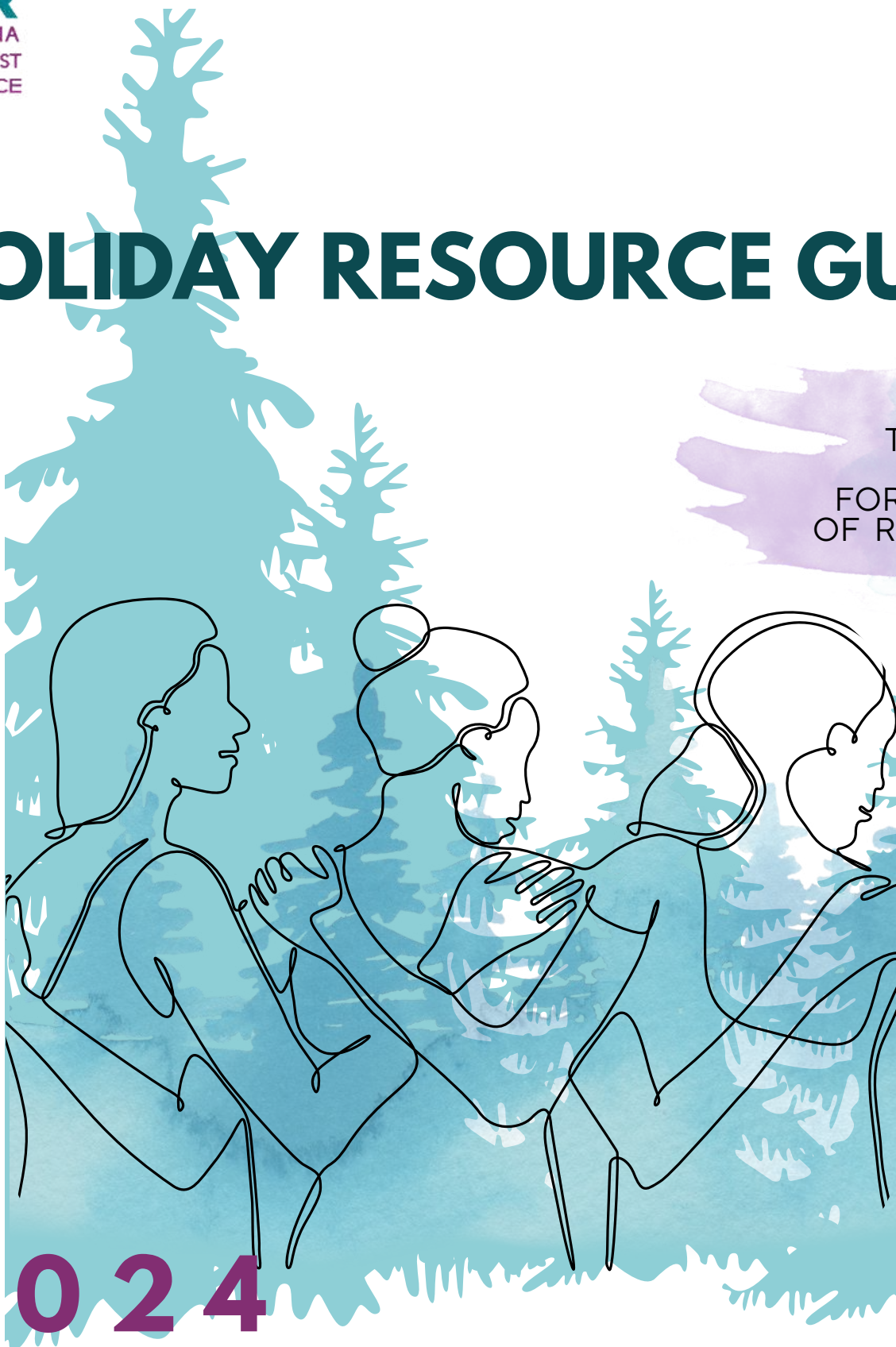


# HOLIDAY RESOURCE GUIDE

ACTIVITIES,  
TOOLS, AND  
PROMPTS  
FOR MOMENTS  
OF REFLECTION



**2024**

IT'S OKAY



to not be okay



## A NOTE FROM THE CLINICAL DIRECTOR

Season's Greetings,

My name is Christine and I oversee the Direct Services at WOAR. I am excited to present this holiday resource guide to you. This guide was created by the dedicated Direct Service team for clients and survivors to utilize during this holiday season. We hope that you can engage with these activities to pour into yourself during a season where our energy can be easily drained. It was important for us to provide a tangible resource for use while WOAR takes a much deserved break. Our offices will be closed from Monday, December 23rd through Wednesday, January 1st, and re-opening on Thursday, January 2nd. All regularly scheduled meetings will resume in January. That said, our crisis services never take a holiday. Our 24/7 hotline will be running as usual. If you or someone you know experiences sexual violence during this break and would like an advocate to accompany you for a forensic rape exam, we are only a phone call away. Our hotline, 215-985-3333, will be staffed and able to send an advocate to support you if needed.

Remember to engage with this resource as a way to continue your healing, and call our hotline for additional support if needed. We look forward to seeing you again in the new year, refreshed and ready to continue our work to end sexual violence.

Wishing you the best,

*Christine Kannegiser*, MA, LPC | Clinical Director

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# Free Events

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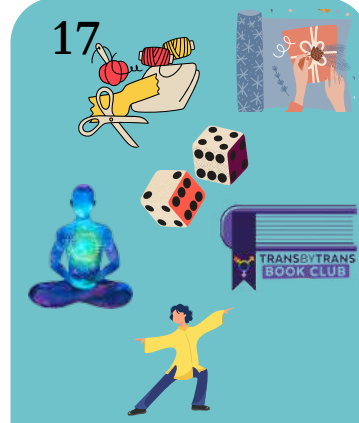
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18



## December



Click the underlined text for more info on each event!



**The Nutcracker with Pages to Pirouettes**  
Dec. 15th @ 2PM at Parkway Central Library  
1901 Vine Street



**Nutrition Program: Stretching My Dollars with Beans and Healthy Beverages**  
Dec. 16th @ 1PM at David Cohen Ogontz Library  
6017 Ogontz Avenue



**Queer Film Club**  
Dec. 16th @ 5PM at Fishtown Community Library  
1217 East Montgomery Avenue



**Monday Poets: Jeffrey Ethan Lee and Cydney Brown**  
Dec. 16th @ 5:30PM at Northeast Regional Library  
2228 Cottman Avenue



**Crocheting**  
(all levels welcome, supplies provided)  
Mondays @ 4PM at McPherson Square Library  
601 East Indiana Avenue



**Yoga**  
Mondays @ 5:30PM at Richmond Library  
2987 Almond Street



**Crafternoon + Adult Arts & Crafts**  
Dec. 17th @ 1PM at Fox Chase Library or @  
5:45PM at South Philadelphia Library



**Make Your Own Wrapping Paper**  
Dec. 17th @ 4PM at Richmond Library  
2987 Almond Street



**Mindfulness Meditation**  
Dec. 17th @ 4:30PM at Parkway Central Library  
1901 Vine Street



**Trans by Trans Book club**  
Dec. 17th @ 6PM hosted virtually by  
The Free Library of Philadelphia



**Community Game Night**  
Dec. 17th @ 5:30PM at Falls of Schuylkill Library  
3501 Midvale Avenue



**Sunrise Fitness Hikes**  
Dec. 18th @ 7AM at Pennypack Env. Center  
8600A Verree Rd.



**Tai Chi**  
Tuesdays @ 10 AM at FDR Park  
1954 Pattison Ave



**Walking Wednesdays**  
Wednesdays @ 10:15AM at Whitman Library  
200 Snyder Avenue



**Beginners Crochet Class**  
Wednesdays @ 1PM at Nicetown-Tioga Library  
3720 North Broad Street



**Sew What?! (social sewing with available sewing machines)**  
Wednesdays @ 2PM at Parkway Central Library  
1901 Vine Street



**Writing Wednesdays: Snail Mail Letters**  
Wednesdays @ 2PM at Welsh Road Library  
9233 Roosevelt Boulevard

# in Philly

December  
2024

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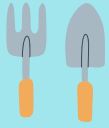
S

Etc..

19



WOW!



20



21



22-31st



## Adult Gel Coloring

Dec. 19th @ 12:15PM at Fox Chase Library  
501 Rhawn Street



## Headshots at the BRIC

Dec. 19th @ 1PM at Parkway Central Library  
1901 Vine Street



## Yoga

Thursdays @ 3:30PM at Whitman Library  
200 Snyder Avenue



## Comix Club (create your own or read others)

Dec. 19th @ 5:30PM at Parkway Central Library  
1901 Vine Street



## Garden Club

Dec. 19th @ 4PM at Pennypack Env. Center  
8600A Verree Rd.



## Spirit Hour Meditation Circle

Dec. 20th @ 12PM virtual hosted by Stephanie Elizabeth



## Movement Mornings: weekly chair yoga

Fridays @ 10:10AM at Fox Chase Library  
501 Rhawn Street



## Mindful Yoga Basics

Fridays @ 3PM at Fumo Family Library  
2437 South Broad Street



## Virtual Sound Healing

Saturdays @ 7PM hosted by Talktime



## Procrastinator's Market

Dec. 21-22 @ 11AM-4PM at Independence Visitor's Center  
599 Market Street



## Virtual Art Therapy Event

Dec. 21st @ 1PM virtual hosted by SHE Will



## Art & Creativity drawing session

Dec. 22nd @ 7PM virtual hosted by Keep Your Marbles



## Electrical Spectacle: Franklin Sq.

Nightly 5-9PM at 200 N 6th Street



## Kwanzaa Celebration for all ages

Dec. 27-28 @ 12PM-3PM at Parkway Central Library  
1901 Vine Street



## Crochet Club

Dec. 27th @ 11AM at Northeast Regional Library  
2228 Cottman Avenue



## Virtual New Year Intention Setting Workshop

Dec. 29th @ 4:30PM virtual with Erin Bagwell



## Horror Book Club

Dec. 30th @ 6PM at Richmond Library  
2987 Almond Street

# Basic Needs Check

During the holidays, it can be hard to remember to slow down and check-in with ourselves. Our most basic needs can be neglected and cause feelings of irritability, low energy, pessimism, achiness, and discomfort.

Consider the following categories as often as you can.

Hours slept? \_\_\_\_\_

What emotions do I feel?

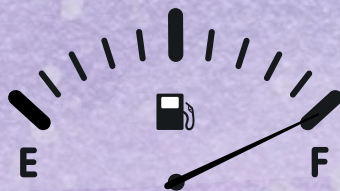
When did I..

Last eat? \_\_\_\_\_ hrs. ago

Last drink? \_\_\_\_\_ mins. ago

Where do I feel it in my body?

Energy Level:

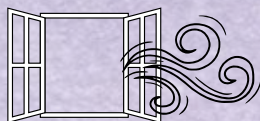


Sometimes we can be overstimulated too and have a hard time recognizing it. Scan each of the five senses for what may be causing discomfort.

Sound



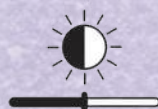
Scent



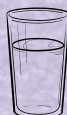
Sensation



Sight



Taste







# Mini Self-Care Assessment



## How to Complete the Assessment



Take a few moments to find a quiet space to assess each area of wellness using the following criteria:

- 3 - I do this frequently
- 2 - I do this occasionally
- 1 - I do this rarely
- 0 - I never do this
- ? - I never thought about this area of self-care

## Why do we need to assess our self-care?

The first step of creating sustainable wellness practices is taking a moment to have a quick check-in with ourselves.

The following mini-assessment will help us to identify areas where our current wellness practices are working well and identify areas that may no longer be serving us.



Body	
	Wear Clothes that Make Me Feel Good About Myself
	Eat Regularly (eg. Breakfast, lunch, and dinner)
	Get a Full Night Sleep
	Access Preventative Medical Care
	Engage in Physical Activities that Spark Joy
Mind	
	Engage in Activities that Comfort Me Regularly
	Recognize My Own Strengths and Achievements
	Attend to Minimizing Stress in My Life
	Engage My Intelligence in a New Area (eg. a new hobby)
	Cultivating Joy
Soul	
	Taking Time for Self-Reflection
	Identify and Prioritize Things that Give Meaning in My Life
	Spend Time in Nature or Spaces that Bring Calmness
	Take Time for Activities that Spark Inspiration
	Practice Self-Compassion
Social	
	Take Time to Talk with a Trusted Support Network
	Spend Time with Friends and Families
	Ask for Help from Loved Ones When I Need It
	Stay in Contact with People Most Important in My Life
	Only Engage in Social Activities As they Serve Me
Professional	
	Take Daily Scheduled Wellness Breaks
	Arrange My Workspace so it is Comforting & Comfortable
	Honor Work/Life Boundaries (eg. Check Email Only During Work Hours)
	Take Meaningful Time Off from Work to Replenish
	Create and Utilize Wellness Plans

# Guided Meditations

The practice of focusing attention actually creates physical, chemical, and electrical changes in the brain and body that lead to significant improvements in our wellbeing.



20min Kristen Neff's Loving Kindness Meditation: [link](#)



20min Generation Calm's Body Scan Meditation: [link](#)



15min Mindful Walking by Wildwood Mindfulness: [link](#)



10min. Safe Place Meditation from Teresa Lewis: [link](#)



10min. Manoj Dias's Self-Love Meditation: [link](#)



5min. Breathing Meditation by Take a Deep Breath: [link](#)



5min. Meditation You Can Do Anywhere by Goodful : [link](#)

# Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



BlessingManifesting

# Support Apps



Tap each icon for a link



**Calm:** For mindfulness meditations and soundscapes.



**Finch**

**Finch:** The self-care best friend. Take care of your pet as you take care of yourself.

**habitica**



**Habitica:** Gamify your life one task at a time.

**fabriq**



**Fabriq:** Relationship tracker & reminder app for staying in touch, even when it's hard.

**Focus Plant**



**Focus Plant:** Stay focused; grow plants.

**FLUID SIMULATION**



**Fluid Simulation:** Fidget tool for reducing anxiety.

**Bearable**



**Bearable:** For symptom & mood tracking.

**worry dolls**



**Worry Dolls:** Give your worries away to a worrydoll.

**stoic.**

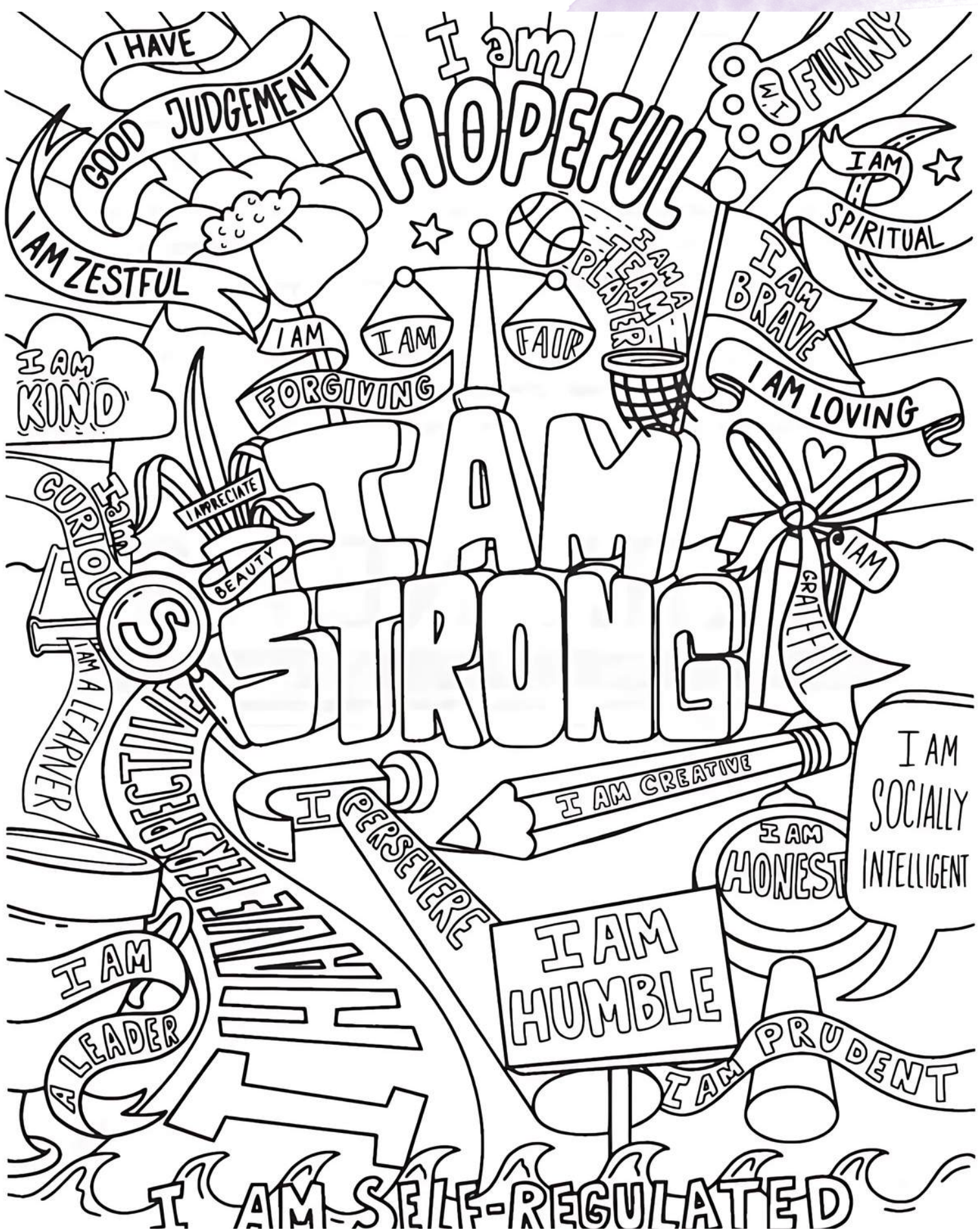


**Stoic:** For journaling inspiration and support.

**STAND LAND**



**Standland:** Collect adorable critters by standing up and moving.



# Movement

Just as our bodies are unique and ever changing, our relationship to them can shift and sometimes feel disconnected. Nurturing and moving our bodies can help rebuild that connection. Movement helps us feel less stressed, more energized, and in control.

Each day, bodies have different wants, needs, and abilities. Practice noticing your body without judgment.



Respect your body's boundaries. Our bodies will signal when a rest or stretch is needed; practice listening.

Notice when disconnect happens and practice grounding.

Grounding movements bring us back towards ourselves and promote attunement.

Embrace joyful movement! Find movements that make you smile, laugh, and relax. At first, this may feel silly, but some silliness is a good thing!



Legs up the wall



Change temperature:

Hold ice or take a shower/bath.



Gentle tapping across body



Body Scan: Slowly send awareness to each part of your body.



Butterfly hug: Place hands on opposite shoulder and squeeze gently

Feet on the ground



Gardening

Rollerskate



Dance

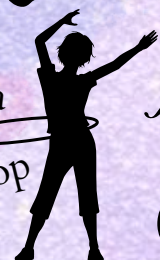


Spend time in water



Joyful

Hula Hoop



Jump rope



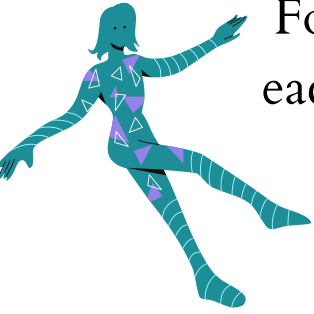
Walk with pet



Sports

# Progressive Muscle Relaxation

Follow the diagram to gradually tense and release each muscle group. This practice can release stress, promote grounding, and bring us back to the present moment.



## 13. EYES AND CHEEKS

Squeeze your eyes tight shut.

## 14. FOREHEAD

Wrinkle the brow.

## 12. MOUTH

Purse the lips as if whistling.

## 8. LEFT HAND & FOREARM, UPPER ARM AND SHOULDER

## 7. RIGHT SHOULDER

Shrug the shoulder toward the ear and roll the head toward the shoulder so that shoulder & ear are touching.

## 11. JAW AREA

Without damaging the teeth, bite down until tension can be felt in the jaw area.

## 6. RIGHT UPPER ARM

Tense the bicep and tricep.

## 10. NECK

Be careful as you tense these muscles. Face forward and then push your head gently into the floor.

## 5. RIGHT HAND & FOREARM

With the palm down, lift the hand until tension can be felt in the top of the hand, the wrist and the forearm.

## 9. CHEST

Beginning with the abdominal area, fill the lungs with air while feeling the tension in the chest area. Breathe out from the top of the lungs (upper chest) down through a contracted abdomen.

## 4. HIPS AND BUTTOCKS

Squeeze your buttock muscles

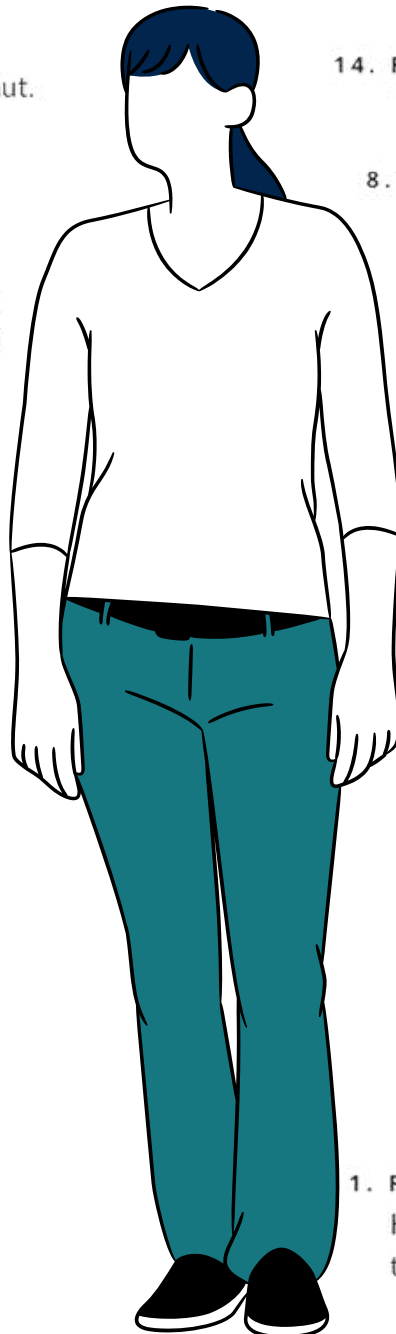
## 3. LEFT FOOT, LOWER LEG AND UPPER LEG

## 2. RIGHT UPPER LEG

Tense the top of the upper leg (quadriceps) and the bottom of the upper leg (hamstring).

## 1. RIGHT FOOT & LOWER LEG

Keeping the heel down, curl the toes back until tension can be felt in the ankle and calf muscle.



**Take it slow**

# HOW to use this page:



## \* **Reminder:**

Feel free to add, alter, or modify any activities. *Do what works best for you!*

## \* **Tip:**

Try **color coding** activities to note which ones are best for particular moods or which ones aren't for you.

(For example: activities in purple are for when I'm anxious, or activities in green are the most calming.)

## **1 Browse**

Review the many activities depicted.

## **2 Pick**

Try out a new way to take a break as often as you are able.

## **3 Color**

Color-in each activity after completing it to track your progress.

## **4 REPEAT**

Practice preferred activities as much as you can.



Why??

These activities can work to calm your nervous system, ground in the present moment, re-connect with your body, instill hope, and build resiliency. These are all forms of **coping**, which is a life-saving skill.

If practiced regularly, coping activities can become habitual and turn into self-care. **Self-care** is a preventative practice that decreases risk of burnout and health issues; it gives us space to nurture ourselves *before* we feel out of control or helpless.

*You don't just deserve a break, you need it.*





# Cookies & Copping

Cooking and baking can be powerful grounding activities since they access many senses at once. If you aren't sure where to start, try the following quick and yummy recipes recommended by WOAR staff members.

## Vegan Chocolate Chip Cookies (inspired by Nestle Toll House)

Recommended by Alex

### Ingredients:

1 cup salted vegan butter (or unsalted butter  
and add a little salt to the dough)

$\frac{3}{4}$  cup of sugar

$\frac{3}{4}$  cup of packed brown sugar

1 tsp vanilla extract

$\frac{2}{3}$  cup of applesauce

1 tbsp vegetable oil

$2\frac{1}{4}$  cups of flour

1 tsp baking soda

1 tsp salt

2 cups of vegan chocolate chips (Enjoy Life  
brand is recommended)



### Instructions:

1. Preheat oven to 375 degrees.
2. Soften the butter and mix with the sugars.
3. Mix in the applesauce, vegetable oil, and vanilla extract.
4. Mix in the flour, baking soda, and salt.
5. Mix in chocolate chips.
6. Put 1 tbsp rounds of cookie dough onto an ungreased cookie sheet with parchment paper or a silicone baking mat.
7. Bake for 7-11 minutes, until the edges of the cookies are golden brown.
8. Let cookies stand on the sheet for two minutes, then move them to a wire baking rack to cool.
9. Enjoy!



# Pudding & Pausing

## Allrecipe's Bread Pudding

Recommended by Georgia

**Prep Time:**      **Servings:**

15 mins              12

**Cook Time:**    **Yield:**

45 mins            1 (8-inch square)

pan



### Ingredients:

6 slices day-old bread, torn into small pieces

2 tablespoons unsalted butter, melted

½ cup raisins (or apple cubes)

2 cups milk

¾ cup white sugar

4 large eggs, beaten

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

### Instructions:

1. Preheat the oven to 350 degrees
2. Place bread pieces into an 8-inch square baking pan. Drizzle melted butter over bread and sprinkle raisins (or chopped apples) over top.
3. Whisk milk, sugar, eggs, cinnamon, and vanilla together in a medium mixing bowl until well combined.
4. Pour mixture over bread, and lightly push down with a fork until all bread is covered and soaking up the liquid.
5. Bake in the preheated oven until golden brown and the top springs back when lightly pressed, about 45 minutes.
- 6.

*enjoy!*

# Breathe.

*try the  
following ways*





## Belly Breathing

Get into a comfortable position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Take a big breath in through your nose for several seconds filling your lungs and feeling your stomach rise. Hold your breath for approximately a count of 2 and slowly let the air out through your mouth.

Repeat the belly breathing until the body is calm and relaxed.

Tip: Try lying on your back with a small stuffed animal on your belly to watch it rise and fall.

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## Dragon Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Lift your hands and arms overhead, lengthen the spine and breathe in through your nose. Bring hands back to mouth and forward, breathing out long and slow through a wide, open mouth like you are breathing fire.

Repeat the dragon breathing until your body is calm and relaxed.

Tip: Try dragon breathing in kneeling or standing.

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## Birthday Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Pretend you are celebrating your birthday and thinking of a wonderful wish. Focus on the wish as you breath in slowly through your nose. Lift your hands, palms up, in front of your mouth as if you are holding your birthday cake. Exhale slowly through your mouth to blow out the candles.

Repeat the birthday breathing until your body is calm and relaxed.

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## Hot Air Balloon Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

To begin balloon breathing, inhale through your nose and slowly exhale through your mouth. As you breathe out, spread your hands out like you are blowing up a big, hot air balloon. Keep your hands where they are and inhale through your nose again. Breathe out through your mouth slowly spreading your hands further apart. Repeat until your arms are outstretched. Rock side to side and pretend to release your hot air balloon into the air.

Repeat hot air balloon breathing until your body is calm and relaxed.

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## Pinwheel Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are holding a pinwheel in your hand. Turn your head to the right. Breathe in through your nose and then exhale through your mouth, slowly turning your head to left as you pretend to spin the pinwheel with your breath. Repeat inhaling through the nose, slowly turning your head to the right as you exhale and spin your imaginary pinwheel.

Repeat the pinwheel breathing until your body is calm and relaxed.

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## Swimming Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Breathe in through your nose while you put your hands overhead as if you just came up for air when you are swimming. Slowly lower your hands out and down back to your side as if swimming through the water as you exhale.

Repeat the swimming breathing until your body is calm and relaxed.

© Your Therapy Source Inc.



## Bumble Bee Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Inhale slowly through your nose. Place your fingers gently on your ears to close off external sound. Breathe out through your mouth, saying "buzzzzzzzzzzzz" for as long as you can. Repeat. Try a different sound such as "hummmmmmm" or "ohhhhhhhhh".

Repeat the bumble bee breathing until your body is calm and relaxed.

© Your Therapy Source Inc.



## Bubble Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Pretend you holding a bubble wand in front of your mouth. Inhale deeply through your nose. Exhale through your mouth pretending to blow a large bubble and release it into the room. Repeat blowing more imaginary bubbles into the room. Visualize the bubbles floating around the room. Imagine that your stress is floating away in the bubbles.

Repeat the bubble breathing until your body is calm and relaxed.

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## Volcano Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are a volcano ready to explode with love, hope or peace instead of lava. Inhale deeply through your nose as you raise your arms overhead. Breathe out, long and slow releasing your feelings of love throughout the room, dropping your arms out and back down to your side.

Repeat the volcano breathing until your body is calm and relaxed.

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## Bunny Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Have you ever seen a rabbit sniff carrots? Rabbits breathe through their noses. Breathe in 3 breaths (2 quick and one slow) through your nose, like you are sniffing some carrots. Exhale slowly through your mouth.

Repeat the bunny breathing until your body is calm and relaxed.

© Your Therapy Source Inc.



## Rag Doll Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Flop your body forward at the waist to begin. Inhale through your nose, slowly bringing yourself back to a sitting position and raise your arms above your head. Breathe out, slowly bringing your arms down and flopping forward at the waist again.

Repeat the ragdoll breathing until your body is calm and relaxed.

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## Flower Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are in a field of beautiful flowers. You pick one flower and hold it to your nose. Inhale deeply through your nose as you "smell" the flower. Exhale slowly through your mouth. Pretend to pick another flower and repeat.

Repeat the flower breathing until your body is calm and relaxed.

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## Rocket Ship Breathing

Get into a comfortable sitting or standing position. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Put your hands together at eye level. Take a big breath in through your nose as you count down from five - 5, 4, 3, 2, 1... Keep your focus on your hands, blast off bringing the hands overhead as you exhale the "rocket ship smoke" out of your mouth.

Repeat the rocket ship breathing until your body is calm and relaxed.

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## Happy Breathing

Get into a comfortable sitting or standing position. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Select a positive affirmation (such as "I am happy") to repeat. Recite out loud or in your head the phrase "I am" as you inhale deeply through your nose. Exhale through your mouth slowly as recite out loud or in your head the positive affirmation i.e. "happy". Other positive affirmations to try are calm or focused.

Repeat the happy breathing until your body is calm and relaxed.

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## Steam Train Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are a steam train. Put your arms at your side, elbows bent and fingers spread apart. Roll your shoulders up and around as you inhale through your nose. Roll your shoulders down and around, moving your arms in a circle like a train wheel as you exhale through your mouth. Slow your breathing, as you pretend to drive your train slowly into the station.

Repeat the steam train breathing until your body is calm and relaxed.

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## Calm the Baby Breathing

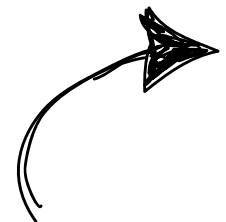
Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine there is an adorable baby across the room. Take a deep breath in through your nose. Breathe out, slow and long, making a quiet, steady "shhhhhh" sound come out of your mouth. Try to imagine your "shhhhhh" sound making it all the way across the room to calm the baby.

Repeat the baby breathing until your body is calm and relaxed.

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Use these cards for bingo!





# Breathing Bingo!

*Practice as you play :)*





Ask for Help



Listen to Music



Do Something Kind



Watch Funny Animal Videos



Talk About My Feelings



Eat Healthy Food



Garden or Do Yard Work



Observe Clouds (...and just breathe)



Bake or Cook (try a new recipe!)



Go on a Walk, Run or Hike



Journal



Drink Enough Water



Read a Good Book or Magazine



Do a Puzzle



Tense then Relax My Muscles



Make a Collage or Scrapbook



Make of List of Things I Can Control (and focus on that)



Take Slow, Focused Breaths



Unplug and Go Outside



Play a Card or Board Game



List at least 3 Things I Am Grateful For



Do Wall or Chair Push-Ups

# 50 COPING TOOLS for kids!

WHOLEHEARTED SCHOOL COUNSELING



Say Something Kind to Myself



Create Origami or Paper Airplanes



Try or Learn Something New



Cry (tears release stress hormones)



Massage My Neck, Arms & Shoulders



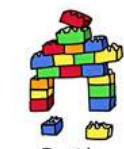
Stretch or Do Yoga



Set a Goal and List 2 Steps to Get There



Remember ALL of My Feelings Are O.K.



Build Something



Clean, Organize or Declutter



Hug (myself, someone else, or a stuffed animal)



Take or Look at Photographs



Sew, Weave, Knit or Crochet



Visualize a Peaceful Place



Draw, Paint, Color, Craft, or Sculpt



Write a Letter



Use a Stress Ball or Other Fidget



Focus on What I See, Hear, Feel, Smell & Taste



Exercise



Kick, Bounce, or Throw a Ball



Drink a Cup of Hot Cocoa or Tea



Cuddle & Play with My Pet



Call or Text Family and Friends



Get 8-11 Hours of Sleep



Sing and/or Dance



Smile (smiling tricks our brain into feeling happier)



Take a Shower or Bath



Remind Myself I Can Do Hard Things



# 21-DAY FAMILY GRATITUDE CHALLENGE

1 A favorite place to visit

2 A challenge you overcame recently

3 A favorite memory from this year

4 Something you love about yourself

5 Someone that always makes you laugh

6 Something useful in your home you are grateful for

7 Someone in your life you are grateful for and why

8 A time you were grateful for something a friend did for you

9 Something good that happened to you today

10 A new skill you learned recently

11 Someone who helped you solve a problem

12 A favorite family tradition

13 A new food you tried recently and liked

14 A recent time you helped someone

15 A time when you felt courageous or brave

16 A family member you are grateful for

17 A book you read and loved

18 A friend you love spending time with

19 A favorite thing to do outside

20 A movie you recently watched and loved

21 A nice place you traveled to, near or far

Choose one prompt a day to practice gratitude together. Color in the section when you're done.

# For reflection

What brings me joy?

I have strengths that have helped me through, including...

*No matter where I am, or who I am with, I have these to rely on.*

Here are some new activities, from this guide, I want to try:

Here are some new ways I can connect with my body from this guide:

In the coming year, I want to spend more energy on....

Where and when do I feel most myself?

This holiday season, I am letting go of...

# We are here to help.

If you or someone you know has experienced sexual violence and are looking for support, call us.

**WOAR's 24/7 Hotline: 215-985-3333**



**Philadelphia Crisis Line: (215) 685-6440**

**Philadelphia's Domestic Violence Hotline: (866) 723-3014**

**Crisis Response Center: (215) 951-8300**

5501 Old York Rd., Philadelphia, PA 19141

**Philadelphia Sexual Assault Response Center (PSARC):  
(215) 800-1589**

300 E Huntington Park Ave, Philadelphia, PA, 19124

**Women Against Abuse: (215) 386-1280**