

Relax

CHILL

Take A Break

Activity Book

Use These Activities to Relax, Chill & Take a Break!

Everyone faces challenging times at some point, including young people like yourself. You might be stressed out from schoolwork, going through tough times with a friend or family member or just feeling overwhelmed by a crazy, busy schedule. Having materials or resources to help you cope with those challenging times can make all the difference on how you are able to deal with them. That is the main reason we at the Community Coalition for Family Wellness brings you this activity book.

A big part of our mission is to promote the overall health and wellbeing of everyone in our communities, especially kids. The book is full of activities designed to help you “Relax, Chill and Take a Break.” Hopefully, in addition to being fun and relaxing, this activity book will help you learn a little about living healthy and also provide you with some resources to help you deal with challenges like stress, anxiety or other pressures.

We hope these activities will help you Relax, Chill, and Take a Break and feel confident to face any challenges that you come across. *Enjoy!*

Relax

Let's Color! Coloring can help you relax and promote positive thoughts and feelings of wellbeing!

What is a Mandala?

In the Sanskrit language, the word 'mandala' means 'circle' or 'center.' Coloring mandalas can promote relaxation, calm the nervous system, invoke positive energies, and balance body energies.



**DID YOU
KNOW**



1 in 3 songs have lyrics that reference drug, alcohol, or tobacco use.

CHILL

Exercise For Your Mind!

Chill and challenge your brain at the same time with a mindful meditation word search!

Mindfulness Apps

There are a wide variety of apps for mindful meditation. Check these out!

Calm

Stop, Breathe & Think

Happy Not Perfect: Meditation

SOS Method: Meditation

Scape

Find these mindful meditation words in the right-hand column.

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

DEEP
BREATHING
MANIFESTATION
AFFIRMATION
ACUPUNCTURE
AYURVEDA
SANSKRIT
NAMASTE
JOURNALING
ART
MANDALA
MEDITATE



DID YOU KNOW



When it comes to marijuana, approximately 1 in 11 people who use it become addicted.

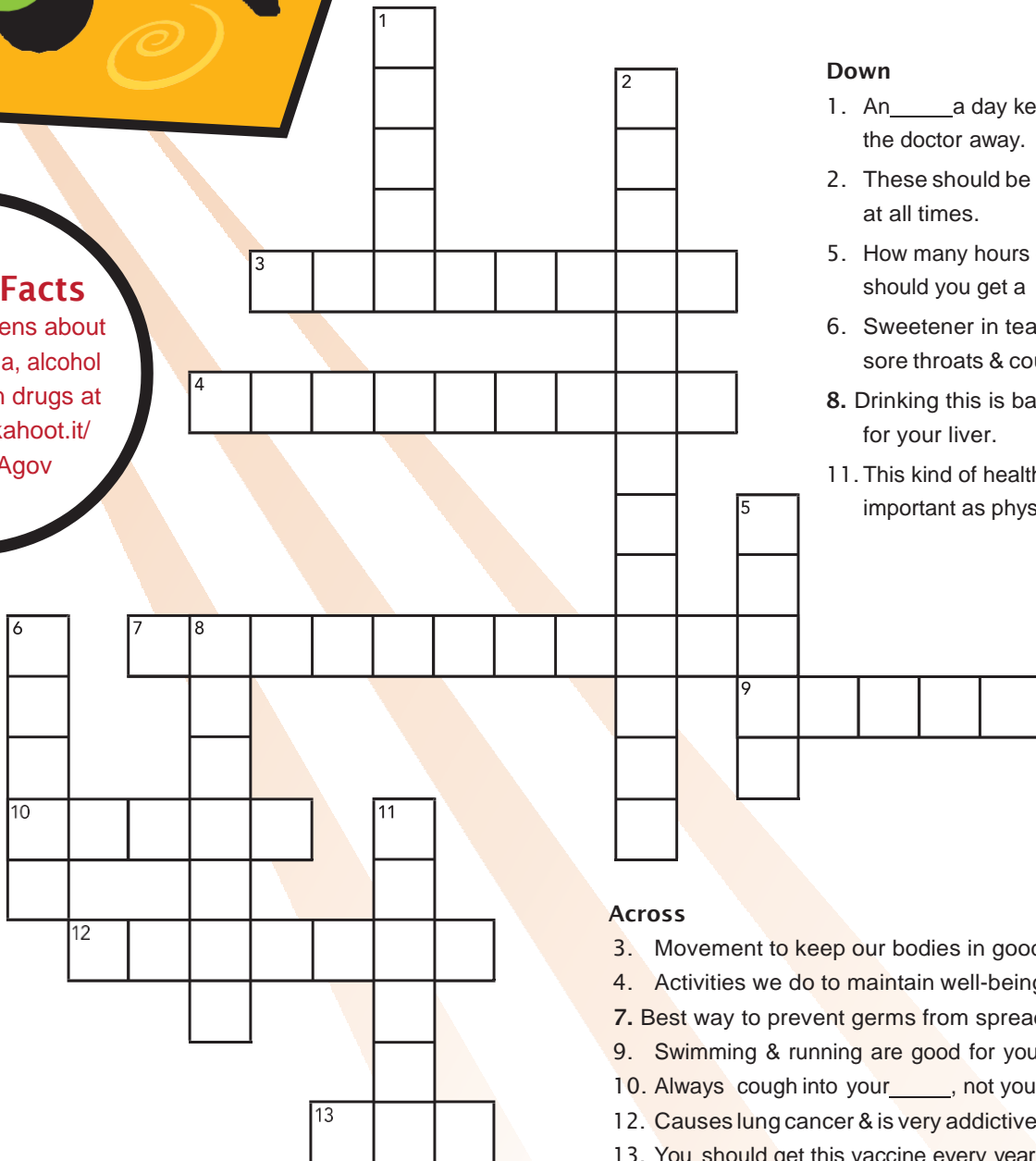
Take A Break

Take Time For a Health Break!

Give yourself a much-needed break! By doing this crossword you can help de-stress and even learn a little about some healthy habits.

Get the Facts

Real facts for teens about vaping, marijuana, alcohol and prescription drugs at <https://create.kahoot.it/profile/NIDAgov>



Down

1. An _____ a day keeps the doctor away.
2. These should be locked up at all times.
5. How many hours of sleep should you get a night?
6. Sweetener in tea to help sore throats & coughing.
8. Drinking this is bad for your liver.
11. This kind of health is just as important as physical health.

Across

3. Movement to keep our bodies in good shape!
4. Activities we do to maintain well-being.
7. Best way to prevent germs from spreading.
9. Swimming & running are good for your _____?
10. Always cough into your _____, not your hands!
12. Causes lung cancer & is very addictive!
13. You should get this vaccine every year.

DID YOU KNOW



About 4 in 10 people who start drinking before age 15 eventually become addicted to alcohol.

Relax!

Be Quietly Creative! Relax and let your creative side take over. Coloring is a great way to calm your mind!

Get Creative

These apps let you color pictures, edit photos and videos and make music.

Lily - Playful Music Creation
Magisto - Magical Video Editor
PicsArt Photo Editor & Collage
Animoto: Slideshow Maker
Procreate



DID YOU KNOW



3 in 4 rap songs have lyrics with something about drug, alcohol, or tobacco use.

CHILL

Tell Your Story! Chill and have fun with this Family Rock Band MadLib!

Storytelling

Writing is a great way to express yourself. Whether it's fiction or about something more personal, developing your writing skills can be both fun and very useful throughout life.

I don't come from your average _____ family! That's because we're
all part of the _____ Family Band and we lead a very
_____ life. For example, by not shaving his _____
every morning, my dad saves enough time to practice his _____
drums. My brother doesn't participate in any extracurricular _____ at
school because he plays the electric _____. My _____
sister doesn't have time to date because she sings lead vocals and practices for four
or five hours every _____. When I'm not writing our
_____ songs, I'm tickling the _____ on the key-
board, so I don't have any free time either. Finally, Mom is our _____
manager. She books our band to play weddings, _____ sixteens, and
_____ mitzvahs. Maybe someday, if we practice _____
enough, we'll get to make a music video for _____ -TV, play
sold-out shows at Madison Square _____, or be contestants on
American _____.

**DID YOU
KNOW**



Smoking marijuana in your teens can lead to problems studying & learning as you grow older.

Take A Break

Caption This! Take a Break and have fun adding your own captions to these popular memes!

Home Workouts

Just because you're at home, it doesn't mean you can't get your exercise. YouTube is a great source of workout videos that you can do with family or by yourself.

You'll be amazed at how much better you feel after a workout!



caption



caption



caption



caption



caption

DID YOU KNOW



Most people who smoke cigarettes started before the age of 18.

Relax

Challenge Your Detective Skills!

Time to relax. Find the hidden objects and solve the puzzle! Use your excellent detection skills and while you're at it, give your brain a rest.



FIND 8 OBJECTS
IN THE PICTURE



A VirtualWorld

Virtual School Activities brings you a collection of websites with virtual tours, trips, live webcams and many other miscellaneous fun and educational websites at virtualschoolactivities.com

**DID YOU
KNOW**



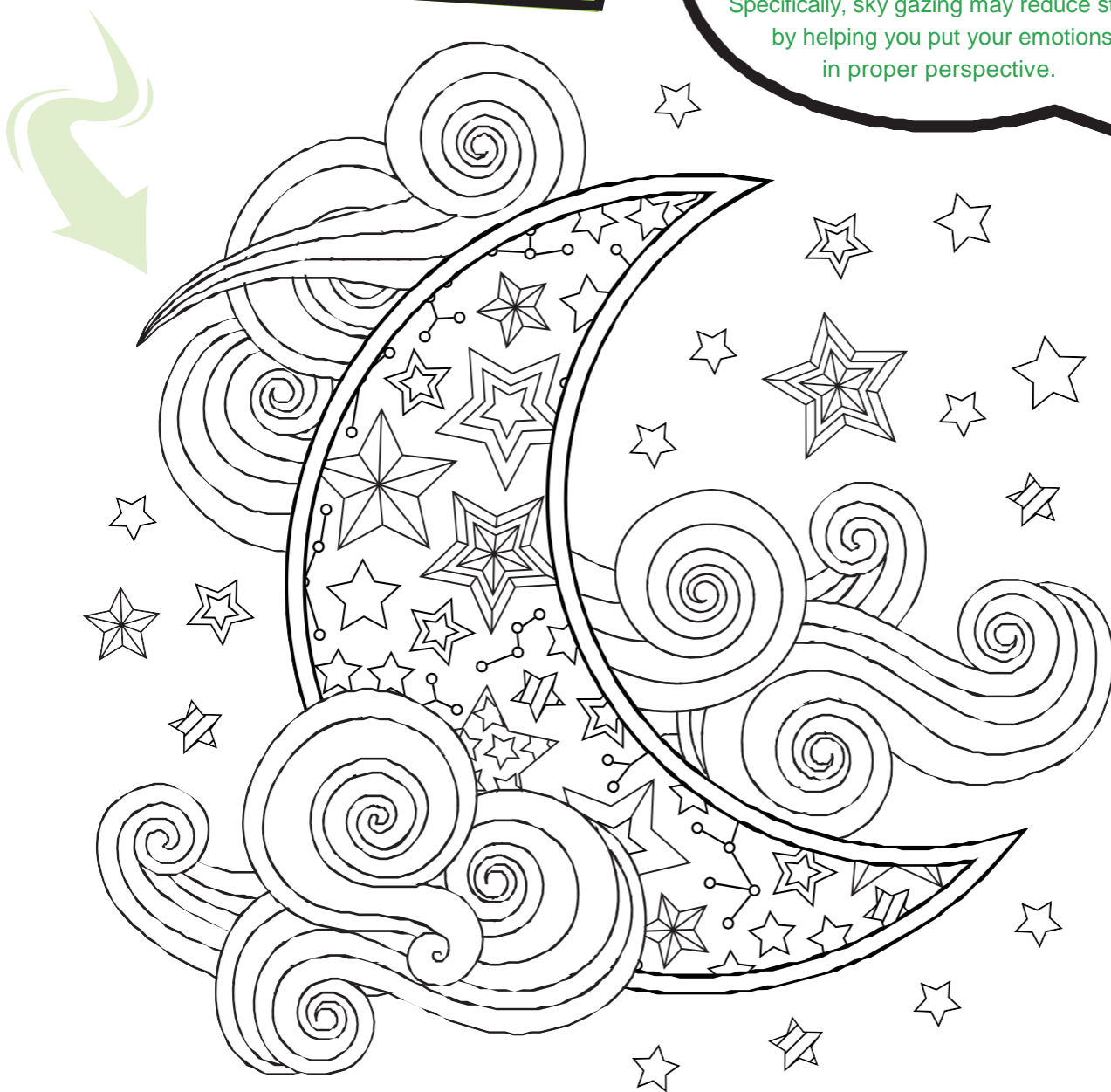
About 4,300 people in the U.S. under age 21 die each year from injuries caused by underage drinking.

CHILL

Look Up! When you feel stressed, pause for a minute, breathe and find calm in nature around you.

Looking Up, Looking In

Psychological research suggests that the rewards of really seeing the sky may be greater than just a pleasant feeling. Specifically, sky gazing may reduce stress by helping you put your emotions in proper perspective.



DID YOU KNOW



1 in 3 movies showed characters getting drunk.

Get the Facts

Below are some websites where you can find more information about the effects of substances on teens, teen mental health issues, mindfulness techniques, and even a short quiz to see how much you know about your body and drugs.

NIDA for Teens – <https://teens.drugabuse.gov>

Above the Influence – <https://abovetheinfluence.com>

What Do You Know About Drugs & Your Body? – http://www.scholastic.com/smp/pdfs/nida/NIDA7_worksheet5.pdf

NAMI (Mental Health) – <http://strengthofus.org>

Mindfulness for Teens – <http://mindfulnessforteens.com>

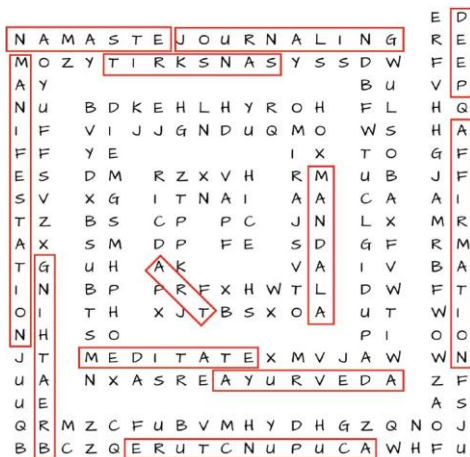
Campaign to ChangeDirection (Mental Health) – <https://www.changedirection.org>

The Truth Campaign (Tobacco) – <https://www.thetruth.com>

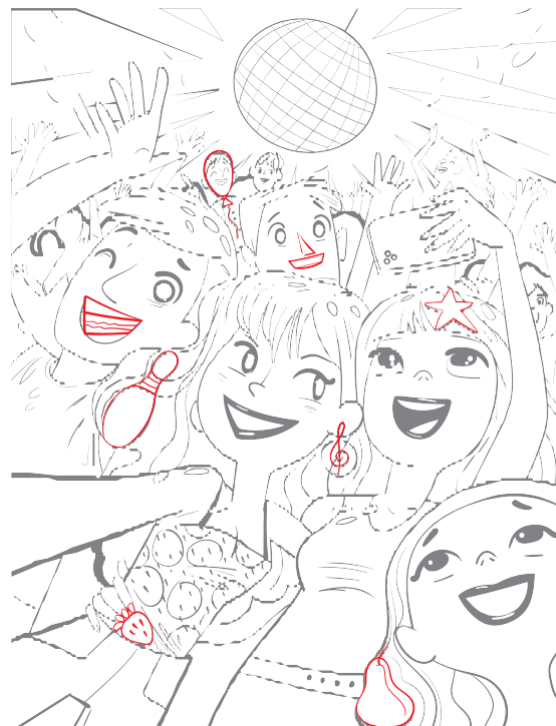
Get the Answers

Below are the answers for pages 2, 3 and 7.

Word Search (page 2)



Picture Search (page 7)



Crossword Puzzle (page 3)

- | Across | Down |
|----------------|------------------|
| 3. exercise | 1. apple |
| 4. self-care | 2. prescriptions |
| 7. handwashing | 5. eight |
| 9. heart | 6. honey |
| 10. elbow | 8. alcohol |
| 12. smoking | 11. mental |
| 13. flu | |



The PREVENTION COUNCIL

Helping youth navigate life's challenges

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