

**FAMILY AND YOUTH
ACTIVITIES TO DO AT HOME**

**LET'S
STAY
BUSY**

VOLUME 2



If you would like more ideas or need support to creating a schedule we can help.



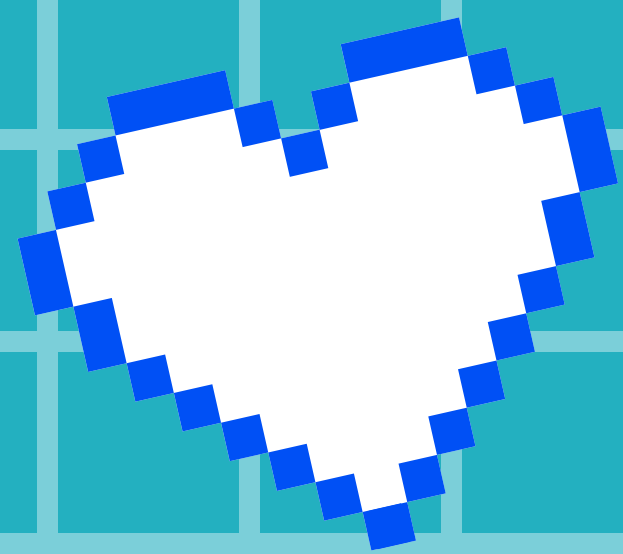
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15 DAY MINDFULNESS CHALLENGE



Day 1
Write down
5 things
you are
grateful
for.

Day 2
Do
something
active for
5 minutes

Day 3
Say
something
nice to
yourself
all day.

Day 4
Unfollow
accounts on
social media
that are not
necessary.

Day 5
Wear
something
with your
favorite
color.

Day 6
Write
something
amazing that
happened
this week.

Day 7
Try a
beginners
Youtube Yoga
Video

Day 8
Visualize
your goals
and make a
list of
goals.

Day 9
Think
positive
things about
yourself
all day.

Day 10
Spend time
doing
something
you love.

Day 11
Write a
letter to a
friend or
send them an
email

Day 12
Spend 5
minutes
focusing on
your
breathing.

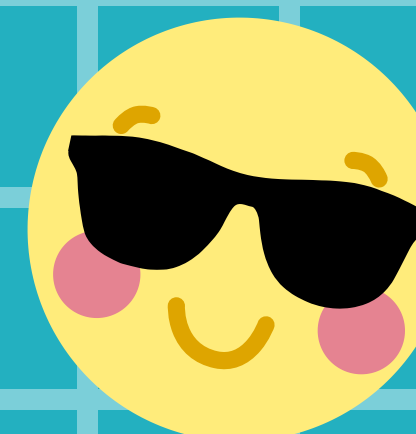
Day 13
Make a list
of all the
things you
love about
yourself.

Day 14
Organize
your space
at home.

Day 15
Spend 5
minutes
stretching.

You can
repeat any
more than
once any
time of the
day.

#BEKINDTOYOURMIND



20 MIN FULL BODY WORKOUT

DYNAMIC WARM UP

Jump rope (20 sec) x 3 sets
—rest for 10 sec (in between sets)
Jumping jacks (30 sec) x3 sets
—rest for 10 sec (in between sets)
High Knees (30 sec) x3 sets
—rest for 10 sec (in between sets)

STATIC STRETCHING

Reach for the sky stretch(30 sec) x 2 sets
—rest for 10 sec (in between sets)
oblique stretch (30 sec) x 2 sets
—rest for 10 sec (in between sets)
oblique twist (30 sec) x 2 sets
—rest for 10 sec (in between sets)

FIRST CIRCUIT (3 ROUNDS)

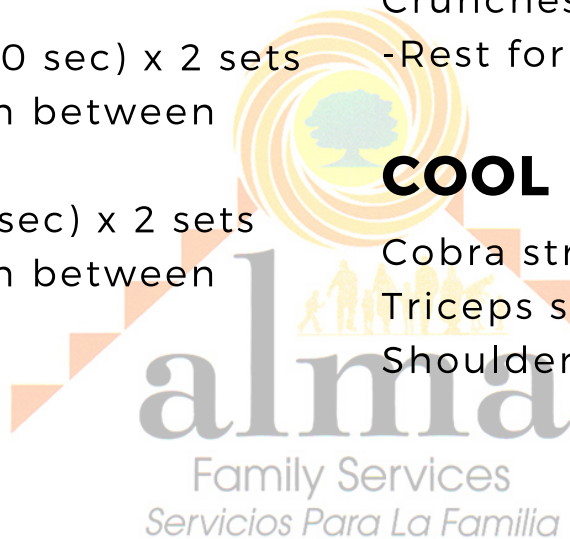
Modified rows (towels) —10-15 reps
-Rest for 15 sec
Row pauses —10-15 reps
-Rest for 15 sec
Upside down snow angels—10-15 reps

SECOND CIRCUIT (3 ROUNDS)

Reachers -15 reps
-Rest for 15 Sec
Planks-45 sec
-Rest for 15 sec
Crunches—45 sec
-Rest for 15 sec

COOL DOWN

Cobra stretch (yoga pose)—20 sec
Triceps stretch—20 sec
Shoulder/chest stretch—20 sec





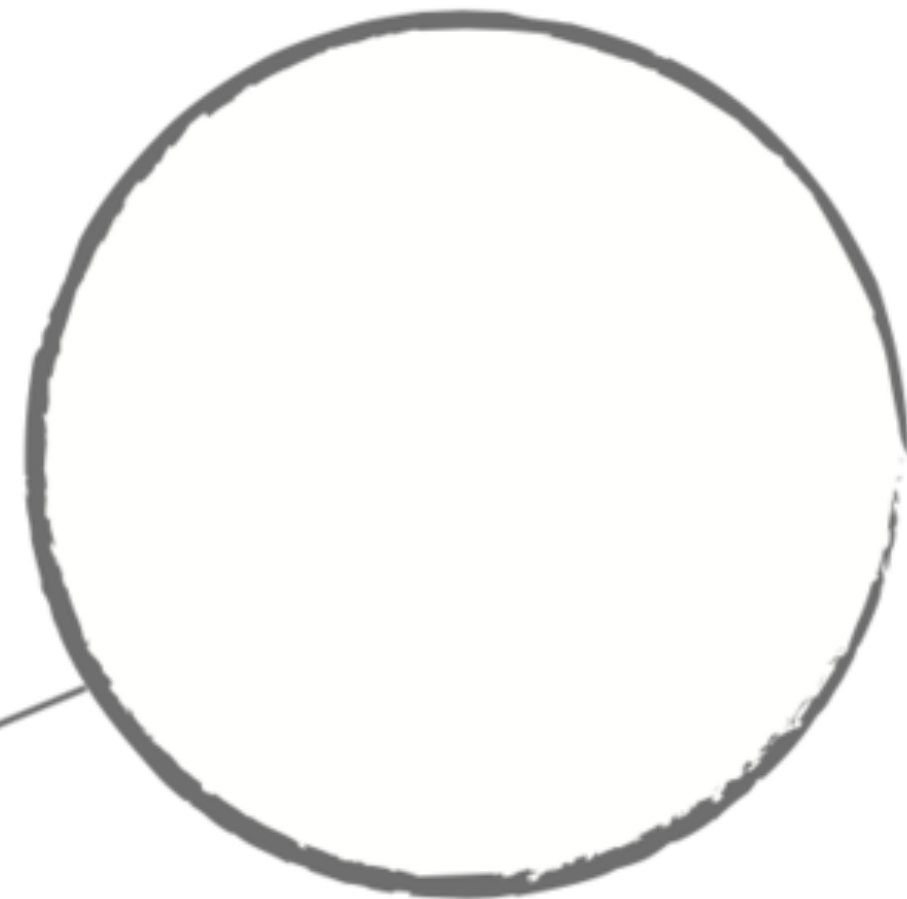
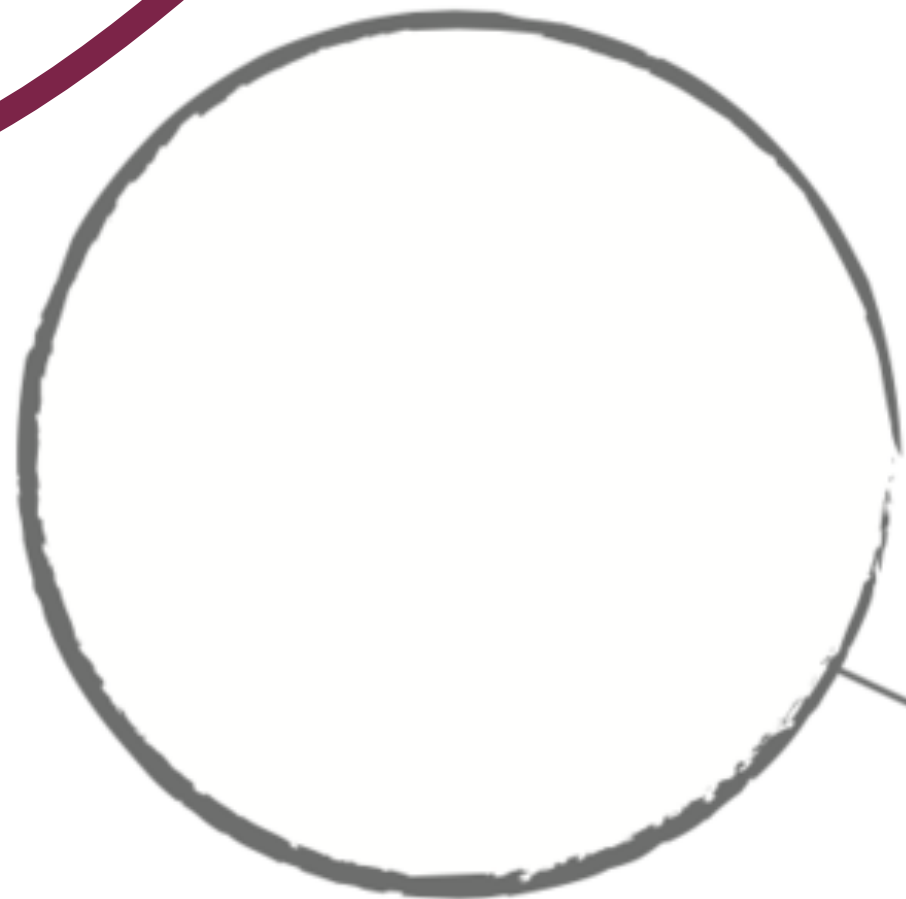
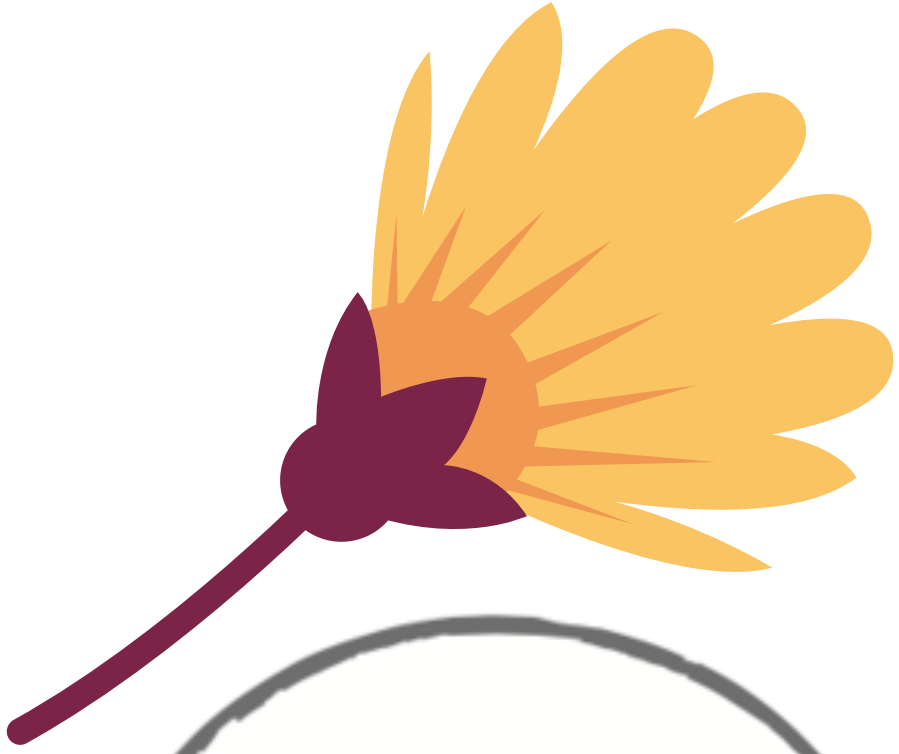
WRITING PROMPTS

1. Write a Diary entry 10years in the future
2. Write something presently in your life that is "worth it"
3. You are the winds interpreter, what are you saying?
4. Name one thing you have lied to yourself about. Why did you do this?
5. Write about 3 realistic goals you would like to achieve in your lifetime
6. When was the last time you got lost?
7. List a few phobias you have. When and how did you know you had these fears?
8. If you had to choose, would you rather have been an only child or part of a very large family?
9. If I looked into your fridge right now, would I find?

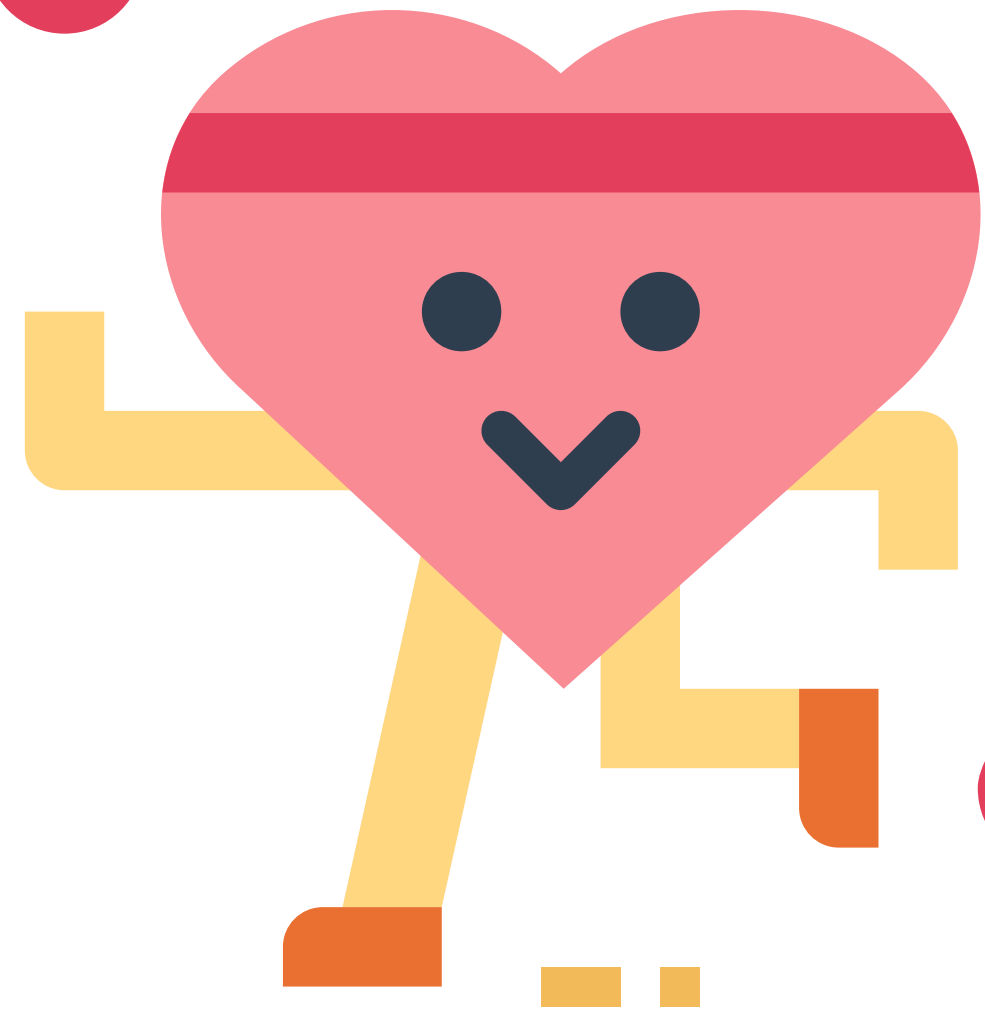
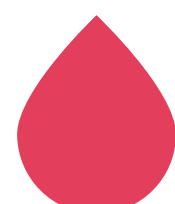
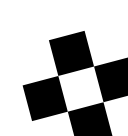
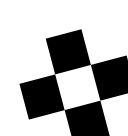
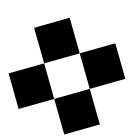
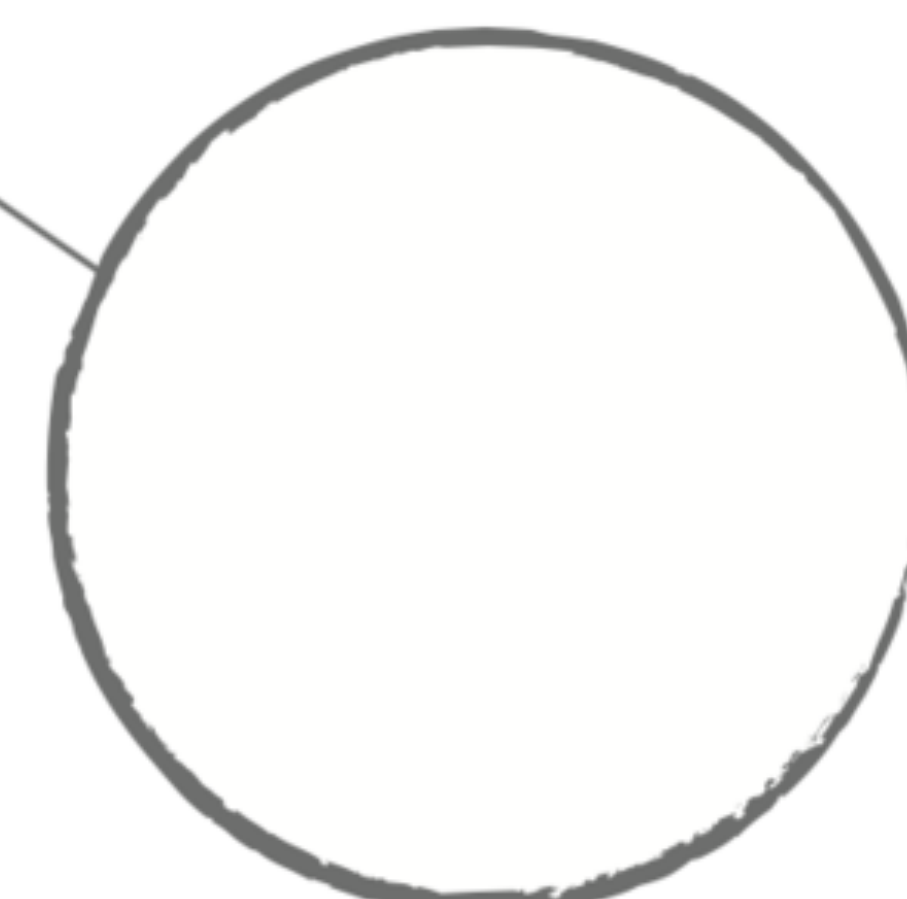
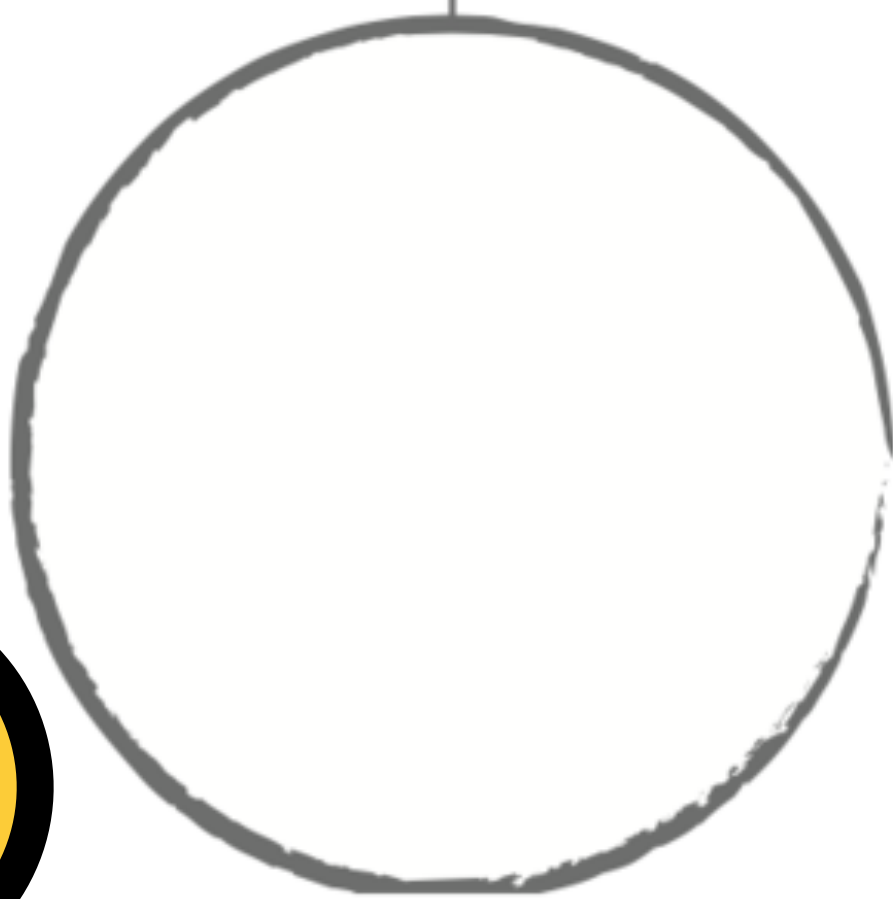
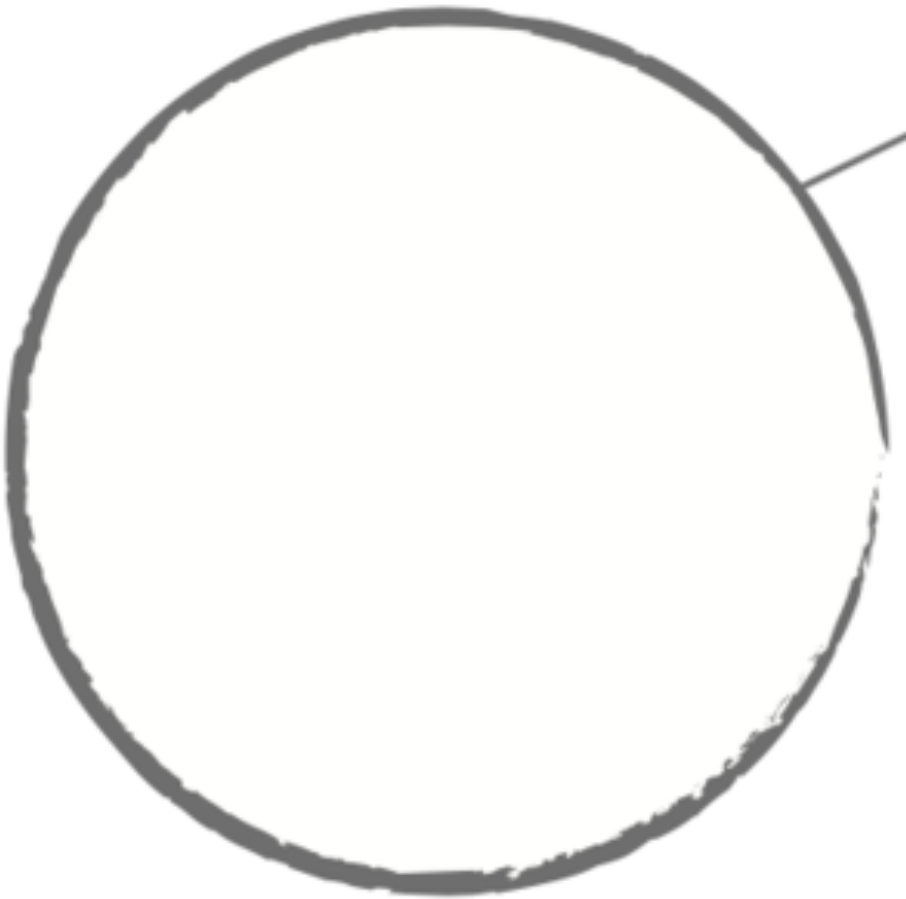
Gratitude Jar

Think about different people, things and events you are grateful for. Write who and what you are grateful for inside the jar.





My Purpose
What Is Important to Me



Gratitude Exercise

Taking time to acknowledge things you are grateful for can boost your mood. We tend to take things for granted missing opportunities to get psyched up about all the blessings we have. Make a gratitude list based on each letter of the alphabet. If you can't think of one for every letter, don't worry. The goal is to get yourself to pay attention to the good. It's not about completing this exercise.

Some Suggestions: Consider . . . things, people, places, events, activities. Think about your spiritual, physical, emotional, social, physical aspects.

I'M GRATEFUL FOR...	
A	
B	
C	
D	
E	
F	
G	
H	
I	
J	
K	
L	
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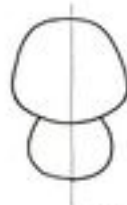


How to Draw Chibi Pikachu



TatyanaDeniz.com

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2



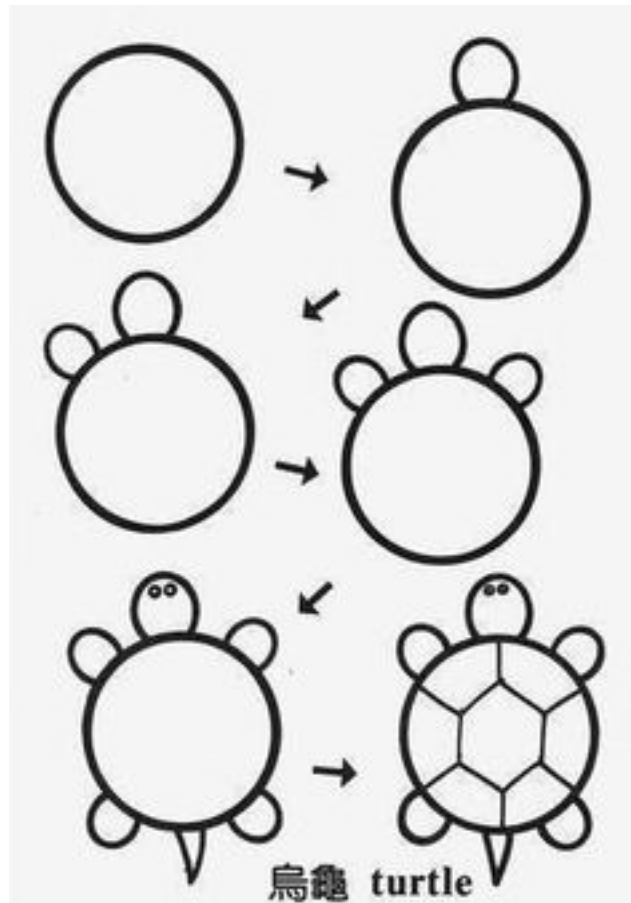
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Tutorial ©Tatyana Deniz





1.



How to Draw a Chibi Deadpool

EasyDrawingGuides.com

2.



3.



4.



5.



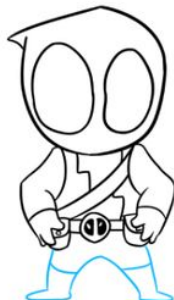
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7.



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