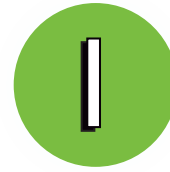




Name \_\_\_\_\_



**B**

**I**

**N**

**G**

**O**

Give someone an 8-second hug.	Say something kind about yourself out loud.	Write down 3 things you are grateful for.	Look at your baby or toddler pictures.	Try a fruit or vegetable you've never tried before.
Don't turn on a screen for 1 hour after school.	Share a happy memory with a parent before going to sleep.	Eat dinner with someone in your family.	Try a yoga pose.	Choose device-free zones with a parent.
Take 5 slow breaths, in and out.	With a parent, find a fun, new app to use together.		Stop using screens 1 hour before bedtime.	Watch a sunset.
Before using the computer, state your plan out loud.	Swim, run, or play a sport for 15 minutes.	Have a dance party listening to your favorite music.	Eat fish for dinner.	Write a card to someone you care about.
Video call a loved one.	Spend time playing with a pet.	Spend 15 minutes in the sunshine just listening.	Recite a limerick or other poem out loud.	Set a timer for video game play, then turn it off.

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These activities help your brain be strong, clear and happy. Do an activity, then cross it off! See if you can complete a line, then a **black out** to earn a special prize!

Child sign \_\_\_\_\_

Parent sign \_\_\_\_\_