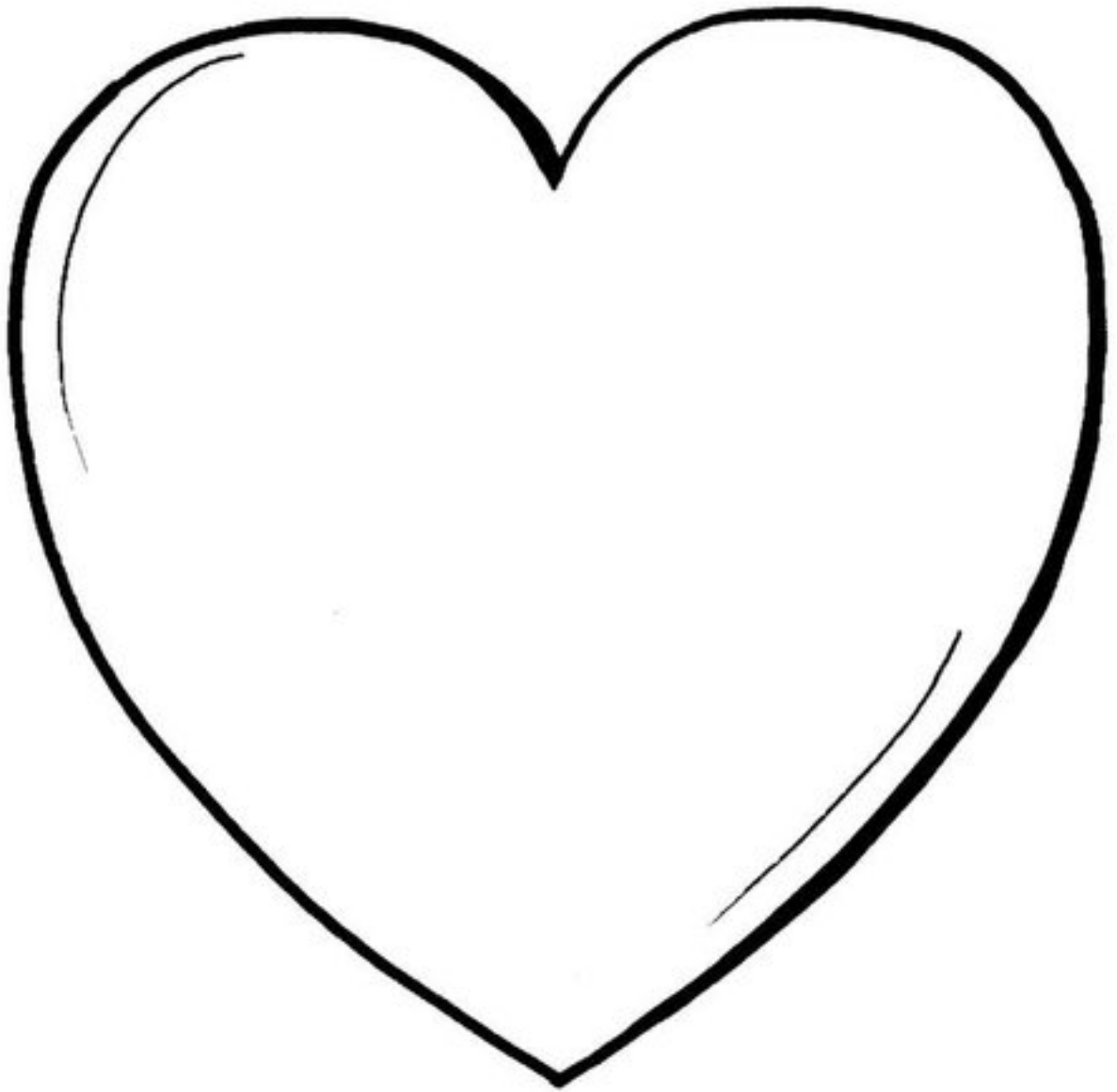


# WELLBEING JOURNAL



Name: ..... Tutor: .....



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# Mindful Brain Breaks

Being mindful means that you are paying attention to what you are seeing, hearing, touching, tasting and smelling – everything in this moment right now. Mindfulness is a superpower because it helps you to feel calm and focused. It can even help you to become healthier! Just like anything else, the more you practice the better you become. Each week pick a different ‘mindful brain break’ and give it a go!



Stretch your hand out like a star. With your pointer finger on your other hand, start at the bottom of your thumb and slowly trace your thumb while breathing in through your nose. Then, breathe out through your mouth as you slide down the other side. Keep going until you've traced your entire hand.



Close your eyes and imagine you are in a spaceship. You can travel anywhere you wish! Begin counting down from 10 to 1... and then off you go! When you land at your destination, look around. Describe what you see in detail. Remember to take deep breaths! Then return back home feeling relaxed and calm.





## Breathing Colors

Big Life Journal

Close your eyes. Breathe in slowly through your nose and imagine you are breathing in a color (any color you'd like). Breathe out slowly through your mouth and imagine you are breathing out a different color. Repeat 2 times.








# 5

## Senses Scavenger HUNT

Big Life Journal

### FIND...

-  Something you **SEE**
-  Something you **SMELL**
-  Something you **TASTE**
-  Something you **HEAR**
-  Something you **FEEL**



## Look Through a New Window.

Big Life Journal

Pick a window and spend a few minutes looking outside. Notice what's happening. What colors, shapes, textures, or patterns do you see? Do you notice anything new?



## Hand on Heart

Big Life Journal

Either jump up and down or do jumping jacks for one minute. When you're done, place your hand on your heart. Pay attention to how your heartbeat and your breathing feel. Fast or slow?



## Standing Like a Tree

Big Life Journal

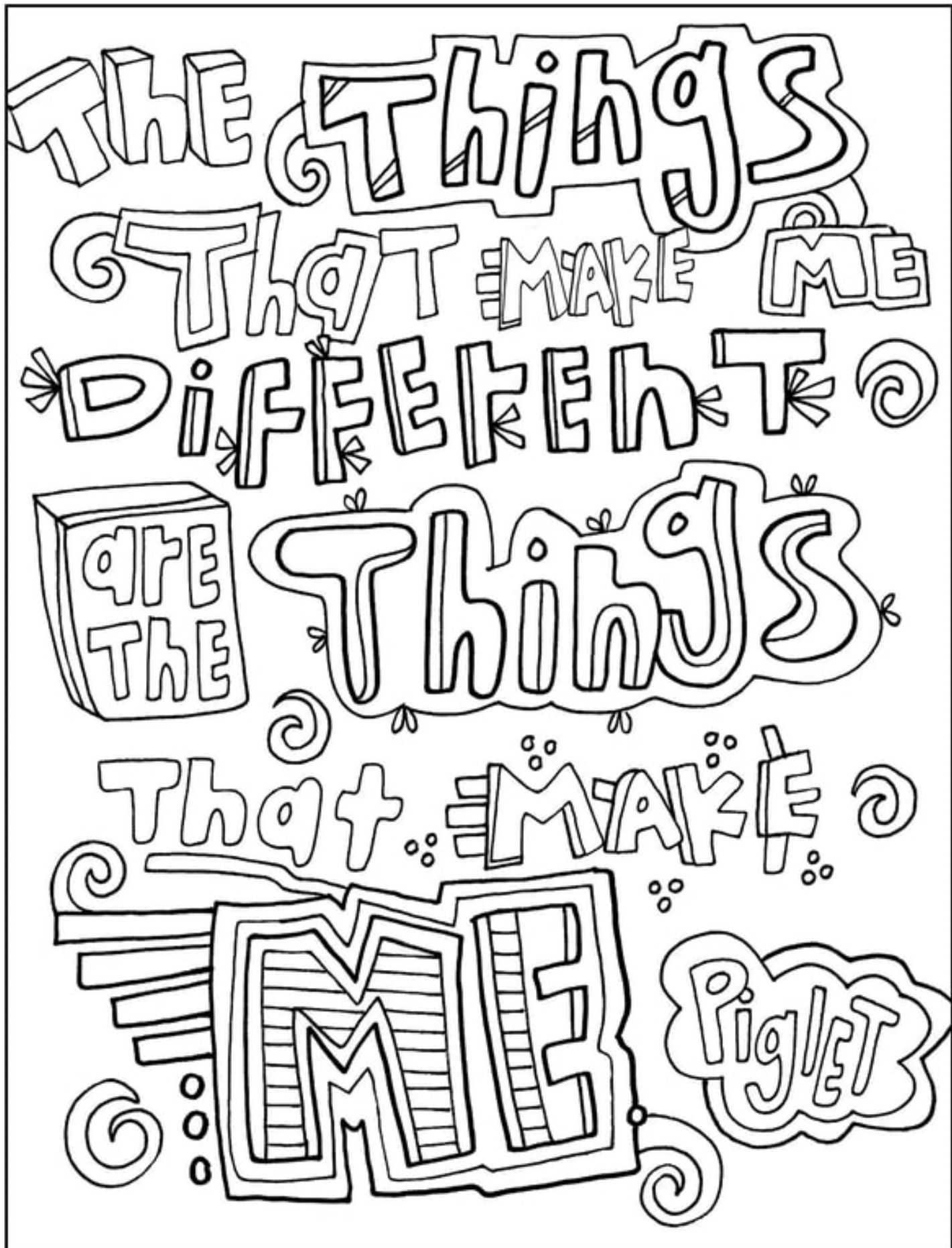
Stand up straight. Pretend your legs are the roots of a tree. Reach your arms up high as if they are the tree branches. Start swaying your body side to side as if you are a tree blowing in the wind.



## Simon Says

Big Life Journal

Pick someone to be "Simon". Standing in front of the group, Simon tells players what they have to do. However, the players must only follow commands that begin with the words "Simon Says." If Simon simply says, "jump," without first saying "Simon says," players must not jump. Those who jump are out.



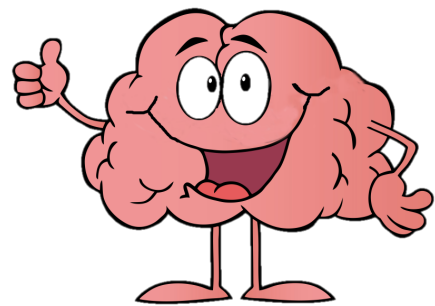
# The Science of your Brain

Your brains are still developing until you reach the age of 25, so right now, part of your brain is still 'Under Construction!' Your brain develops from back to front, which is also how the brain has evolved over time.

The reflex and automatic bodily processes are located in the base of your brain and the emotion and threat system is located in the middle of your brain. The last bit to fully develop, the bit behind your forehead, is called the 'frontal cortex.' This part of the brain is involved in reasoning, planning, problem solving, making decisions, thinking rationally and managing urges and emotions.

**This is why, as teenagers, you often:**

- Feel emotions more strongly
- React to emotions more impulsively
- Make decisions quickly
- Not worry about long term consequences



So, not only is there all the difficult stuff that happens in life and the negative thoughts and unpleasant feelings, AND your brain isn't quite ready to cope with it all in the best way. BUT the good news is despite all this, there are ways of coping and managing that we can learn and practice, which will help you now and in the future.

When so much is going on, you may be feeling low or anxious and it's easy to get caught up in our heads and lose sight of what really matters. We end up spending less and less time doing the things that make us happy and give us satisfaction and purpose. Humans need purpose – it's an important part of wellbeing.

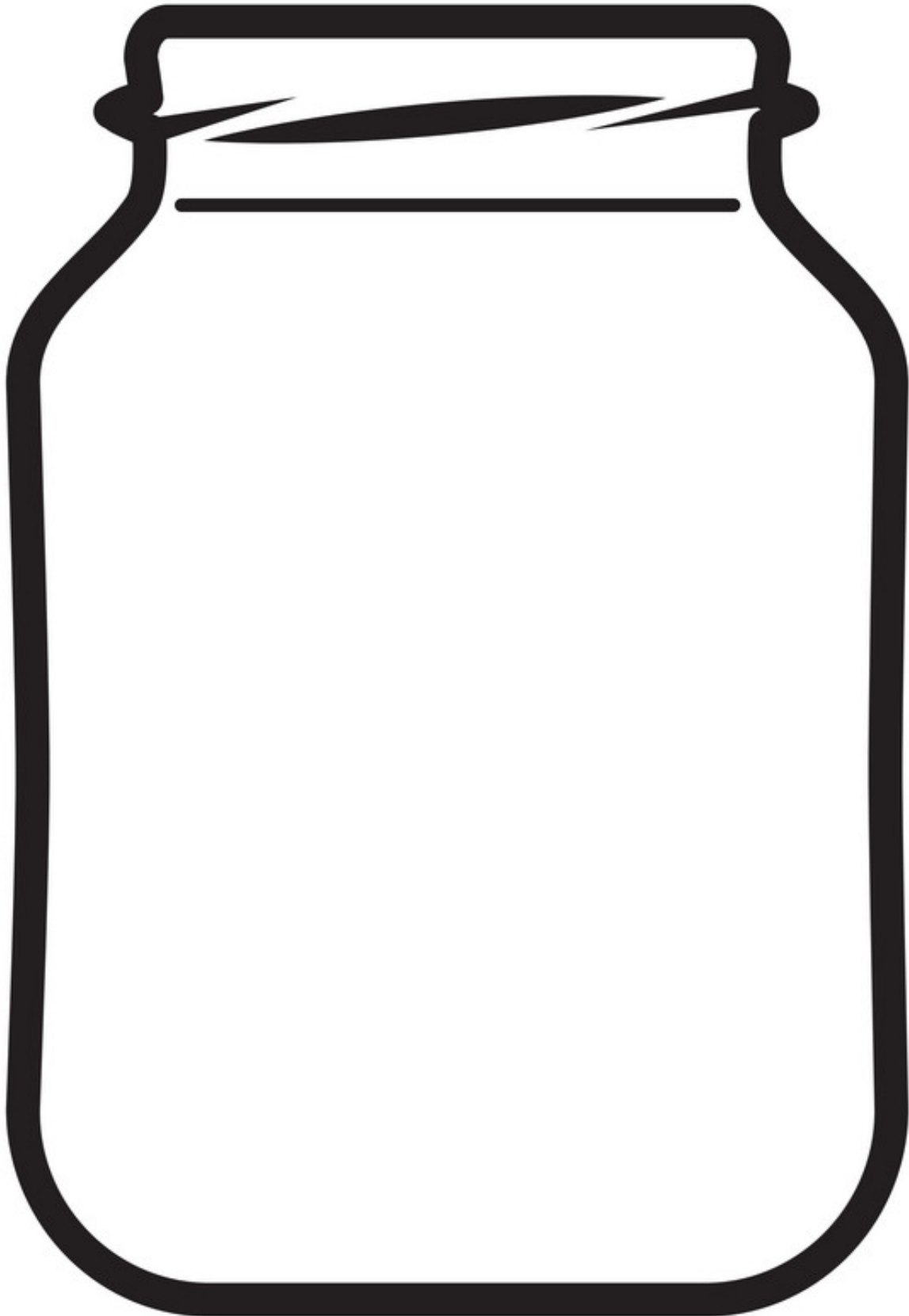
**The things we care about and value help us develop purpose and meaning. Highlight or underline the things below that are important to you.**

- Being a good friend/boyfriend/girlfriend/son/daughter/student/family member
- Being creative
- Helping others
- Accepting myself just the way I am
- Belonging/being a part of something or a group
- Learning
- Being healthy
- Having fun
- Achieving my goals/ambitions
- Having hobbies and interests



# My Thankfulness Jar

Take a moment to think of all the things that make you thankful – it could be anything from things to people and events! Write or draw them in the jar below.





# Emotions

We all have emotions, thoughts and feelings which tell us that we care about something. They are our body and brains way of giving us messages about what is important to us. For example, we may feel angry when someone has treated us badly or feel nervous about taking a test/exam. Emotions also help us to connect and communicate with others. Sometimes emotions can be strong, overwhelming and hard to cope with.

## How many of hard to cope with emotions can you unscramble?

RYOWR .....

RAEF .....

SNADSES .....

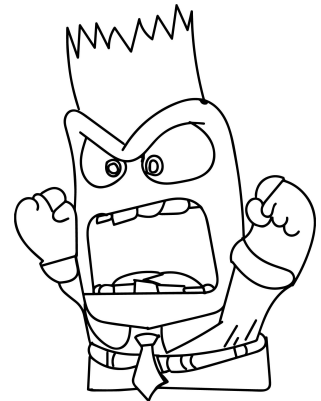
TIDGSUS .....

GNERA .....

SOLSELNINE .....

MEHAS .....

LUGIT .....



Because we're human, we rarely experience one thing at a time. Quite often, we experience jumbled up feelings or quickly changing emotions that can be hard to identify and unsettling to experience. For some people, when they feel so overloaded by their emotions, they can experience a feeling of numbness or emptiness which can be equally as overwhelming or unsettling.

It's important to remember that when you experience strong feelings that feel hard to cope with, they don't last forever. Feelings change - they come and go. So, if you are feeling overwhelmed by your feelings, there are two things to tell yourself:

1. All feelings are normal and part of being human.
2. It feels overwhelming now but it will pass.

# WHEN I FEEL WORRIED..

I can speak to:

It's **SAFE**  
to feel  
my **FEELINGS**

I can try this breathing activity:

I can go outside and:

I can tell myself:

- This is tough but so am I.
- I can always ask for help.
- I can focus on things I can control.
- \_\_\_\_\_
- \_\_\_\_\_

I can try these things to feel better:

Big Life Journal

Give someone a hug

Write in a journal

Hum or sing a song

\_\_\_\_\_

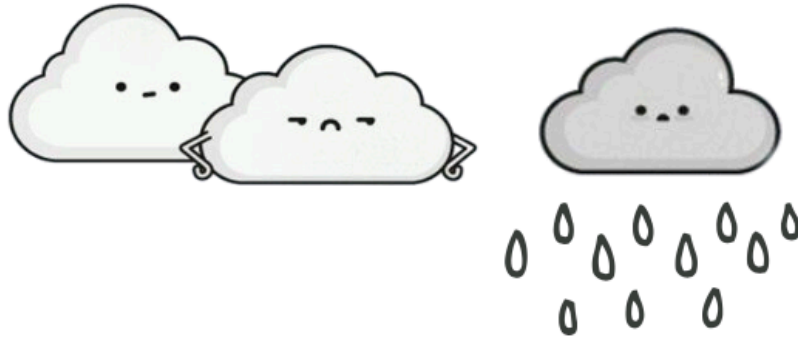
I can move my body by:

I can listen to:

FEELINGS  
**COME**  
AND  
FEELINGS  
**GO**

# Let's Talk About Feelings!

Sorry, I couldn't hold it in any longer!



Feelings and our emotions can be good, bad and overwhelming at times. But don't worry, this is normal! Don't hold them in or keep them to yourself! Sometimes we can feel...

Happy



Calm



Angry / Frustrated



Worried



Excited



Sad



Proud



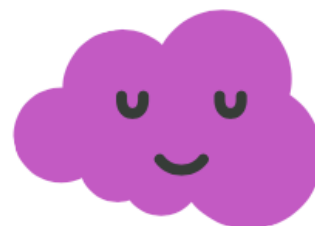
Scared



Tired



Confused



Safe



Annoyed

Other **emotions** we can  
feel are...



Today I am **feeling**...



**Why am I feeling this way?**

**What can I do?**

# Difficult Stuff Happens

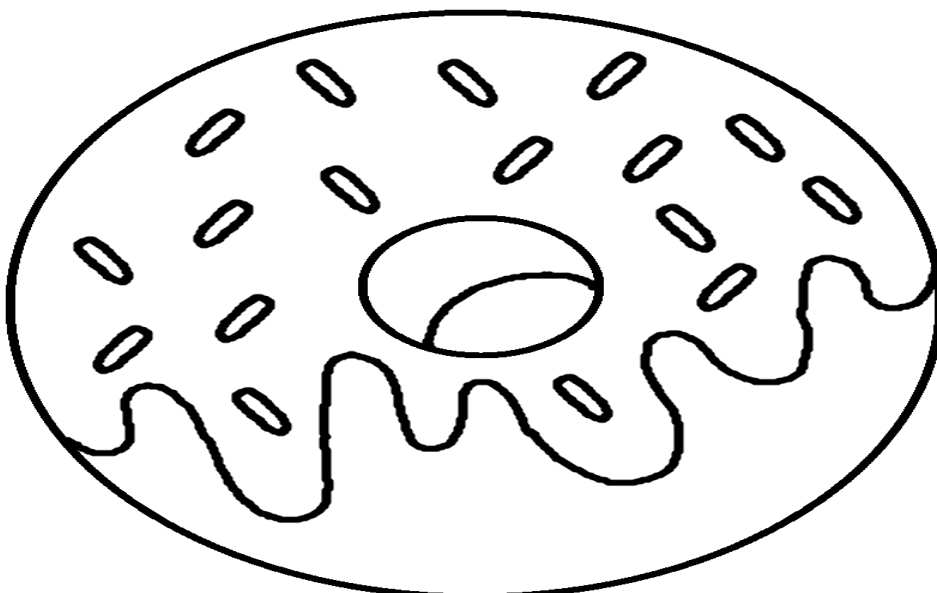
Life is often difficult – this is always so much to think about and so much to do. On top of that, unexpected and unwanted things can happen that makes life even harder.

**Maybe some of these things have happened to you? Tick/highlight the ones that have:**

- |   |  |
|---|--|
| <input type="checkbox"/> Parents fighting/divorce | <input type="checkbox"/> Not doing well at school/in exams           |
| <input type="checkbox"/> Falling out with friends | <input type="checkbox"/> Getting in trouble                          |
| <input type="checkbox"/> Relationships ending     | <input type="checkbox"/> Family member going to prison               |
| <input type="checkbox"/> Illness or injury        | <input type="checkbox"/> Having carer responsibilities               |
| <input type="checkbox"/> Being bullied            | <input type="checkbox"/> Moving home and starting again              |
| <input type="checkbox"/> Bereavement              | <input type="checkbox"/> Family member with drug or alcohol problems |
| <input type="checkbox"/> Traumatic events         |  |

Difficult things that happen can be really hard to cope with and can really hurt. Things sometimes happen unexpectedly without warning and it can be hard to adjust, hard to process and we get overwhelming and intense thoughts and feelings. If we're not careful though, these thoughts and feelings can take over our lives and start to impact on our wellbeing, health and everyday life.

**When difficult things happen it's important to look after ourselves and be kind. Colour in the sprinkles as you do kind things for yourself or for other people. Write what they are around the donut.**

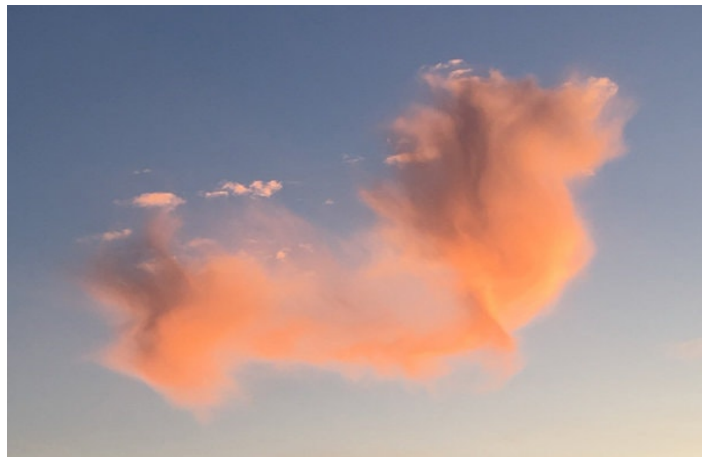


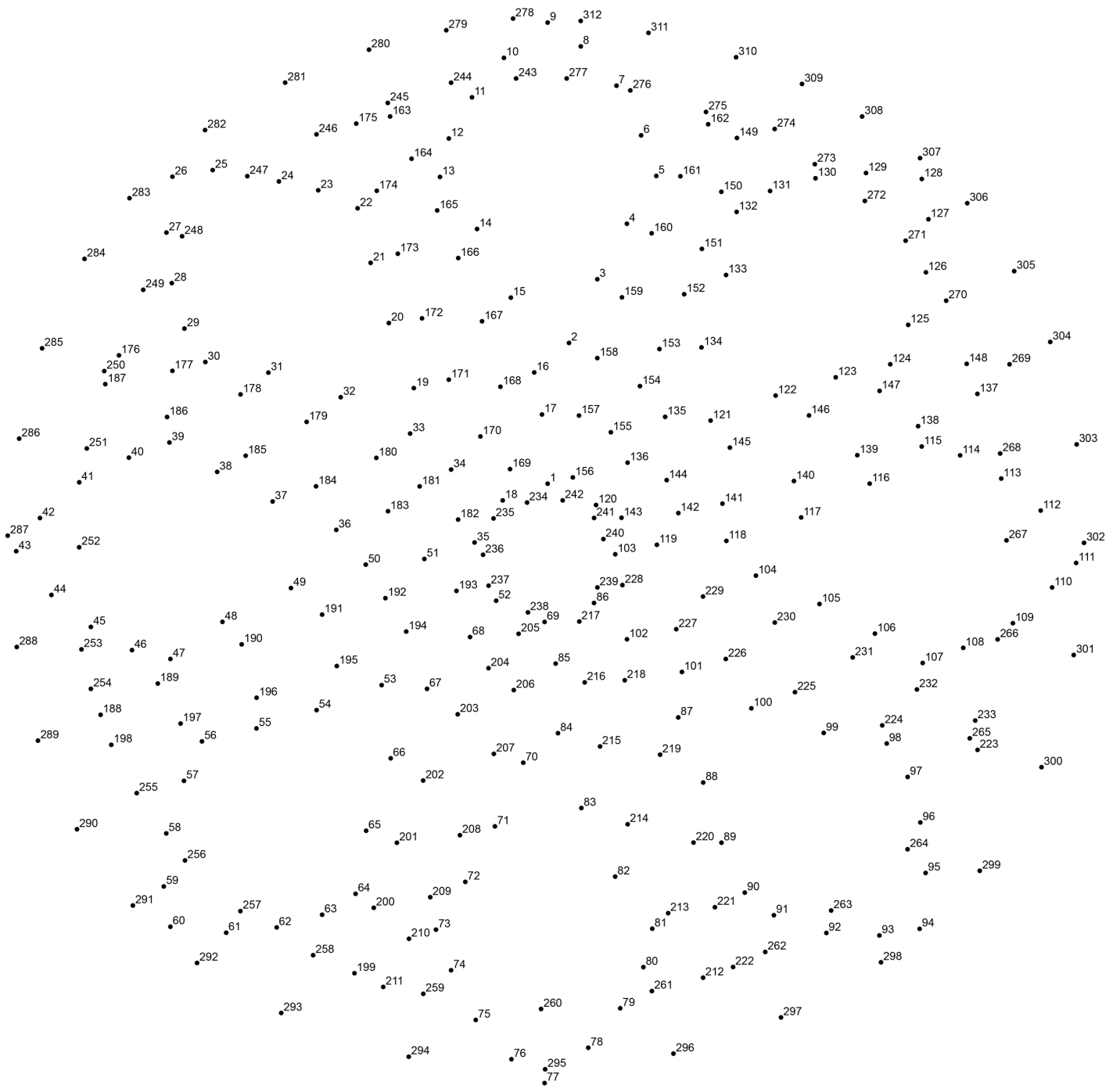


# Cloud Cartoons



**Can you turn these clouds into cartoon characters/shapes like the ones above? Take some time out of your day to do this five minute calming activity!**

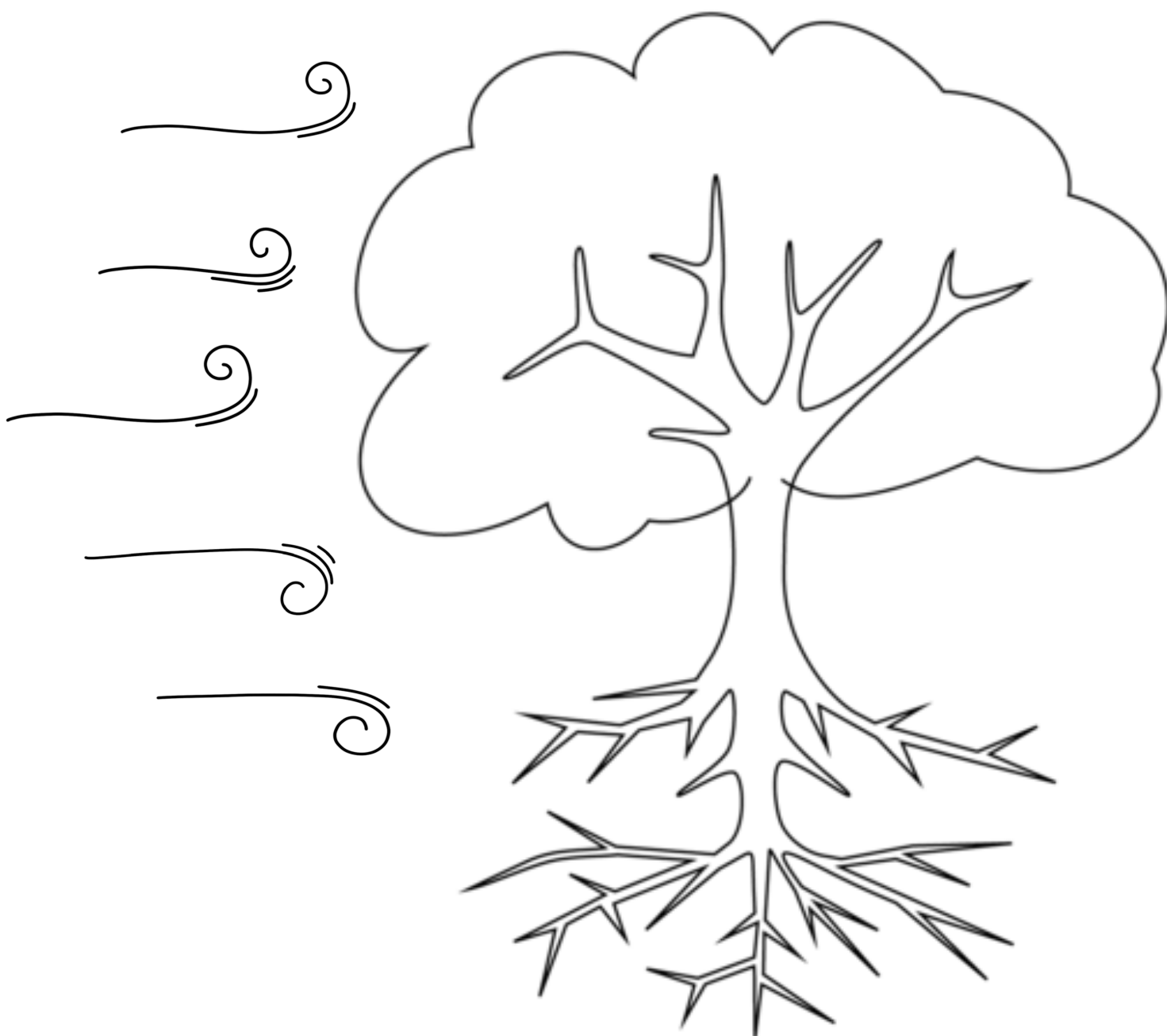




# I Am Strong Like A Tree

Think back to when you've seen trees swaying in high wind. Despite the wind, they keep standing tall and strong because their roots are deep. Your life is like a tree in the wind. The loving adults, teachers, friends, thoughts and values are roots which keep you standing strong. Challenges you face are like the wind. You can stand tall and strong despite the challenges because of your deep roots.

**Look at the tree below. Next to the roots draw or write people, things, animals, thoughts and values that make you feel loved and supported. On the wind lines, draw or write challenges that you are facing.**

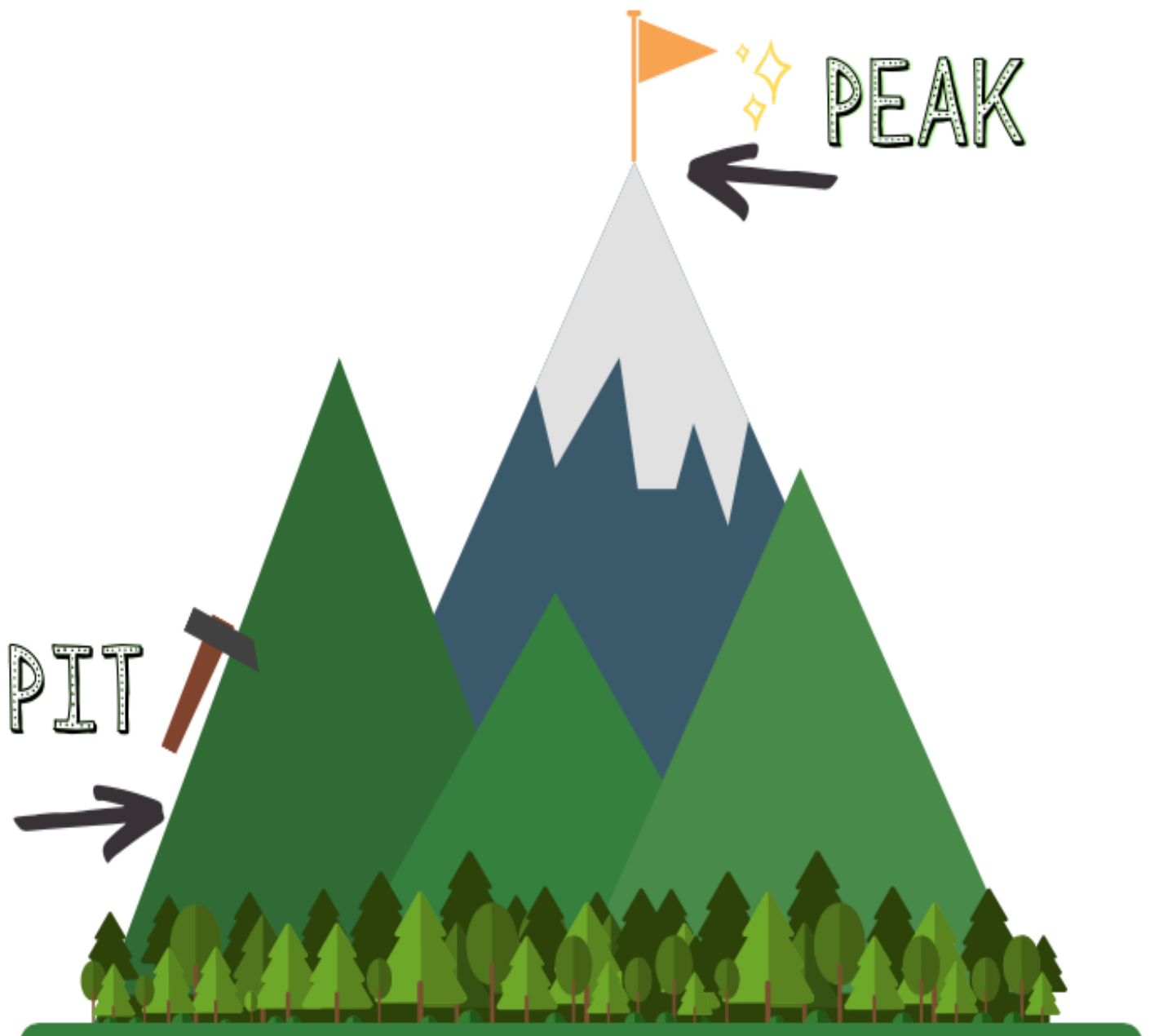


# PITS AND PEAKS

Each day will have 'pits' and 'peaks'.

The 'pits' are the low and challenging parts of your day. The 'peaks' are the awesome parts of your day - your highlights and achievements.

Even though the 'pits' can be tough, try thinking of ways you can get through them or who can help you. You could even think of how to turn them into 'peaks'.



# PITS AND PEAKS

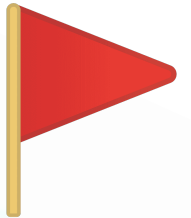
What are some of your 'pits' and 'peaks' from today? What did you (or someone else) do to help you turn you 'pit' into a 'peak'?



PITS



PEAKS



WHAT DID



YOU DO?



# Coping or not coping?

Humans are really good at coming up with what looks like solutions to problems, but some of these ways of coping are unhelpful. Some of them can make things worse or take us away from doing the things that matter and are important to us. You've probably tried lots of different ways to stop having painful or difficult thoughts and feelings, even if you didn't realise it at the time.

**Tick or highlight all of the things you have tried:**

- Distracting yourself on social media
- Sleeping a lot more than usual
- Over Exercising
- Eating comfort food OR not eating enough
- Pretending everything is ok
- Isolating yourself (not seeing friends or responding to messages)
- Watching TV/Films/YouTube
- Gaming
- Going out as much as possible
- Drinking Alcohol
- Smoking
- Taking drugs
- Self-Harm

**Looking at the coping strategies you have ticked/highlighted, what is the impact? E.g. On health? Achievements? Time? School? Relationships with family and friends?**

.....

.....

.....

.....

.....

.....





Ride a Bike OR SKATEBOARD



ASK FOR HELP



Blow Bubbles

Color Paint Draw



CREATE ART!

Listen to MUSIC



PLAY a BOARD GAME

MAKE & PLAY WITH SLIME



Practice Gratitude



WEAVE, KNIT OR CROCHET

Use Kind & Compassionate Self-Talk



Make a SCRAPBOOK or Collage



PRACTICE YOGA



Hug or Climb a Tree

KICK BOUNCE OR THROW a BALL



JOURNAL OR WRITE A LETTER



Take Slow, Mindful Breaths



Cuddle or Play with Your Pet



Drink Water



Smile & Laugh



EAT Healthy

# 50 COPING SKILLS



Forgive Let Go Move On



Cook or Bake



Get Plenty of SLEEP



TAKE A SHOWER OR BATH



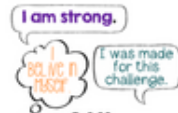
STRETCH



Go on a Hike, Walk or Run



Use Aromatherapy (Smell something good)



SAY positive Affirmations



Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



Garden or Do Yardwork



Visualize a Peaceful Place



Try or Learn Something New



READ a Book or Magazine

EXPLORE & DISCOVER Nature's Treasures



Cry



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)



DO a PUZZLE



Play Outside



Clean, Declutter or Organize



Create ORIGAMI



Get a HUG

EXERCISE

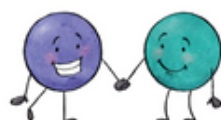


JUMP on a Trampoline



Rest, Take a Break, OR Nap

Do Something Kind



BUILD Something



TALK to Someone You Trust

Winnie the Pooh

You are BRAVER  
than you  
BELIEVE,  
STRONGER  
than you SEEM,  
and SMARTER  
than you THINK.

# Let's talk about it...

We are all encouraged to succeed, achieve and do well and on the whole that's ok and can be good. But, when it comes to feelings, we are often told they are not ok to have or that we must feel the opposite of what we actually feel. When you're sad, people say 'cheer up.' When you're worried, people say 'don't worry.' When you're feeling angry, people say 'calm down.'

Wherever we look, especially on social media, people look happy and successful all the time. It makes us think there must be something wrong with us, but the reality is that for everyone, the world can be a difficult, scary and frustrating place. So of course, we would feel sad, worried, angry etc.

## Something that is bothering me is:

.....  
.....

## How does it make you feel?

- |                                     |   |                                      |
|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Angry      | <input type="checkbox"/> Moody          | <input type="checkbox"/> Confused    |
| <input type="checkbox"/> Anxious    | <input type="checkbox"/> Bored          | <input type="checkbox"/> Stressed    |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Tired          | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Upset      | <input type="checkbox"/> Worried/Scared | <input type="checkbox"/> Sad         |

## Best case scenario:

.....  
.....

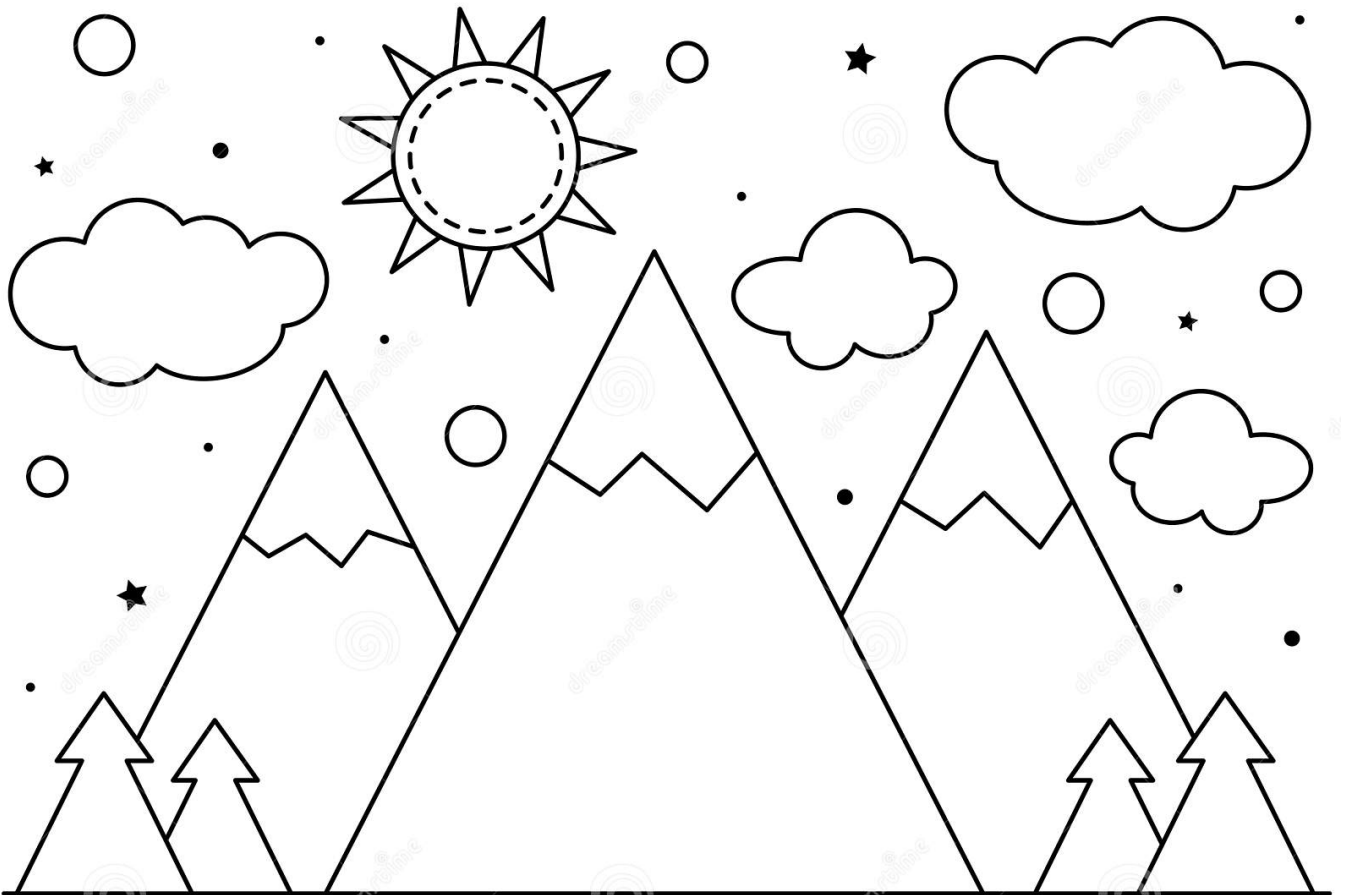
## Worst case scenario:

.....  
.....

## What can you do about it right now?

.....  
.....



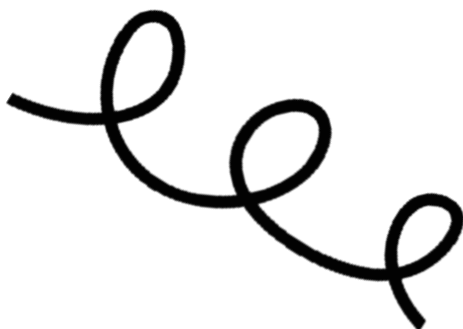
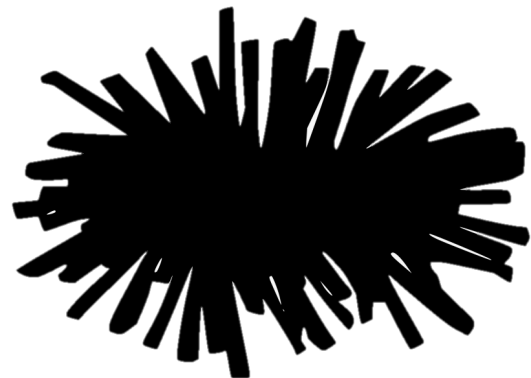
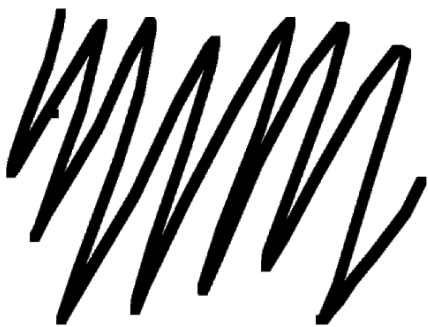






Everyone makes mistakes; they are a part of life and a part of learning. Too often we shy away from our mistakes instead of accepting them and learning from them. As the poster says, 'mistakes are proof that you are trying' so don't be afraid to make them!

**Use your imagination to turn these mistakes/scribbles into something better than before!**



# Can't control it? Let it go!

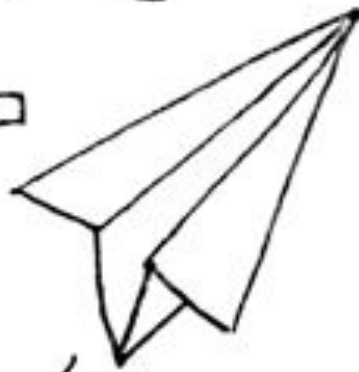
In every situation there are things we CAN control and things we CAN'T. Letting go of the things you can't control and focusing on what you can helps you to feel better. Write or draw things you can control in the balloons the character is holding. Place things you can't control on the balloons in the air.



JUST

LET

it go



# THINGS I CAN CONTROL

- #1 BEING GRATEFUL FOR WHAT I HAVE
- #2 How I spend my free time
- #3 Getting enough sleep
- #4 BEING IN THE HERE AND NOW
- #5 Talking about my feelings
- #6 Asking for help
- #7 Spending time outside
- #8 BEING KIND AND LOVING TO MYSELF
- #9 Treating others with kindness and respect
- #10 HOW MUCH EFFORT I PUT INTO THINGS
- #11 Learning from my mistakes
- #12 LEARNING FROM FEEDBACK
- #13 How I respond to challenges
- #14 Having a positive attitude
- #15 HOW I CONTRIBUTE TO MY FAMILY
- #16 Celebrating small wins
- #17 How often I say 'Thank you'
- #18 MY MINDSET
- #19 Trying again
- #20 WORKING TOWARD MY GOALS
- #21 Taking mindful breaths
- #22 Trying new things
- #23 Taking a break when needed
- #24 REMINDING MYSELF THAT I AM ENOUGH
- #25 Finding the good in any situation

Using a green highlighter, highlight the ones that you are good at – the things you have mastered. Using a pink highlighter, highlight the ones you haven't mastered YET!

# The POWER of YET!

When we fail at something it just means that we haven't learned how to do it YET. The word 'yet' at the end of the sentence means that you are on your way to improving and mastering what you are currently struggling with.

Using the boxes below, write down what you haven't learned or figured out yet. Then, write what you need to do to change it.

I haven't learned how to...

**YET!**

But if I...

**I WILL!**

I don't know how to...

**YET!**

But if I...

**I WILL!**

I have not figured out...

**YET!**

But if I...

**I WILL!**



# Negative Thoughts

Our minds have not changed for thousands of years. We have the same mind and brain structure today that earlier humans had in the stone age when people lived in caves and faced many more real threats to survival than we do now.

Back in the Stone Age, staying alive was much harder so our minds helped us stay alert to all sorts of dangers so we could act on them and survive. It works on a 'better safe than sorry' principle. Thinking that a large brown shape in the grass was a lion was safer than thinking it was a rock, even if it was a rock, because then you had the chance to stay safe. If you kept out of danger, you survived. We don't have as many dangers to be alert to as our ancestors did, and we don't need to worry about being eaten by a lion, but our minds haven't caught up with that.



Living in groups was also an important way to stay safe and protected. You were much more likely to be eaten by a lion if you were out wandering on your own. So, as well as having thoughts about threat and danger, we are often filled with thoughts worrying about fitting in with a group. Belonging, being disliked and being rejected. This is even more likely to happen when you're a teenager as you begin to spend more time away from your immediate family and start finding your own 'tribe.'

Just like in the Stone Age, belonging to a group and being accepted are vital for our wellbeing and protection. Feeling lonely can be helpful because it makes us want to connect and feel secure. But if we can't or don't feel able to, loneliness can lead to very a low mood and disconnection.

Negative thoughts are normal and have helped humans to survive for thousands of years. Our stone Age mind is not always good at coping with the modern world. It finds lots of dangers and threats; and lots of reasons to feel 'not good enough' and be rejected. Our Stone Age minds are often in threat mode leaving us feeling anxious, stressed and low.

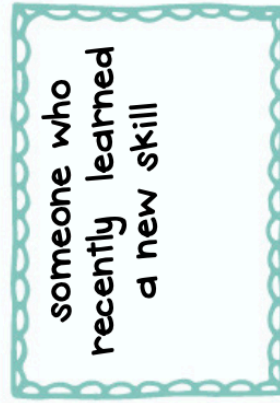
**My Negative Thoughts...**

**My Positive Thoughts...**

# Find SOMETHING SPECIAL in Others!

Get to know your friends, classmates, and family!  
Write the person's name inside each square.






MY NAME \_\_\_\_\_




Having lots of people around us and that we can talk to is good for our mental wellbeing!

# Calming Techniques

When you are dealing with a difficult emotion and have left the 'emotionally stable' zone, you will not be able to deal with what caused the emotion until you have returned to this stable area. That means that you need to put all your energy into feeling in control again. The following ideas are ways in which you can calm yourself so that you can return to the 'emotionally stable' zone. You may find that you prefer one process to another and that one will therefore work best for you. You may also be aware of different ways to achieve calm – as long as your methods are not harmful to yourself or others, it is of course fine to use these and perhaps also share them.

	<p><b>Place your hand on your chest and your tummy.</b></p> <p>If you place one hand on your chest and one hand on your tummy, you will instantly feel slightly calmer. This effect can be improved by practising the technique every day at a time when you feel very calm and relaxed, so that you subsequently link it with that feeling. A good time, for example, might be just as you are falling asleep.</p>
	<p><b>Count your breathing.</b></p> <p>By focusing on and counting your breathing, you have a job to do and something to concentrate on. This can distract you from the difficult emotion so that you are able to retrieve a feeling of control and then work through the emotion.</p>
	<p><b>Stop and look.</b></p> <p>Take a moment to stop and look at how you are behaving. Ask yourself if it is really what you want to be doing. Think about why you are behaving that way and give yourself the choice to stop and be back in control.</p>
	<p><b>Think about your zone.</b></p> <p>Spend time recognising the emotions and behaviours you are displaying and which zone you have entered with them. Remind yourself that you will only be able to sort things out when you are back in the 'emotionally stable' zone.</p>
	<p><b>Talk to people.</b></p> <p>When you are feeling in control and are in the 'emotionally stable' zone, spend some time talking with an adult you trust and like. Talk to them about what happens when you experience more difficult emotions and how you feel. Then discuss with them which zone you might have moved into at these times and think together with them about things you could do, or they could do, to try and help bring you back in control of your responses to your emotions.</p>

	<p><b>When you are calm and in control again, resolve the original emotion.</b></p> <p>Often, when we are calm and back in the 'emotionally stable' zone, we can move on from what made us leave the zone in the first place and just talk about how we behaved when we were not in control. While this is important too, losing control can only be prevented the next time if we actually understand and resolve the feeling or emotion that led to it.</p>
--	---

# Mindful tasks word search

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

Go walking	Cook	Hug a tree	Friends	Nap
Listen to music	Laugh	Hug someone	Watch TV	Smile
Talk to someone	Relax	Cup of tea	Take a break	Rest
Cuddle a pet	Dance	Take a bath	Swim	Art



SAY AFFIRMATIONS

MEDITATE

DO EFT TAPPING

PRACTICE GRATITUDE

BE Mindful

DO COLOR BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO MUSIC

GO FOR A WALK

SIT ON THE PORCH

Relax

I CAN PAUSE AND

Get Outside

SPLASH WATER ON MY FACE

BREATHE DEEPLY

SWIM

WORKOUT

GARDEN

CLEAN

CALL A FRIEND

CUDDLE WITH A PET

SING A SONG

Create

CROCHET

Connect

LOOK AT FAMILY PHOTOS

BAKE

HUG SOMEONE

HAVE A DANCE PARTY

JOURNAL

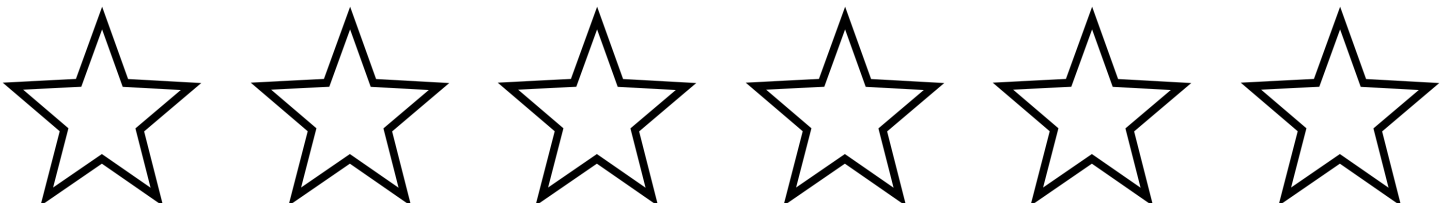
Big Life Journal

Printables by Big Life Journal - biglifejournal.com



# My Weekly Goals

	Today's Focus:	Goals for the week	√
<b>S</b>	<b>Appreciation Day</b>	<input type="checkbox"/>	
<b>U</b>	Three things that I am thankful for.	<input type="checkbox"/>	
<b>N</b>		<input type="checkbox"/>	
<b>M</b>	<b>Positivity Day</b>	<input type="checkbox"/>	
<b>O</b>	Three goals for the week.	<input type="checkbox"/>	
<b>N</b>		<input type="checkbox"/>	
<b>T</b>	<b>Mindfulness Day</b>	<input type="checkbox"/>	
<b>U</b>	Three times/ways that I will practice	<input type="checkbox"/>	
<b>E</b>	mindfulness.	<input type="checkbox"/>	
<b>W</b>	<b>Appreciation Day</b>	<input type="checkbox"/>	
<b>E</b>	Three successes that I have had so far	<input type="checkbox"/>	
<b>D</b>	this week.	<input type="checkbox"/>	
<b>T</b>	<b>Positivity Day</b>	<input type="checkbox"/>	
<b>H</b>	Three fun things that I can do at the	<input type="checkbox"/>	
<b>U</b>	weekend.	<input type="checkbox"/>	
<b>F</b>	<b>Mindfulness Day</b>	<input type="checkbox"/>	
<b>R</b>	Three times/ways that I will do	<input type="checkbox"/>	
<b>I</b>	something nice for myself.	<input type="checkbox"/>	
<b>S</b>	<b>Appreciation Day</b>	<input type="checkbox"/>	
<b>A</b>	Three times/ways that I found quiet	<input type="checkbox"/>	
<b>T</b>	moments, just for me.	<input type="checkbox"/>	
	<b>Bonus Goal!</b>	<input type="checkbox"/>	



FRENCH - PENSER

ITALIAN - PENSARE

GERMAN - DENKEN

SPANISH - PENSAR

CHINESE - REN WEI 認為

FINISH

START

SCIENCE

ART

MATH

THINKING  
CAP

LOGIC

IMAGINATION

REASON

© www.GraffitiDiplomacy.com

SOLVE THE MAZE AND COLOR THE PICTURE

EVER!!! EVER

NEVER  
GIVE  
UP

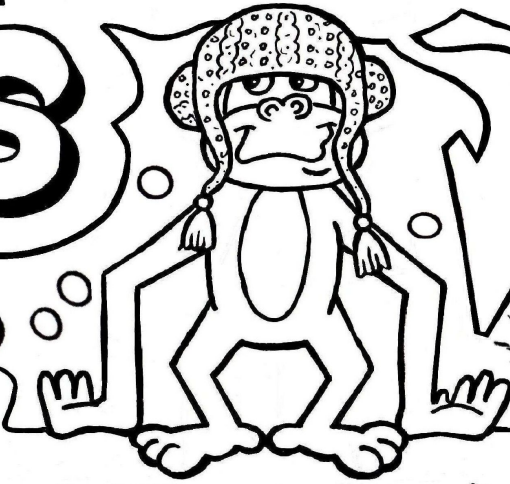
FINISH LINE

EVER NEVER EVER NEVER EVER NEVER EVER

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HAPPINESS

HOW IS  
HOME



DO IT  
YOURSELF

D.I.Y.

MADE

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WISH  
ON A STAR



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# Mindful resources to use at home

## Apps



Calm



Headspace



Smiling Mind



Insight Timer



Slumber



Think Ninja

## Videos

- 20 Minute Yoga for Youth with Nicole Cardoza
- The Power of Paying Attention by TedX
- 3 Minutes Body Scan Meditation by Fablefy
- YouTube – Jay Shetty

## Films/Documentaries

- Kindness is Contagious (2014)
- Big Hero 6 (2014)
- Inside Out (2015)

## Websites

- [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)
- [www.riseabove.org.uk](http://www.riseabove.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.barnardos.org.uk](http://www.barnardos.org.uk)
- [www.actionforhappiness.org](http://www.actionforhappiness.org)

## Books

- You are Awesome by Matthew Syed
- My Awesome Guide to Getting Good at Stuff by Matthew Syed
- Practicing Mindfulness by Matthew Sockolov
- Mindfulness for Teens in 10 minutes a day by Jennie Marie Battistin
- The Mindfulness Journal for Teens by Jennie Marie Battistin
- 5-Minute Mindfulness Meditations for Teens by Nicole Libin
- Mindful Games Activity Cards by Susan Kaiser Greenland
- Mindfulness for Teen Worry by Jeffrey Bernstein

## Social Media Handles

- Goodnews\_movement
- Thehappynewspaper
- Prince\_ea
- Biglifejournal
- Jayshetty