

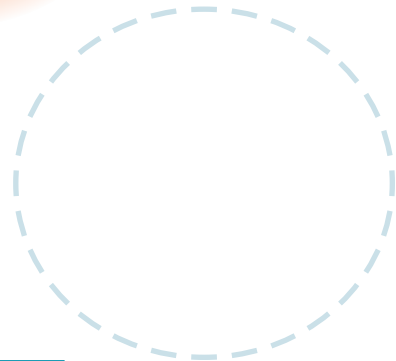
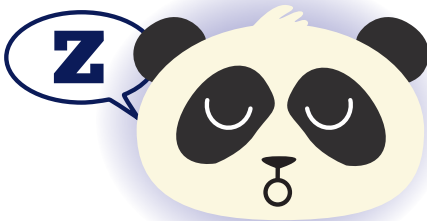


## What's in this Play Kit?



## How do Panda's friends feel today?

Draw a circle around how you are feeling today. Then, draw your own feeling face.



# WAYS TO PLAY



**Journal & markers**

**Pinwheel**

**Fidget ball**

**Treasure box**

## Mental health bingo

### Mental wellness bingo

Take some time to care for yourself and others! Each time you complete one of these tasks, mark off the icon. Try to get 4 in a row!

Take a walk	Write a love note or card	Play a game with family	Share something that made you happy
Sing a song	Color a picture	Have a dance party	Smile or say hello to someone new
Tell one thing you are thankful for	Take 3 deep breaths	Talk about your feelings	Give a high five
Comfort someone who is upset	Help clean up	Tell someone "thank you"	Draw how you feel

## Feelings card

### How do you feel?

