



Dina's Fabulous and Incredible Activities

Hey Incredible Kids,



Here are some awesome things that you can do with your parents, your sisters or brothers, grandparents, or even all by yourself. You could color in the star next to the activity when you finish it. See how many you can finish!



Play a feeling guessing game with someone. Take turns making a feeling face and see if you can guess the name of the feeling.



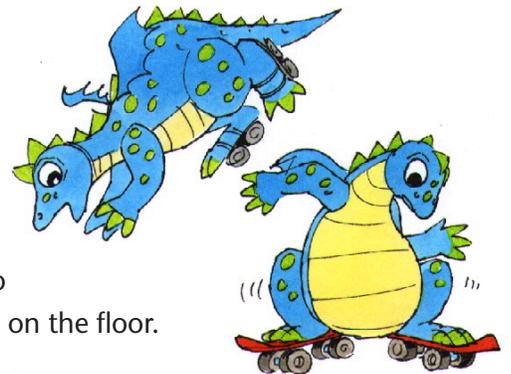
Look in a mirror and see how many different feeling faces you can make (try happy, sad, proud, excited, scared, brave, frustrated, and relaxed).



Draw a picture of your happy place. Tape it up somewhere in your room where you can see it and look at it when you are feeling worried or upset.



Ask someone else in your house to tell you what and where their happy place is.



Practice walking around your house like a tense robot. Then take three deep breaths to relax and pretend to be a wet floppy noodle on the floor.



Do 10 jumping jacks as fast as you can. Then lie on the floor or couch and take 10 deep breaths to relax and calm down.



Make a cozy corner with a blanket and a pillow and read your favorite book to one of your stuffed animals. If you have a real animal pet that likes to cuddle, read to your pet.



Make a blanket calm down fort and ask permission to have a snack in the fort with your favorite stuffed-animal.





Teach someone in your house how to go into your turtle shell to calm down.



If everyone is busy, teach one of your stuffed animals how to do this.



Show someone in your house how you use the calm down thermometer to stay cool. If everyone is busy, talk to a friend on face time and explain this. You could even draw a picture of your own thermometer and put it in your fort.



Ask permission to make a FaceTime call to someone that you are missing: maybe your friend, a grandparent, or a neighbor.



Draw a picture for someone that you think might be lonely (a grandparent, a friend, or a neighbor). Ask an adult to help you send it.



Ask permission to play outside. Find 6 places to jump over something. Run back and forth 10 times between two things (maybe two trees or a bench and a tree).



Ask if you can help cook something with an adult.



Think of a job you could do to help the adults in your house. Maybe you could put away your toys, help with dinner, clear the table after a meal, or hang up your clothes.



Ask if you can take a long bath with some soap bubbles and some plastic spoons and bowls from the kitchen.



Ask permission to find a new dance on the internet and learn how to do it. Perform it for someone in your family.



Make up a play with your puppets, and, if possible, have your parents video it to send to your friends or grandparents.

Calm Down Thermometer

I can do it. I can calm down.

