




# Red Ribbon Week Activities





**Celebrate each day of Red Ribbon Week with a fun activity!**

**Mindfulness MONDAY**- Pay attention to the world around you! Smell the fall leaves and listen to the sounds of nature outside. 

**Talk to someone TUESDAY** – Make a list of people you feel comfortable talking to about your feelings. Include people from home, school and the community. 


**Wear RED WEDNESDAY** – Put on your favorite red shirt, socks, pants or other clothing to celebrate Red Ribbon Week. 


**Thoughtful THURSDAY** – Be kind to someone! Make a plan to perform an act of kindness by the end of the day. 

**Feel your Feelings FRIDAY** – Do the "Emotions" activity on page 2 of this handout and think about how different experiences make you feel. 

## Feeling stressed? Try these activities for staying calm

**Blow bubbles** through a hula hoop! 

**Play the 4, 3, 2, 1 color game:** Pick 4 colors. Find 4 items of the same color in a room and say them out loud. Then find 3 items of another color and say them out loud. Do the same with two colors, and finally one color. 

**Find a "safe space:"** Give yourself some time to feel your feelings alone. When you're ready, talk to an adult or older sibling about how you feel. 

**Kids yoga:** Stretch out your feelings! Try out kids' yoga videos like these Halloween poses from Cosmic Kids Yoga: <https://www.youtube.com/watch?v=m4T0AadfZwM>



Find links to more fun activities: [cocaberks.org/rrw2020](http://cocaberks.org/rrw2020)

# Emotions

Emotions are our feelings we have over things that happen



What makes you mad? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Paste

Name a time you felt afraid \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Paste

What makes you happy \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Paste

Name a time you felt sad \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Paste

Cut out the pictures below and paste them in the appropriate box above:

