

HEALTHY ACTIVITIES FOR KIDS

Behavioral Activation & Positive Replacements



Distractions

These types of activities take your child's mind off of negative feelings, but they might not help them feel better in the long term.

- Have a family movie night
- Listen to an audiobook or podcast
- Listen to your child's favorite music
- Spend time with an animal



Social Activities

These are activities that help your child feel connected to other people, which can help with their overall mental health and resiliency!

- Have a family game night
- Volunteer together
- Bake something for a friend
- Go to a community event or party



Physical Activities

These are activities that get your child's body moving, which can reduce stress and improve overall mood.

- Kick a soccer ball around together
- Go to a new playground
- Go on a family walk or bike ride
- Try an online dance video together



Creative Activities

These are activities that use the creative part of your child's brain and can help them express their emotions & feel more grounded and mindful.

- Bake and decorate cookies together
- Have a family art night
- Play charades or another acting game
- Draw outside with sidewalk chalk

- Relax your muscles (through yoga or a relaxation exercise)
- Take a bath or shower
- Play a video game or read a book

- Prepare and eat a meal together
- Call or write a letter to a friend
- Spend time with a mentor or friend
- Host a neighborhood block party

- Do some yoga or gentle stretching
- Play catch outside
- Try a new hiking trail
- Play a sport you love with friends

- Create a playlist & have a dance party
- Play with PlayDoh together
- Have a family talent show
- Build with Legos or MagnaTiles

