

THE ACE SHOW



Name: _____

Grade/Class: _____

EPISODE 4: WONDERFUL WELLBEING

Hey, kids! Feeling calm, focused and happy? In other words, how's your **WELLBEING**? Like we talked about, there are things you can do when you're feeling anxious or stressed to get back to normal. Read on!

Name ONE of the tips Ace mentioned to help you calm down.

Example: Staying active is a great way to release stress and improve your mood!

What do you see people in your life doing for their wellbeing?

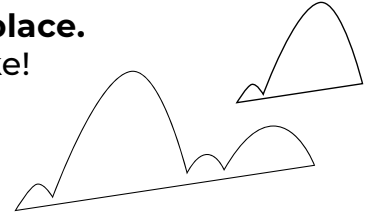
Example: A parent may take a nature walk with the family dog.

An attitude of gratitude is important – who or what are you grateful for?

Example: You are grateful for a friend who sits with you at lunch.

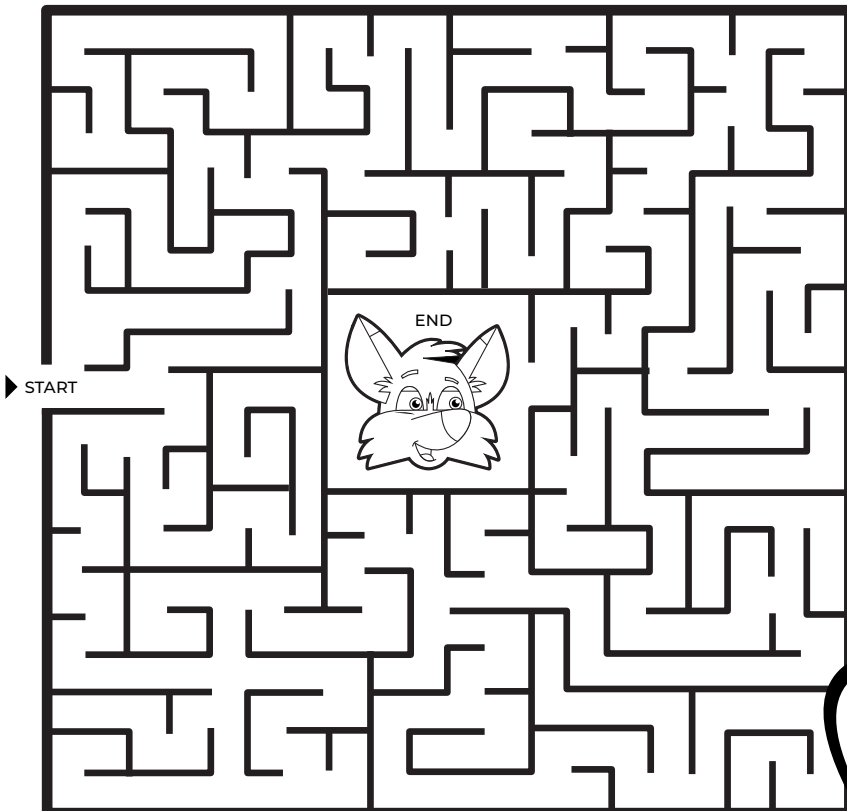
MINDFUL MOMENT

Ace is taking a break from homework to relax. He's thinking about a **favorite place**. Draw what you think it looks like!



COOL DOWN!

Taking a walk is a great way to get some fresh air and lower anxiety levels! Find a path to Ace in the center of the maze.



DID YOU KNOW?

- **Laugh!** It's good for your heart, and it can increase blood flow by **20 percent!**
- Exercise gives you **more energy**, even when you're tired!
- **Eating oatmeal** actually calms your brain and improves your mood!
- Feeling stressed? **Read a book!** Reading can decrease a body's stress hormones by up to 68%!

