1. Focus on three things you see, hear and feel
2. Practice Gratitude – say something you’re thankful for
3. Take time to stretch
4. Go for a walk and explore nature
5. Start a daily or weekly journal
6. Repeat something positive to yourself
7. If you’re not feeling good tell an adult
8. Get 60 minutes of exercise a day
9. Go to bed early to get enough sleep
10. Limit your screen time
11. Have courage to try a new activity
12. Try a new fruit or vegetable
13. Wash your hands frequently
14. Cover your cough and sneeze in your arm
15. Drink plenty of water

Taking care of your body and mind help you feel good inside and out.