



BODY, MIND, SPIRIT ACTIVITY SUPPLEMENT PEACE // WEEK 2

Ideas to take care of your body, mind, and spirit:

- Slowly take 10 deep breaths
- Think about some good things God has done
- Imagine your favorite place
- Talk with someone you trust
- Pray with a friend
- Take a walk
- Notice what you can see
- Read a book you like
- Squeeze your hand into a fist and relax it
- Write or draw things you are thankful for
- Take a drink of water
- Sing a song you love
- Repeat a Bible verse that helps you calm down
- Notice what you can smell
- Talk to God about the things that are upsetting you
- Touch something and notice how it feels
- Eat a healthy snack
- Hang your head upside down for a minute
- Take a shower or bath
- Do some jumping jacks
- Notice what you can hear
- Count to 100 slowly
- Rest or take a nap
- Listen to music about Jesus
- Say some ways God made you special
- Think about what emotion you are feeling and name it
- Stretch out different parts of your body
- Take a break to think of a few of your favorite things
- Block out noises with your hands or headphones
- Pray for yourself
- Play with some toys
- Bounce a basketball
- Rock in a rocking chair