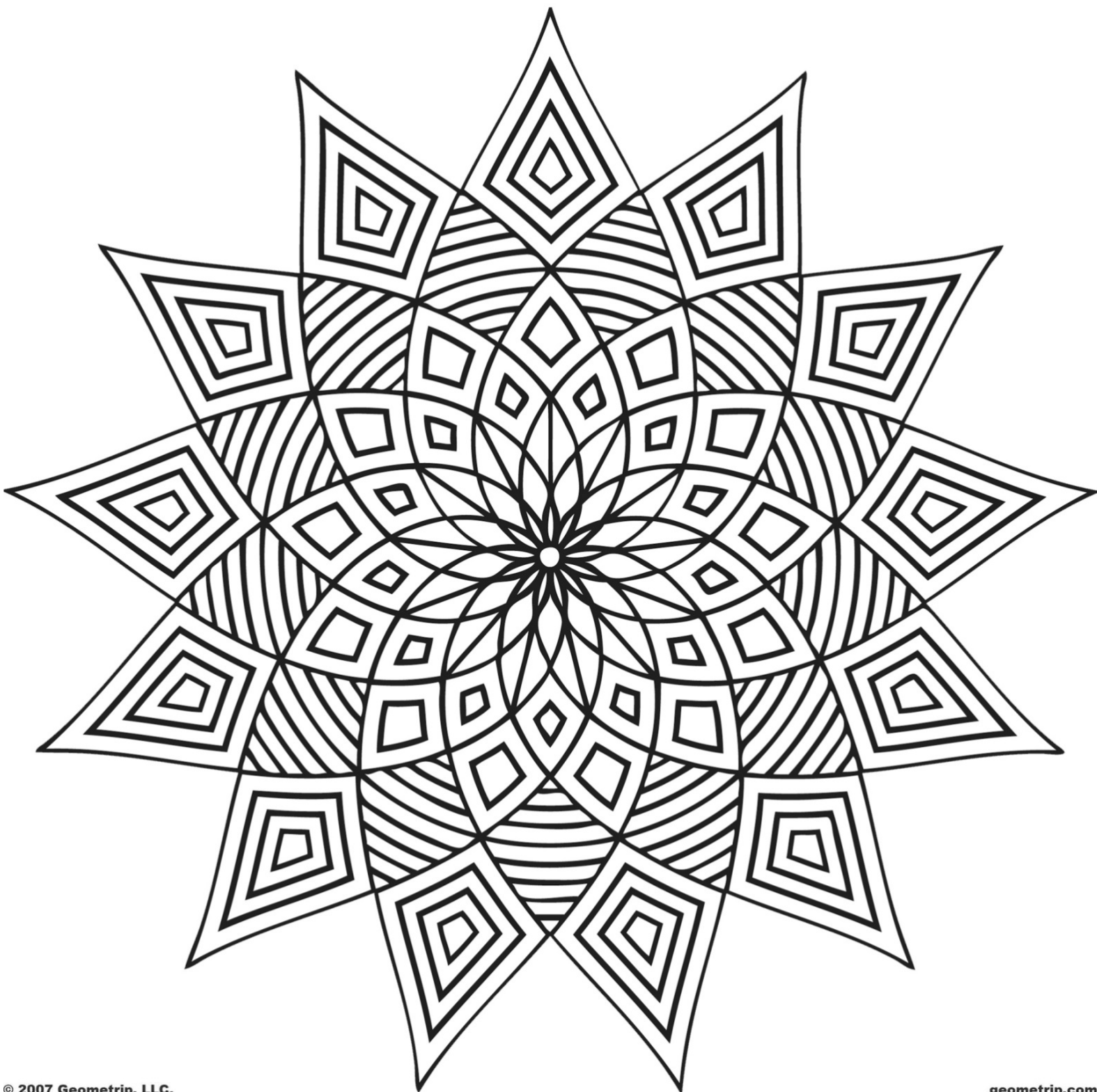
**DATE:**

**GOALS FOR THE DAY:**

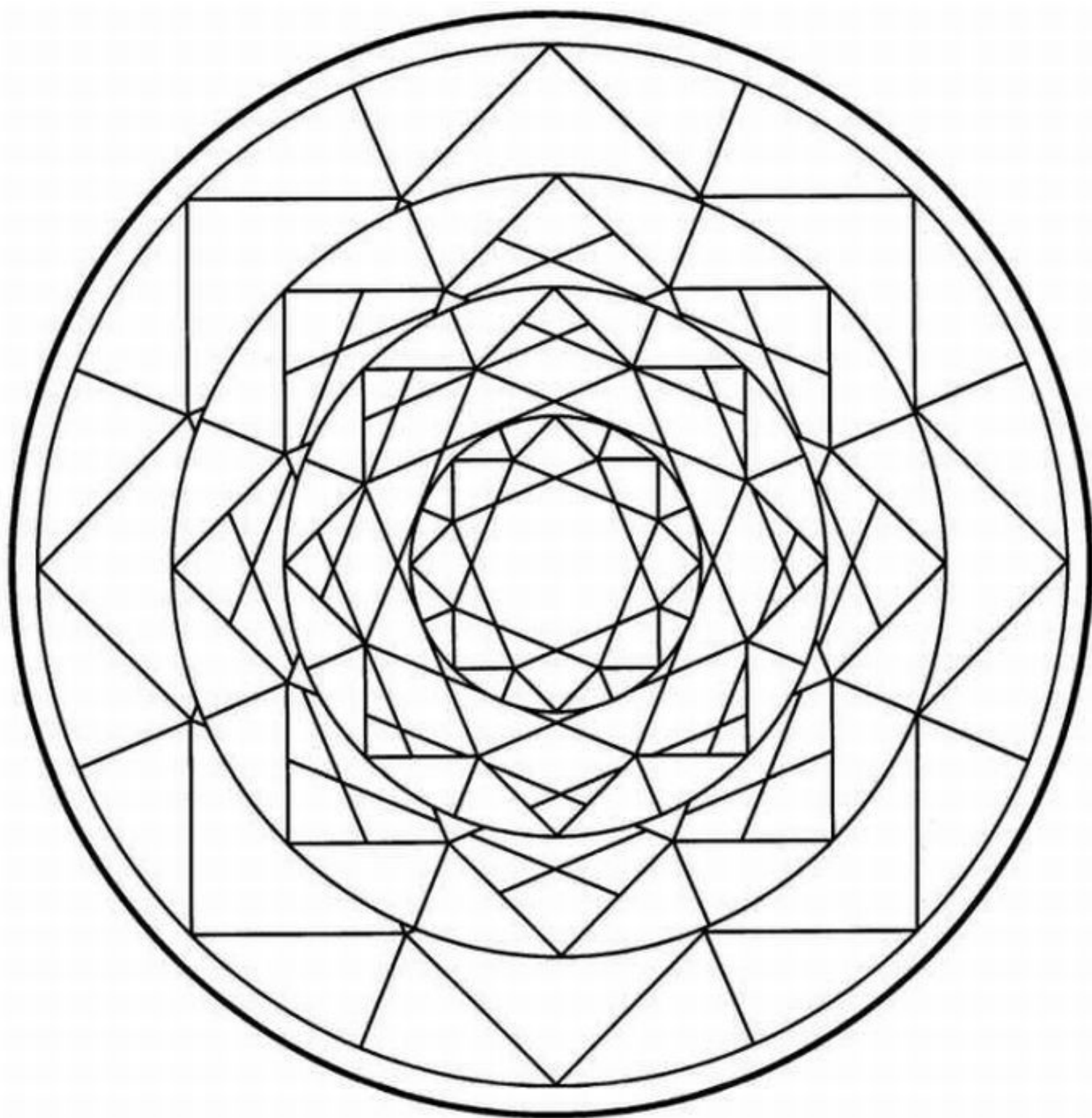
**I AM THANKFUL FOR:**

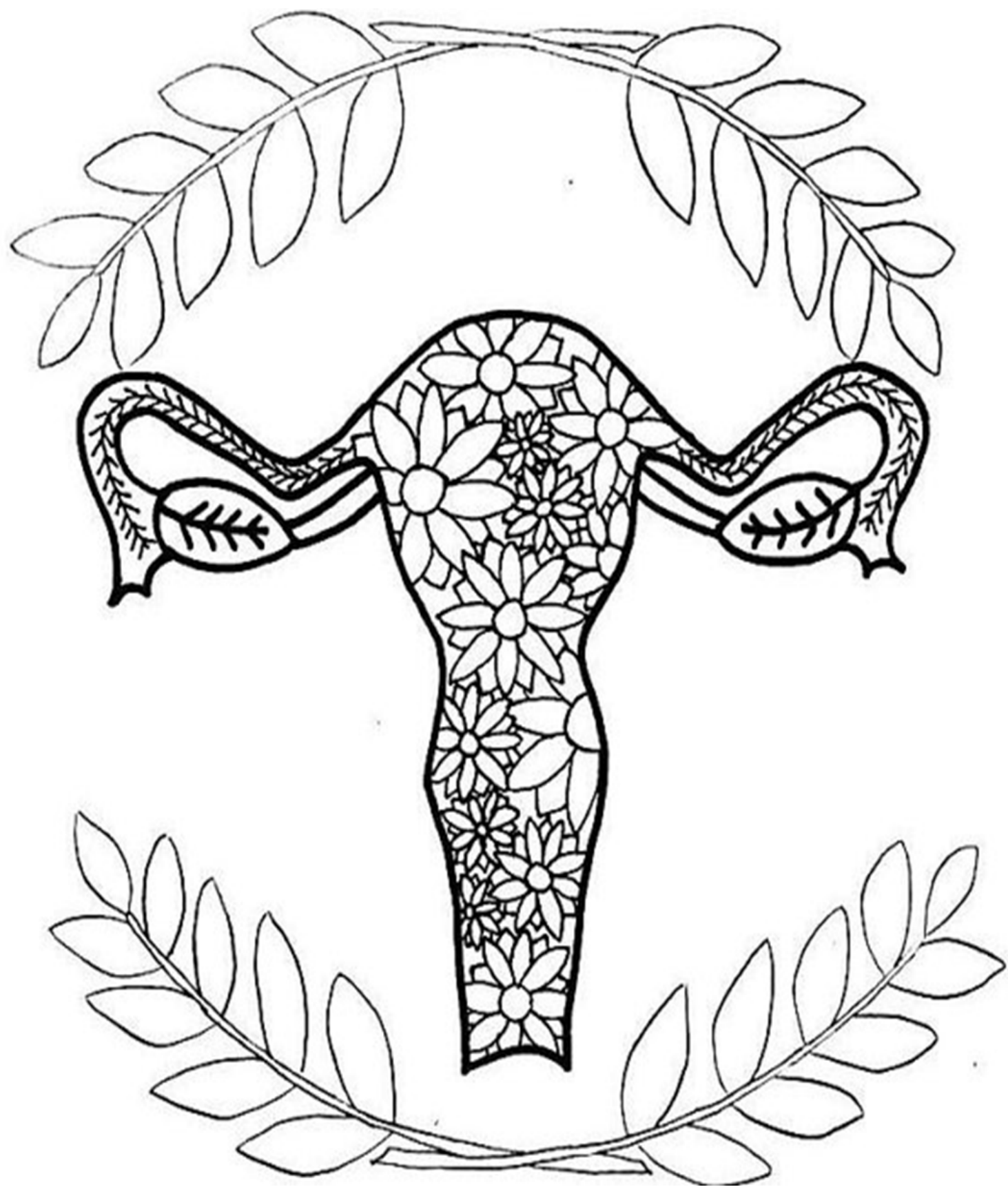
**ONE THING I WILL DO FOR  
MYSELF TODAY IS:**

**THE WORD THAT DESCRIBES  
MY MOOD IS:**















beware,  
for I am  
fearless,  
and therefore  
powerful

- mary shelley



EMPOWERED

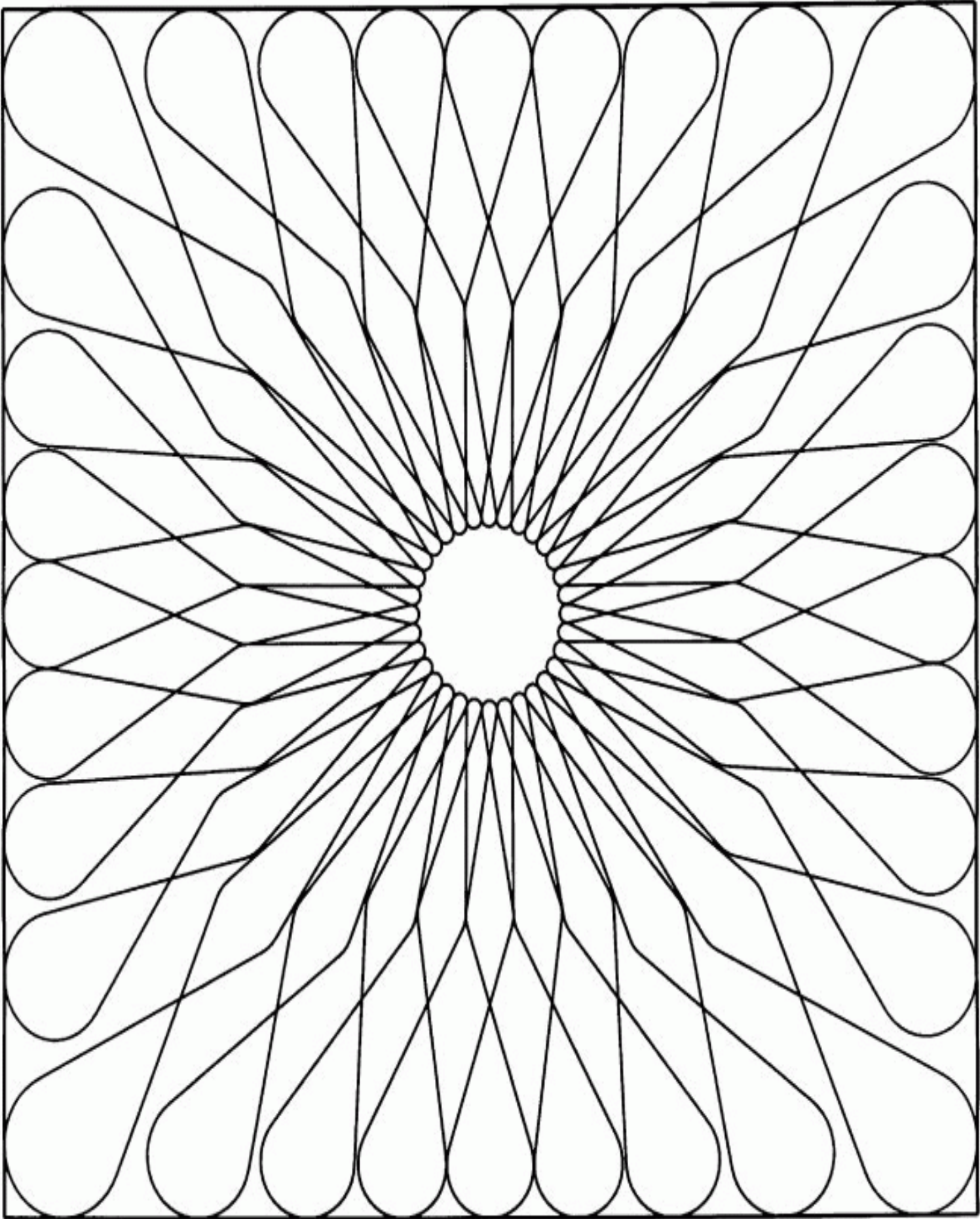


WOMEN

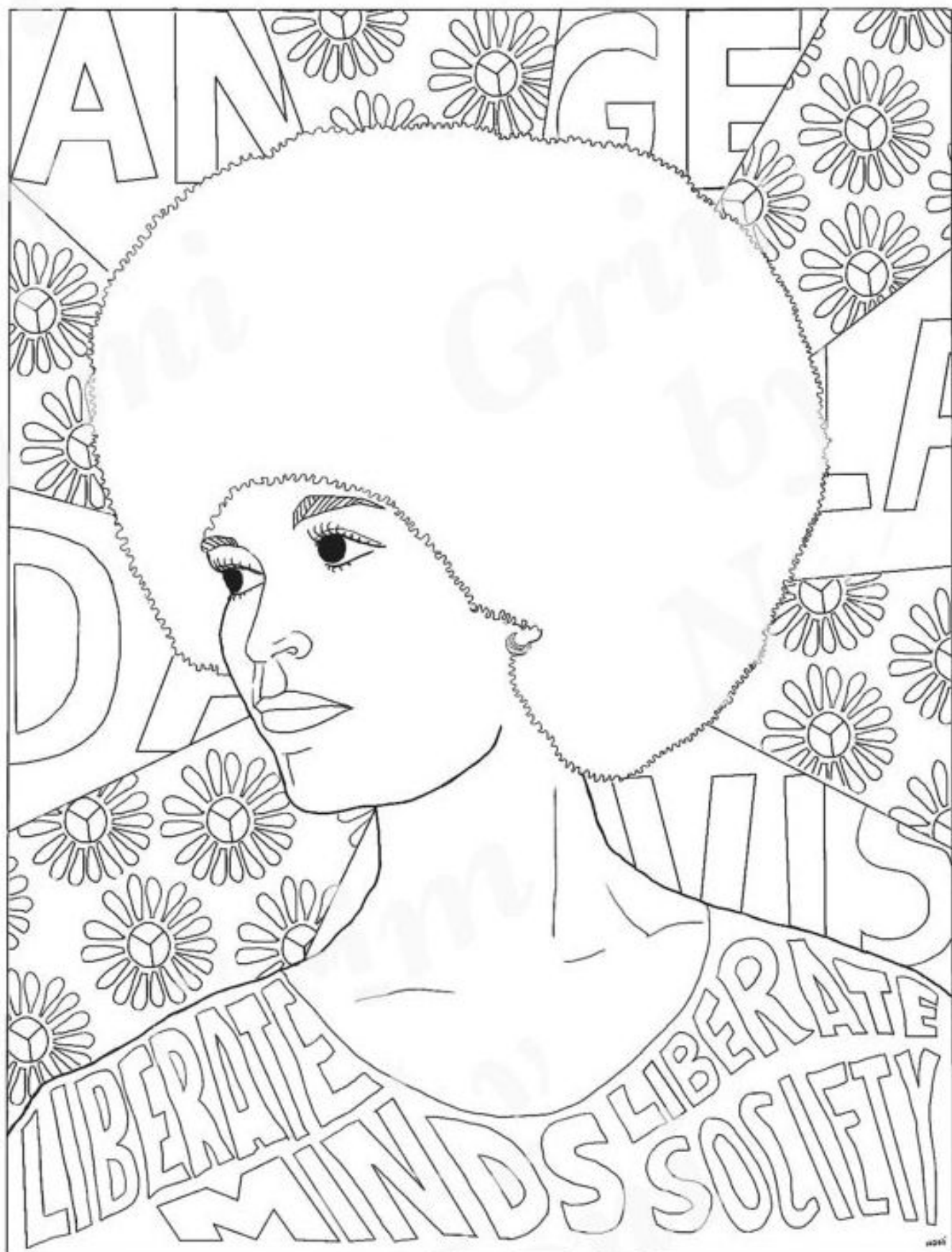
EMPOWER

WOMEN

- Gloria Steinem,  
Feminist Activist  
and Author











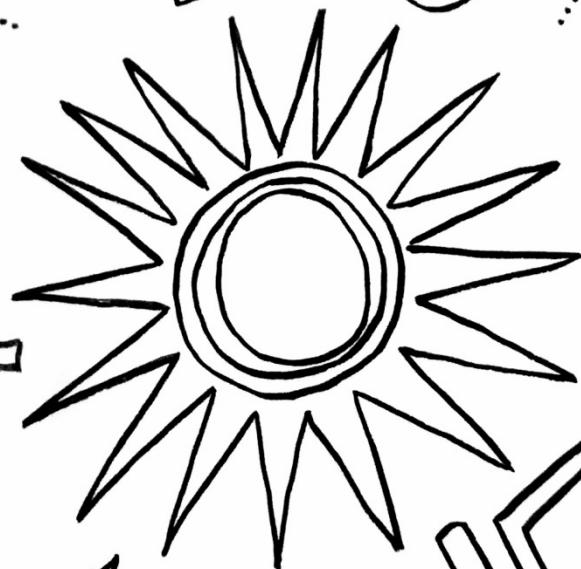
sheknows



ARE

NOT

ALONE







# DIY FINGER-KNITTED SCARF

*Cold, gloomy weather = the perfect time to wear a rainbow everywhere.*

By Marlena

For this cozy, fall-themed DIY, I'm gonna show you how to make your very own faux-knitted scarf. I say "faux" because for this project, you'll be using just your fingers to knit—no knitting needles! It's super-simple to do, and the result looks totally rad.

## WHAT YOU'LL NEED:

- **Lots of yarn.** Any kind, from medium to bulky weight, will work, but yarn described as superfine or lightweight is too thin. I went for a rainbow theme with my scarf, so I used yarn in a variety of colors, plus some white for clouds.
- **Scissors.**



## HOW TO DO IT:

1. The base of the scarf will be made of long finger-knitted "ropes." Start off with a piece of yarn that's still attached to the skein.

2. With your palm facing you, clasp one end of the yarn between your thumb and your index finger, as shown at left.

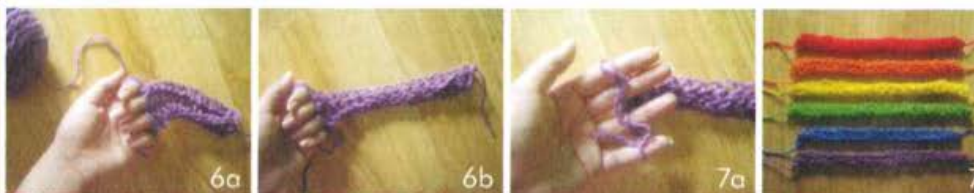
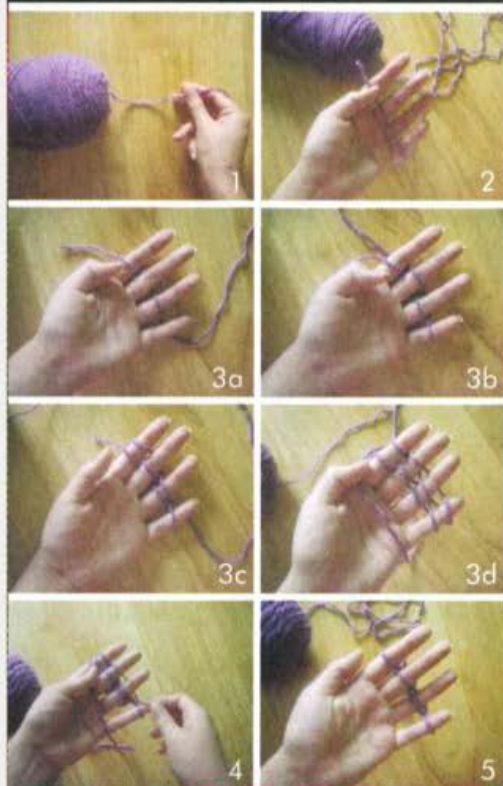
3. Wrap the yarn under your middle finger, over your ring finger, and under your pinkie. Bring it back over your pinkie, under your ring finger, over your middle finger, and under your index finger. Repeat this over/under wrapping process two more times, until you have what looks like two dashed lines of yarn across your fingers, like in the far left corner below.

4. Now it's time to start knitting! Pull each loop from the bottom row of yarn up and over the top row of yarn and your fingertips.

5. You'll be left with just one row of yarn along the palm side of your fingers. Push these loops down your fingers a bit as shown.

6. Repeat steps 3 and 4. Continue repeating those two steps until you have something that looks like photo 6a, below. If you kind of tug on the end a bit it'll start to look more like a rope.

7. When your finger-knitting reaches the length you want it to be, finish the end off by weaving the tail into and out of the loops on your fingers, removing the yarn from your hand, and tugging the end again to tighten it up. Photo 7b shows much shorter versions of what your finished ropes will look like. For reference, my finished ropes were about 60 inches long.



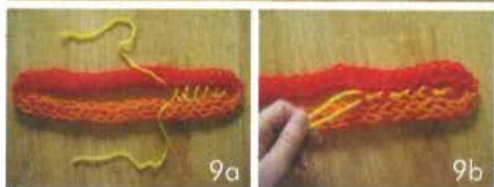


8. Pair off your ropes in whatever color combinations you like, such as red/orange, yellow/green, and blue/purple, and tie the loose ends on each side of the ropes together.

9. Using a crisscross pattern, lace each pair of ropes together with a piece of matching or contrasting yarn. Gently tug on the yarn as you go along to help close up the gap.

10. Once you've laced the entire thing up, tie the loose ends together and snip off the excess.

11. To make this scarf actually look like a scarf, you'll need to lace up all three rope pairs. If you don't want to bother with the lacing, you can braid the ropes together instead, or even just wear them as-is! It's up to you.



#### TO MAKE AND ATTACH THE POMPOMS:

1. Wrap some more yarn around your hand (or a small piece of cardboard) multiple times to create a bundle.

2. Lay that bundle on top of a length of yarn about three times longer than the length of the bundle (see photo 2 at right).

3. Triple-tie that loose length of yarn around your bundle. Tie it tight! This will create a bunch of loops on either side of the knot.

4. Mark the ends of the yarn that you used to tie your bundle with a piece of tape or a marker so that you won't get them confused with the rest of the yarn—you're gonna need these strings in a minute.

5. Cut all of the loops open with your scissors and give the pompom a trim. Remember: Don't cut the yarn that you marked in step 4! But otherwise, don't be afraid to cut off a lot—pompoms usually look more pompom-y once you've cut away a good portion of the yarn.

6. Weave the strings that I told you not to snip through the ends of the scarf and tie them together to secure the pompoms in place.

And there you have it! Your new scarf is perfect for gloomy fall days, wouldn't you say? *R*

