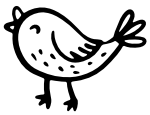
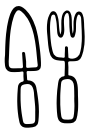
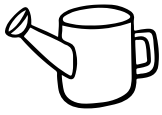
SPRING INTO ACTION

Over Spring Break, explore these activities to strengthen connections with yourself and others. On the next page, track your progress by making a tally mark each time you complete a challenge, then color in the corresponding symbol.

	Mindful Color Walk: Practice **self-management** by taking a walk with a family member, being mindful of the colors you see. Can you find something for each color of the rainbow - red, orange, yellow, green, blue, indigo and violet?
	Celebrate Growth: At the end of the day, **reflect** on what you accomplished, did well or learned. You can choose to **communicate** your reflection with others or simply take a moment to acknowledge your progress.
	Indoor Games: Practice and build **collaboration** and **teamwork** by playing cards and board games with your family.
	**Bird Feeder Craft:** Show **compassion** for animals by supporting local birds in your community! Create a pinecone or cereal loop bird feeder. Learn how by watching a short video, or scanning the QR Code above.
	Be Kind: Show kindness and empathy for others by showing gratitude with a "Thank You", giving someone a compliment or offering to help others with a task. You can also participate in the Kindness Rocks or Community Acts of Kindness activities. Learn how by watching a short video, or scanning the QR Code above.
	**Planting:** Plant flowers or vegetables to practice **responsibility**, **patience**, and the importance of nurturing living things. Plant together with family and friends to foster **collaboration** and **relationship skills**.
	**Growth Mindset:** Create a list positive affirmations. Read them aloud each morning, either alone or with your family. This practice helps build **confidence** and **resilience**.
	Spring Into Goal Setting: Identify a skill you want to improve or learn over Spring Break. **Set a goal** and outline the steps you'll take to achieve it by the end of the break. Learn how by watching a short video, or scanning the QR Code above.
	Spring Clean Up Challenge: Contribute to a more positive community by cleaning your room or picking up trash in your neighborhood.
	Encourage Others: Support your family and friends by recognizing when someone may be facing a **roadblock**. Offer to help by asking how you can support them in overcoming it.

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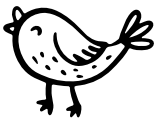	
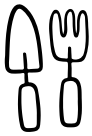	
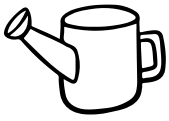	

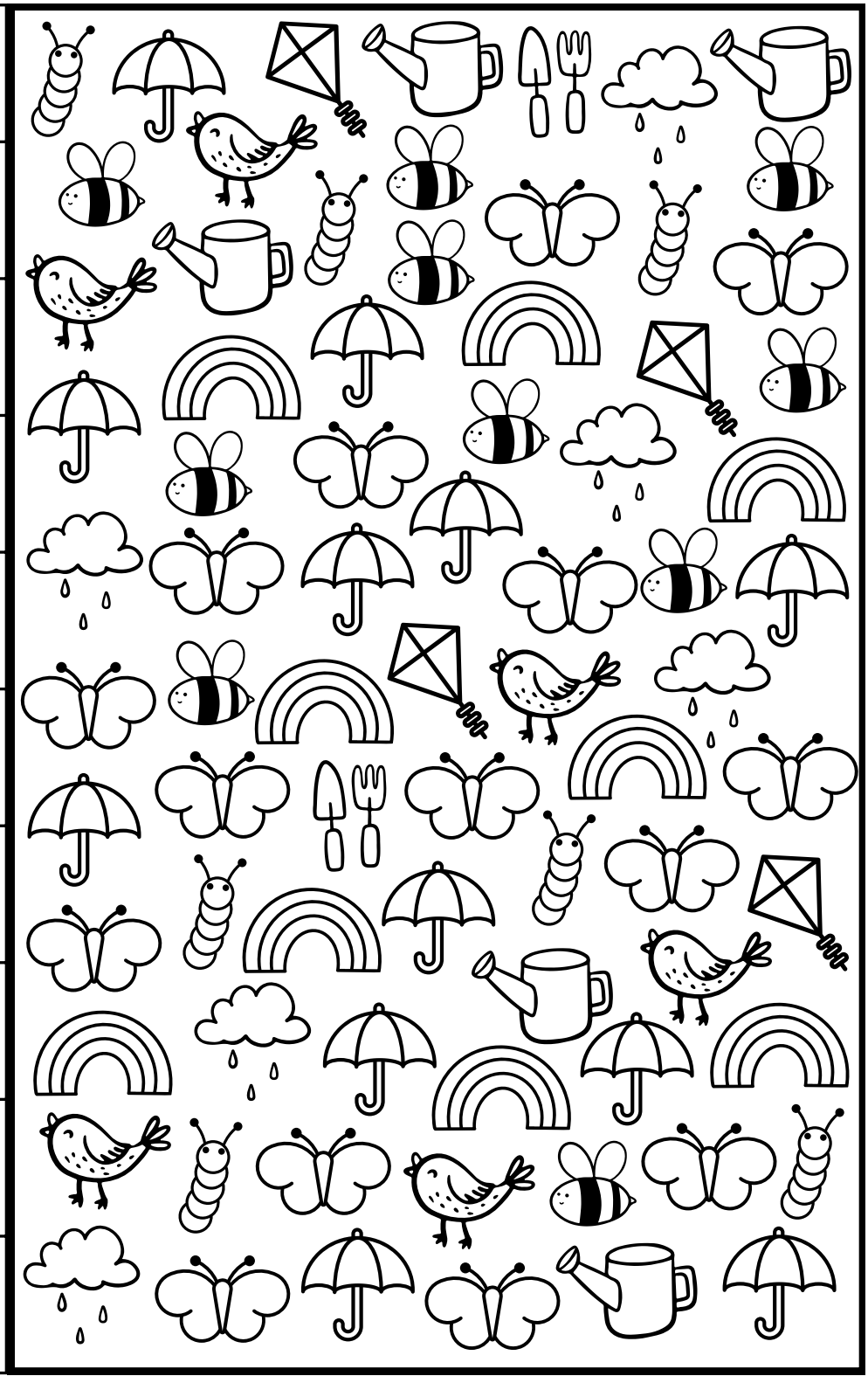

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