



SOURCES OF STRENGTH



**RESOURCES FOR PRACTICING
STRENGTH AT HOME**

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LETTER FROM SOURCES: FROM OUR HOMES TO YOURS

Take a deep breath.

It's very important to keep doing this. Breathing in and out.
So many things have changed in the last several weeks, and transitions are hard.

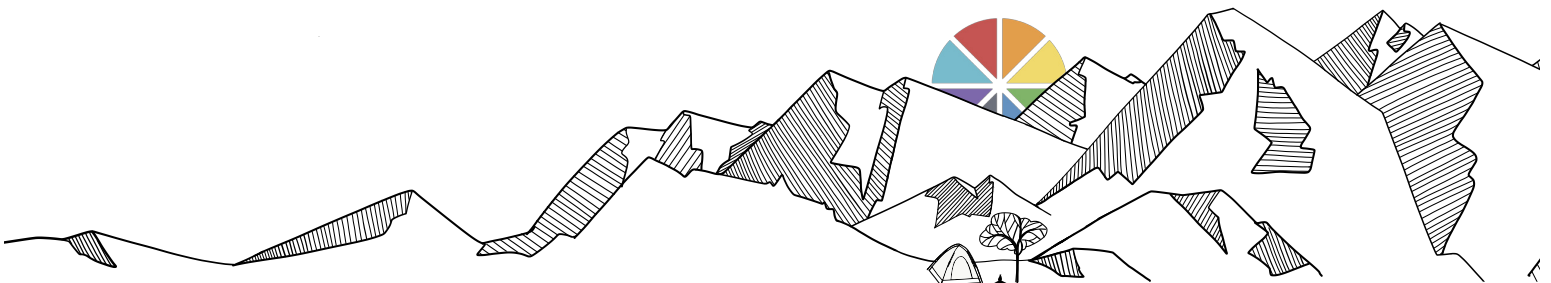
We want to offer you some tools to help you navigate the transitions you are facing. Sources of Strength is a public health program that focuses on promoting mental health and building protective factors that increase connection, coping, resiliency, and wellness. This in turn prevents suicide, violence, bullying, substance abuse and so much more. We have been working in the fields of public health and prevention for more than twenty years, and we are proud to work with schools in your district. Whether your student is a Peer Leader on one of our middle or high school teams, or your kiddo is in elementary school and may have the chance to engage with our curriculum there, we wanted to share a few things that we have learned about mental health and wellness.

You have strength! We all do. At Sources of Strength we help teams of students and school staff identify what strengths (or protective factors) they have in their lives to help them move through the ups and downs of life. The Sources of Strength Wheel is composed of eight categories that we can draw strength from: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health. Through conversations with thousands of people in our research and trainings, we have heard how powerful these strengths are for building resilience and relationships.

We all have mental health. Some of us experience mental illness, but the ways we calm, cope and connect when we experience feelings and emotions are what creates our mental health. Would you agree with the statement that no one is getting through life without experiencing some ups and downs? And that when we experience the stress around life's challenges, we are going to wrestle with some big emotions? We don't ever call anger, anxiety, or sadness bad emotions, but we recognize the importance of noticing and naming when we are experiencing BIG emotions, so that we can learn how to bring them back down to size. Someone in your home has probably experienced one, or ALL, of these big emotions during this COVID-19 pandemic.

We can use our strengths to support our mental health. It is possible for us to not just survive this new reality, but to thrive. We have compiled a series of resources for you: check-ins and conversation starters, activities for exploring emotions, and practices for you and for the students in your household to calm, cope, and connect.

We hope these resources will serve as tools for you and your household. This isn't homework; it's home-wellness. Diseases aren't the only things that are contagious. Our beliefs, our behaviors, and our attitudes are contagious too. We believe that it is possible for you and those in your home to experience health and wellness and to share it with others, and we want to help with that.



We have compiled these activities and resources from the Sources of Strength elementary curriculum, as well as our middle school and high school programs. We've mapped out nine days of strength based conversations and activities to get you started, and added lots of resources for you and your household. We recommend starting your day with a check-in. Take the emotional temperature in your home and find out how everyone is doing. End your day with thankfulness, naming the things you are grateful for. Neuroscience and Positive Psychology show that we can change our brains, becoming more optimistic and more successful, when we practice gratitude daily. Fill the spaces inbetween with connecting conversations, coping strategies, and energizing activities to raise the level of health and wellness in your home. Feel free to modify these resources to work for your household and share them with your friends and neighbors. Learn more on our website at www.sourcesofstrength.org, and let's practice What Helps Us together.

- The Team at Sources of Strength

WE BELIEVE IT IS POSSIBLE FOR YOU
AND THOSE IN YOUR HOME TO
EXPERIENCE HEALTH AND WELLNESS
AND SHARE IT WITH OTHERS, AND WE
WANT TO HELP WITH THAT.



For more resources, visit www.sourcesofstrength.org
Follow us [@sourcesofstrength](https://www.instagram.com/sourcesofstrength) on Instagram, Facebook, and Twitter
Contact us at info@sourcesofstrength.org



SOURCES OF STRENGTH WHEEL



DEFINITION OF STRENGTHS

FAMILY SUPPORT

Whether related to us by blood, or by choice, these are the people who support, nurture, and care for us.

POSITIVE FRIENDS

Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.

MENTORS

A Mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.

HEALTHY ACTIVITIES

When we feel stressed, Healthy Activities - whether they are social, physical, or emotional - help us unwind, lift our mood, and gain clarity.

GENEROSITY

Generosity can look a lot of different ways, from donating money or time, to being intentionally kind to other people. These acts of kindness towards others, big or small, can make an impact on how we feel about ourselves.

SPIRITUALITY

Spirituality is practiced in many ways, but at it's core we consider what gives us a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice Spirituality together no matter what our cultural heritage and/or spiritual tradition.

PHYSICAL HEALTH

When we are injured, we don't have to stay in pain. We can get better with access to the medical care we need and deserve. Physical and social/emotional pain are often intergrated and it's important to take care of our bodies, hearts, and minds.

MENTAL HEALTH

Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor can help empower us to overcome internal struggles we might be facing.

TIPS FOR STRENGTH-BASED CONVERSATIONS AND ACTIVITIES

Keep a few things in mind as you incorporate Sources of Strength into your home:

1. ***Have fun!*** We know our brains work better when they are positive rather than negative, neutral, or stressed. We also know that we learn more through play. Games, music, and laughter are essential ingredients for our mental health and wellness. Not because we are avoiding hard things and difficult conversations, but because we are preparing for them. When we laugh and play, we connect, and relational connections will build up our mental health.
2. ***When hard things happen, honor and acknowledge them, and then turn towards your strengths.*** We encourage you to tell the truth about what is actually happening, even if it's hard. But make sure that you spend the majority of your time in those conversations, not just focused on the hard, but talking about what helps. Who were the Positive Friends who supported you? What are the Healthy Activities that bring you joy? How was your Spirituality a strength in that time? When talking about an obstacle or a challenge, try to focus 10% of the story on what hurts, and 90% of the story on what helps! This allows us to move through difficulty and models healthy strategies for others.
3. ***As the adult in your home, please share, but don't overshare.*** If you are experiencing a lot of BIG emotions, or if you are struggling with your physical or mental health, we want to encourage you to share those stories with your siblings or friends, and in case of an emergency, with medical and mental health professionals. If you are feeling overwhelmed, it might be helpful to start by filling out the Self-Care Card, and the Self-Care Checklist (page number here)
4. ***Participate fully.*** If there is an activity, question, or challenge, it's not just for your kids, it's for you too! Sources of Strength is for everyone. You don't need to teach anything, these aren't tasks for you to complete, but they are tools to help you AND your kids calm, cope, and connect during this time.

NINE STRENGTH-BASED CONVERSATIONS AND ACTIVITIES

Below are conversation prompts and activities centered around the strengths of the Sources of Strength wheel. These are resources for your student(s) and those in your home to complete together to promote strength and connection. Each activity includes:

1. A check-in prompt to discuss over a meal, during a household meeting, on a walk, etc.
2. An activity so the people in your home can engage with strength together.
3. A daily gratitude practice.

STRENGTHS POSTER

Check-in Prompt: What gives you strength in life? Think of the people, places, and things that help you mentally, emotionally, physically, and spiritually.

Activity: Create a Household Strengths Poster. Using crayons, markers, pencils, pens, etc. and a blank piece of paper, cardboard, or poster, ask everyone in your home to draw the things in life that give them strength. These can be people, activities, pets, places, practices, traditions - all the things that provide strength fill each person up, and make their spirits soar. Have everyone draw at the same time and put down as many good things as possible in 5-10 minutes. Keep in mind you are creating a poster/paper covered in pictures, not a list. Encourage people to share about what they drew. Once completed display the Strengths Poster in your home.

Gratitude Practice: Ask each person in your home to write down three things they are thankful for - you are on your way to starting a new healthy habit!

FAMILY SUPPORT

Check-in Prompt: Who are the people that provide you with Family Support? These can be people in our foster families, step families, biological families, extended families, and chosen families.

Activity: Choose someone your home considers family, thank them as a group for the family support they provide and send them some extra care and attention. You could mail or deliver a physical care package with letters, artwork, a homemade meal/treat, or small gift. You can also connect with them virtually for an online chat, phone call, or send emails from everyone in your home to them.

Gratitude Practice: Ask each person in your home to write down or share three new things they are thankful for.

POSITIVE FRIENDS

Check-in Prompt: What qualities make somebody a Positive Friend for you?

Activity: Ask each person in your home to write down a memory of a time a Positive Friend brought them strength and, if possible, reach out to that Positive Friend and relive that memory with them.

Gratitude Practice: Ask each person in your home to write down or share three new things they are thankful for.

MENTORS

Check-in Prompt: Mentors are the people and role models in our lives who we can trust and talk to. They often inspire and challenge us to be the best version of ourselves. Some examples of a Mentor could be a teacher, coach, parent, family member, or community member. What are some things a Mentor has helped you with in the past?

Activity: Gather your home together and write thank you cards to each of your Mentors. Everyone can make their own and personalize them however they wish before mailing them. You could also send an email, digital card, or video to your Mentors.

Gratitude Practice: Ask each person in your home to write down three new things they are thankful for. You've already done 12 gratitudes - Way to go!

HEALTHY ACTIVITIES

Check-in Prompt: What Healthy Activities help you feel joy? What Healthy Activities help you to calm and unwind? What are the things you do to help you energize?

Activity: Create a household bucket list of Healthy Activities you can complete together. These can be new skills you are learning together (playing an instrument, yoga, new recipes), favorite pastimes that bring energy (game nights, evening walks, dance parties), and ideas for bringing calm to the home (reading, meditation, writing). See how many Healthy Activities you can complete together!

Gratitude Practice: Ask each person in your home to write down or share three things they are thankful for.

GENEROSITY

Check-in Prompt: When was a time that you received Generosity, and what was a time when you practiced Generosity? How did those examples of Generosity impact you?

Activity: Create a Generosity container with your household and place it in a central location of your home. Place markers and strips of paper next to the jar and have everyone in your family write down ways they can be generous within the household (help with dishes, play a game together, share three things they appreciate about someone else in the home, etc.) Encourage individuals to draw from the Generosity jar and complete those acts of Generosity.

Gratitude Practice: Ask each person in your home to write down or share three things they are thankful for.

SPIRITUALITY

Check-in Prompt: Spirituality reminds us that we are connected to more than just ourselves. We can lift our spirits by practicing our faith traditions, experiencing prayer, mindfulness, and meditation, engaging in our cultural rituals, ceremonies, and customs, and by practicing gratitude. What are some people, places, or practices that lift your spirit?

Activity: As a household choose and decorate containers to place the gratitudes you are writing down each day inside. Pick a day and time each week to draw out one of the gratitudes and share it with the other people in your home.

Gratitude Practice: Ask each person in your home to write down three things they are thankful for and place them inside the gratitude jar.

PHYSICAL HEALTH

Check-in Prompt: When was a time you were grateful for medical access, for yourself or someone you love?

Activity: Choose three ways as a household you can practice increasing your Physical Health. This could include choosing a form of exercise to complete each day, challenging everyone to drink enough water, making doctors appointments, and any other ways the people in your home can think of to keep your bodies strong.

Gratitude Practice: Ask each person in your home to write down three things they are thankful for and place them inside the gratitude jar.

MENTAL HEALTH

Check-in Prompt: In life we can experience emotions that feel big or overwhelming like anger, anxiety, or sadness. Which one of the Big Three Emotions, anger, anxiety, or sadness do you feel the most often? What helps you manage those emotions?

Activity: Create a Household Wellness Plan or gather to create individual Wellness Plans to help when someone is feeling big emotions. Encourage each person to create a list with ideas that include people, pets, and places where you can find connection with and ideas for things that help you experience fun, energy, calm, connection, and reflection.

Gratitude Practice: Ask each person in your home to write down three things they are thankful for and place them inside the gratitude jar. Keep up the practice of writing down three new gratitudes every day!

ADDITIONAL CONVERSATION PROMPTS

Below are some additional conversation prompts you can use for household discussions, writing prompts, or conversation starters during meals.

Family Support

- What is an example of a time Family Support was really strong for you?
- Who do you see as your most supportive chosen family (i.e. best friends' parents, friends of your parents, a coach, Mentor, or friends)?
- What are some helpful practices, rituals, or customs your family participates in?
- What unique traditions do you have in your family?
- What makes a person "family"?
- How do you show Family Support to others?

Positive Friends

- Who is a Positive Friend for you and what do you appreciate about them?
- Share about a time you were a Positive Friend and when someone was a Positive Friend for you.

Mentors and Trusted Adults

- Who is a Mentor for you and what do you appreciate about them?
- Who is a Trusted Adult that makes you feel safe to be yourself?
- Name an adult you feel is "in your corner". How do they show you that they are for you?
- Which adult do you most commonly ask for help, whether with school, a social issue, etc?
- Tell about how your Trusted Adult worked to gain your trust.

Healthy Activities

- Share a story of how you used Healthy Activities to cope with a difficult situation.
- Name three Healthy Activities you enjoy. Include one energizing and one calming activity.
- What is a Healthy Activity you might like to try?

Spirituality

- What traditions, practices, culture, or religion help you experience Spirituality?
- In what ways do you experience Spirituality in your own life?
- What are spiritual or gratitude practices that help you?
- Where are spiritual places for you?
- How has practicing mindfulness or meditation helped you?

Generosity

- Who do you think is the most generous person you know and why?
- Name a person who has been generous towards you. How have they shown Generosity?
- How do you contribute to the community?
- Name a time in which you demonstrated Generosity.
- What is one way you can show Generosity today?

Physical Health

- Share about a time that medical access was a strength for you or your family or friends.
- How can you keep your body healthy?
- How can you show support for medical and mental health professionals?

Mental Health

- Share about a time when you felt peaceful and content. You can benefit from that experience again, as you retell the story.
- When you feel overwhelmed, name the person who helps you feel calm?
- When you are angry, what is an activity you can do to cool down and to cope?
- When you feel sadness, who are the people you want to connect with?
- What helps you when feeling these emotions?

Thankfulness

- What are three things you are thankful for today?
- Write a short thank you note to someone you are grateful to have in your life.

Belonging

- When is a time you felt that you belonged?
- Who is someone that makes you feel like you belong?
- How do you help others feel like they belong?
- What makes you unique?

What Helps Me

- Who are people in your life that help you and how do they help you?
- What activities help you feel joy?

Growing Our Strengths

- One thing that I have done to grow stronger is _____.
- One thing that I can do to grow in strength is _____.
- A person that I can support in growth is _____.
- What strength have you used in the past week? How did it help?
- Who is someone who has helped you grow in strength? How has this helped you?

Connection

- When did you connect someone else to help?
- When did you connect someone to a Healthy Activity?
- How has someone else connected you to Mental Health?
- How have you connected others to your community?
- Where would you go to connect a struggling friend to help?

ADDITIONAL STRENGTH BASED ACTIVITIES

Below are some different strength-based activities you can engage in with your household.

Family Support

- Take a sibling out for ice cream
- Cook dinner for your family
- Call your grandma or grandpa
- Give flowers to your mom
- Host a family game night
- Thank someone for being your “Family of Choice”

Positive Friends

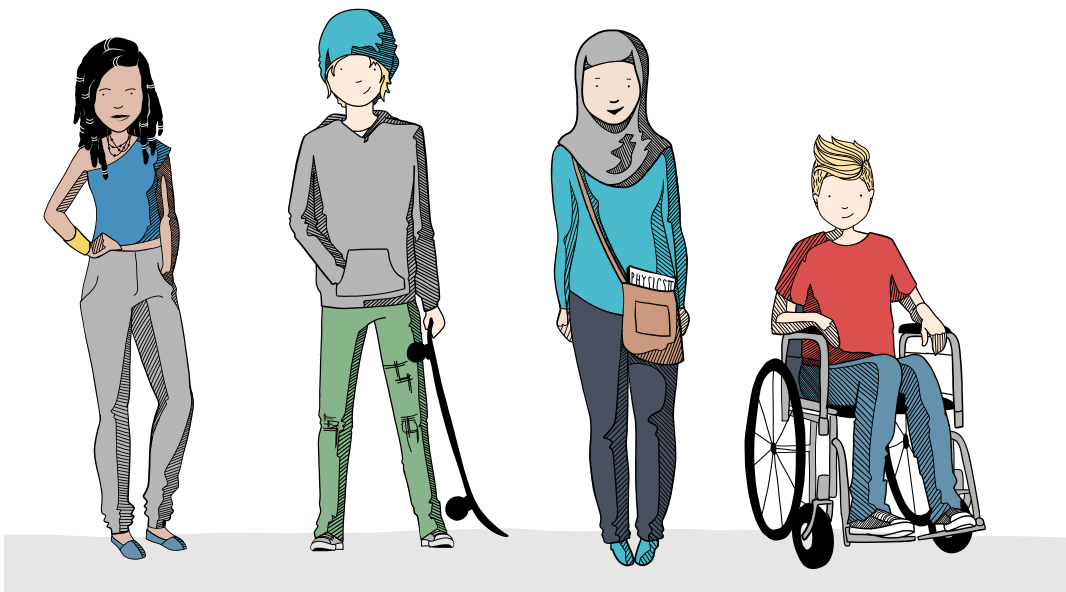
- Write a note thanking someone for being a Positive Friend
- Help a friend study for a class or test
- Host a virtual game night, party, or themed event with your positive friends
- Ask a friend how they are doing and really listen

Mentors

- Tell your Mentor they’re doing a great job
- Host a virtual check-in with your Mentor
- Tell a friend about how a Trusted Adult has helped you
- Thank a Mentor for their support

Healthy Activities

- Cook or bake a new recipe
- Go for a run
- Read a great book
- Try a new food
- Cuddle with a pet
- Create a truly epic playlist
- Paint or draw
- Go on a hike
- Take a bath



Generosity

- Venmo coffee money to a friend
- Listen without any agenda
- Help an elderly neighbor or single parent
- Volunteer for a cause you care about
- Help tutor a young person

Spirituality

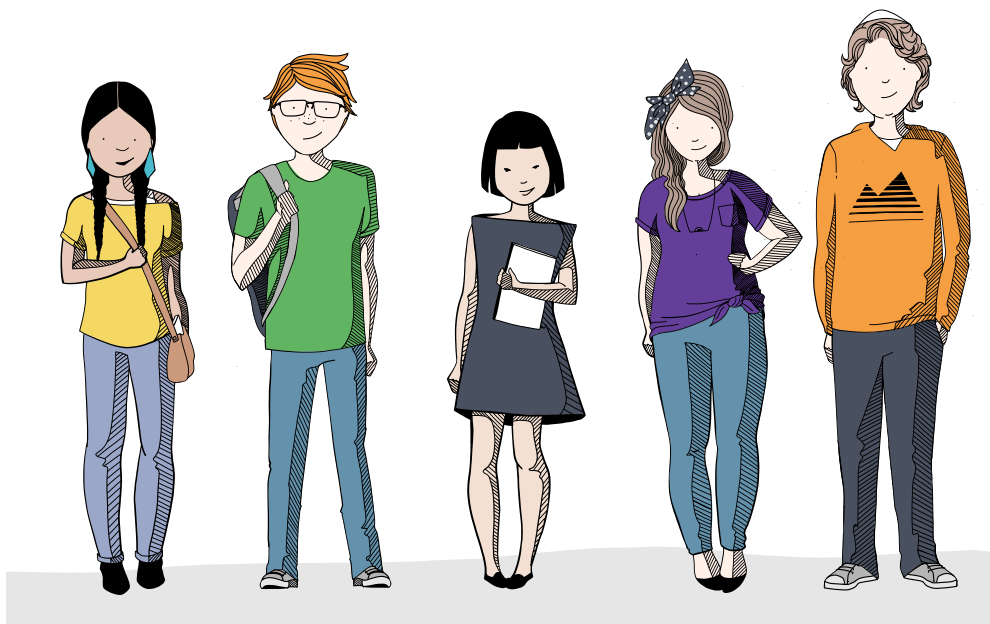
- Look at amazing art
- Look at the night sky
- Name three things you are grateful for right now
- Practice yoga
- Pray
- Watch a live performance via YouTube or Instagram
- Keep a gratitude journal
- Sit by water and just breathe
- Ask: What makes my spirit soar?

Physical Health

- Schedule a doctor or dentist appointment
- Go for a run
- Take a vitamin
- Eat a vegetable
- Floss (dance or dental practice)
- Get an annual physical
- Work out
- Drink water

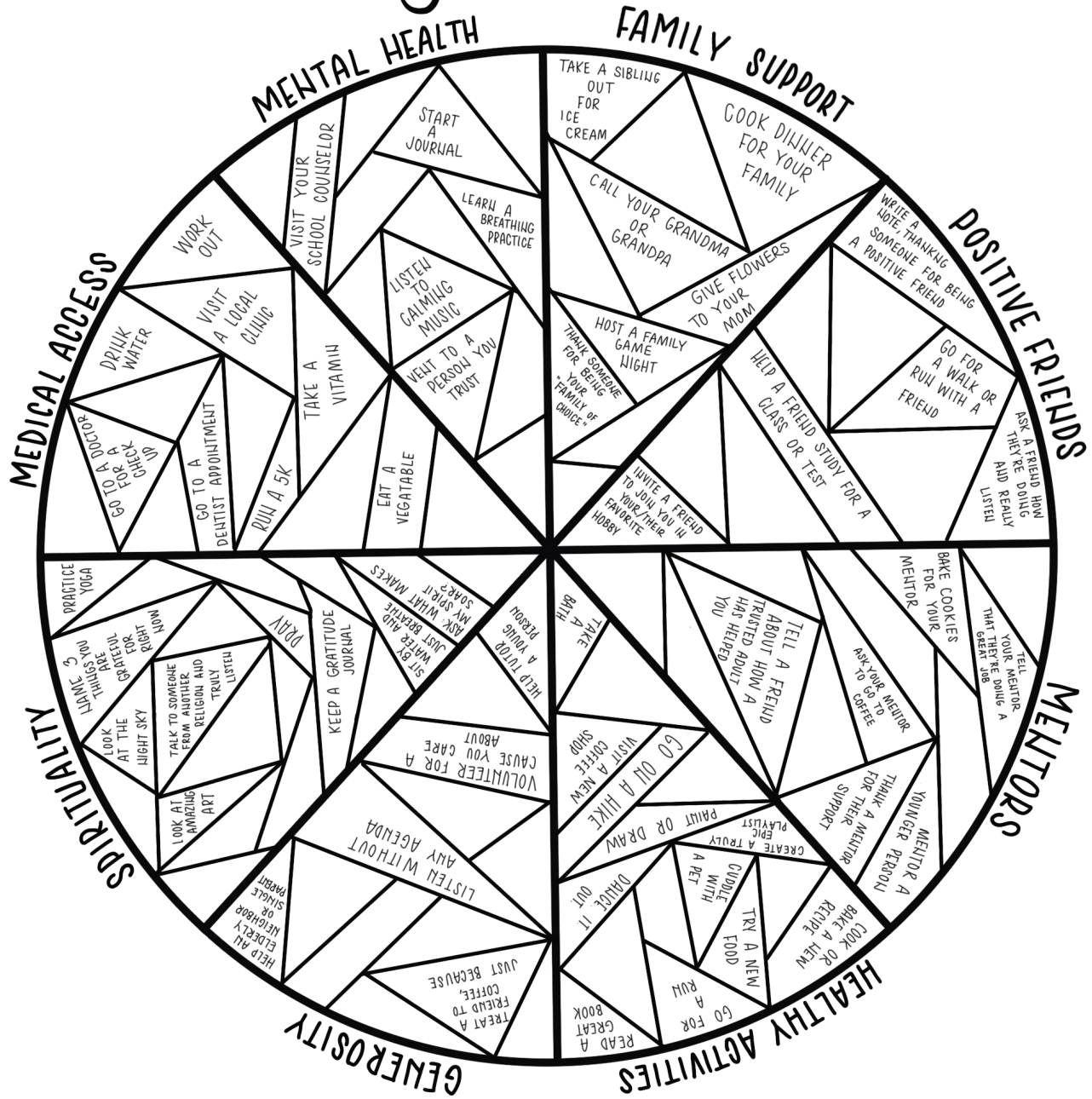
Mental Health

- Reach out to your school counselor
- Start a journal
- Learn a breathing practice
- Listen to calming music
- Vent to a person you trust



Print or make copies of the Strength Check-In for each person in your household and complete the activity together. Alternatively, everyone in your home can choose one color and create a collective art piece representative of what strengths each person is practicing and what strengths they would like to explore.

strength check in



SELF-CARE CHECK-IN

Before being a support to others, it is important to take care of yourself. Think of the safety brief on an airplane. In the case of an emergency you are directed to always apply your own oxygen mask before assisting others. How are you doing?

1. Positive Friends I can talk to:

2. Mentors or Supports I can talk to:

3. If I am feeling down or sad, I can do these activities:
 - Physical activities/stress relievers (such as walking, biking, working out, yoga):

 - Quiet, calming activities (such as taking a nap, writing in my journal, petting my dog):

 - Concentration activities (such as watching a funny show, reading a novel, writing thank you notes):

4. Ways I can help others right now:

5. Three things I am grateful for today:

6. Good things that have happened recently, even in the midst of tough stuff:

7. What are ways I can invite others (spouse, kids, friends, coworkers, community, etc.) to use their Strengths too?

***If I am concerned about my thoughts right now,
I can call the Lifeline at 800.273.8255**



SELF-CARE CHECKLIST

We created this checklist to give you options for exploring self-care. This is not an exhaustive list, and it is also not a list of TO-DOs. Think of it more as a list of CAN DOs. We hope this helps you learn more about what helps you to calm, cope, and connect.

- Write a thank you note (colleague, parent, family member)
- Do a yoga pose (mountain, tree, eagle) or stretch to get your blood moving
- Sit outside in the sun with a good book
- Take a walk around the block - Don't forget social distancing
- Eat lunch virtually with a friend
- Take a mindful minute and pay attention to your breathing
- Close your eyes and visualize one thing you are grateful for and why
- Put your earbuds in and listen to a favorite song or podcast
- Make a positive call to parents
- Share something you accomplished or an idea you want to pursue with a friend or spouse
- Share something you've been successful in recently
- Pause, take a deep breath while counting to five, then smile
- Name three things that you are grateful for today
- Hydrate! Drink some H2O
- Share your best and brightest smile with someone
- Get enough rest. Plan for an extra 1-2 hrs of sleep during the week
- Let your kids paint your toenails or fingernails
- Look for something beautiful around you and take note. Sit with the beauty for an extra moment or two
- Take up a new hobby and put aside a fixed amount of time for it weekly or monthly
- Plan an activity to do outdoors
- Read a book for fun
- Take a bubble bath and light a candle
- Try a new recipe

REGULATION RAILROAD

When you notice your mind going off track, and feel like you are not in control of your own emotions, you can take yourself through the stops on the Regulation Railroad.

First, Stop 1: This is where we check in with our body to locate the emotion we are experiencing.

Stop 1: Where in my body do I feel the Emotion?

Examples: My shoulders are tight, my stomach has butterflies, my hands are sweaty, etc.

Once you have a sense of the emotion or sensation in your body, then you can move to Stop 2. This is where we identify the emotion.

Stop 2: What Emotion Do I Feel?

Examples: I am feeling nervous, excited, sad, afraid, happy, etc.

The next stop is Stop 3. This is where we identify how big or small the emotion is.

Stop 3: How Big is the Emotion?

Rate using a scale of 1 (smallest) to 5 (largest).

Now that you know where you feel, what you feel, and how big your feeling is, the last stop is the Regulation Station. At this final stop we decide what we need to do to regulate our own body. Sometimes we need to calm, and other times we need to energize.

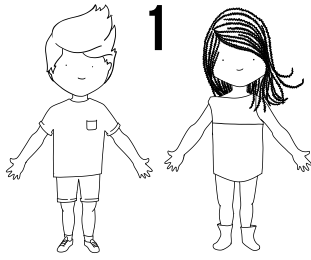
Stop 4: The Regulation Station: What do I do to Regulate Myself?

What are your choices now that you know your emotions? What strategies can you use to get back on track? How can you use your strengths to decide how you will regulate yourself, and get back to feeling safe and healthy? What strengths from the wheel have helped you get back on track before?

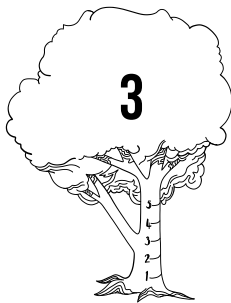
REGULATION Railroad



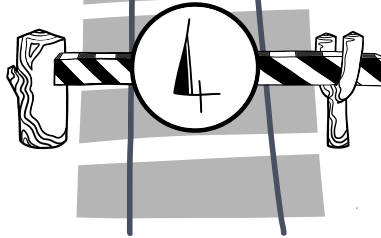
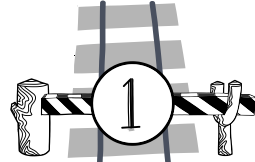
MY REGULATION RAILROAD



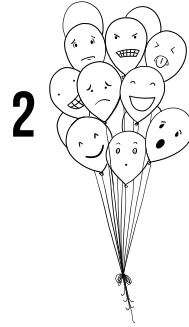
2. What emotion do I feel?



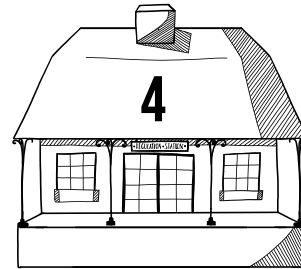
4. What do I do to regulate myself?



1. Where in my body do I feel the emotion?



3. How big is the emotion?



CALMING

ENERGIZING

CALMING ACTIVITIES

Relax and Release:

Have everyone think about the emotion that is the strongest or biggest for them right now. It could be excitement, anger, sadness, anxiousness, happiness...If you notice a strong feeling that's ok, and if you feel a little emotion or nothing at all, that's ok too. Now have each person decide how big the emotion is, 1 being small and 5 being a big and strong emotion. They can keep the specific emotion and the number to themselves. When they are ready, you can begin:

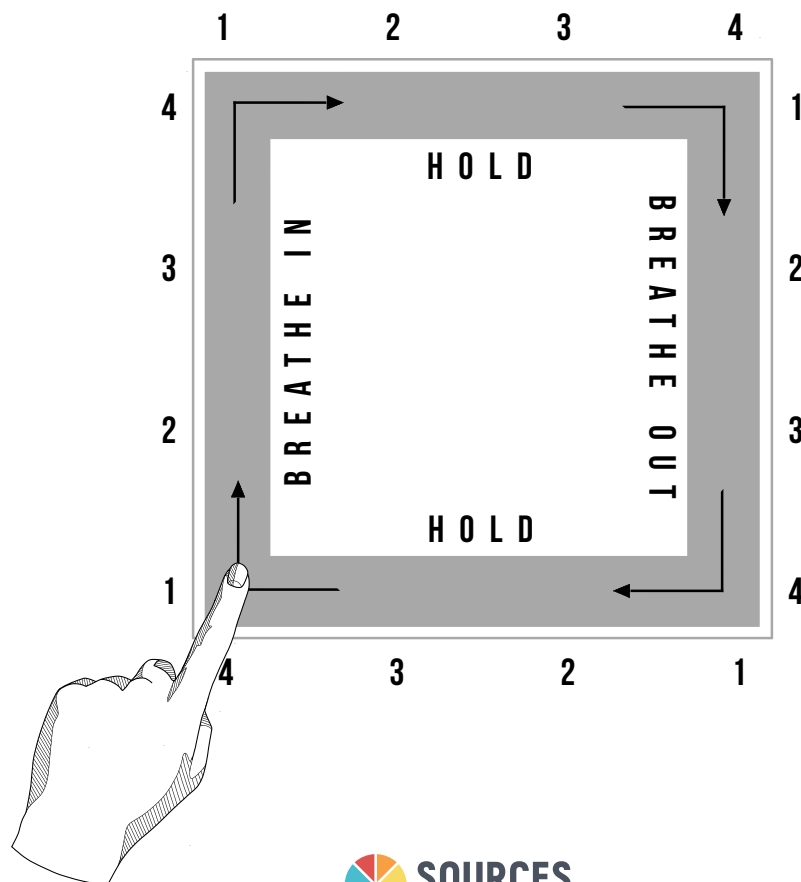
"Start by curling your toes as hard as you can, hold it, and now as I count down I want you to breathe out and release your toes back to normal 3.....2.....1. Next, tighten up your legs as tight as you can, flex them, and again slowly release and breathe out as I count 3....2....1." Repeat the above language as you continue to move to different parts of the body: upper legs, lower back and stomach, shoulders and chest, fists, lower arms, upper arms, neck, and finally the face. Each time you have them breathe out, count 3....2....1.

Did you notice the size of your emotion change from beginning to end?

Square Breathing:

Draw a big square in the air in front of you, or trace a square on your leg or hand as you do this practice. Count to four as you breathe in and trace one side of the square... 1,2,3,4... hold your breath as you trace the next side of the square... 1,2,3,4... Now breathe out as you draw the third side of the square...1,2,3,4... Now hold your breath as you complete the square...1,2,3,4... You may feel as though you need to draw the square a few times to fully calm yourself.

What did you notice in your body and in your mind?



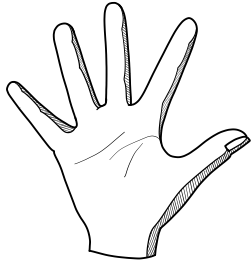
GROUNDING ACTIVITY

Ask everyone in your home to gather for a short mindfulness exercise. Encourage everyone to find a comfortable place to sit and then say:



“Take a slow, deep breath in, and then slowly exhale. Keep breathing deeply.”

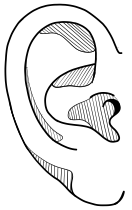
Pause for a couple of seconds and then say:



“Now, look around the room and think of five colors that you can see.”

Pause for a couple of seconds and then say:

“Once you’ve identified five colors you can see, I invite you to close your eyes if you feel comfortable. If you don’t want to close your eyes, that is totally fine - just focus your eyes on a spot in front of you or on the ground in front of you. Now, think of four things that you are touching right now.”



Pause for a couple of seconds and then say:

“Think of three things that you can hear.”

Pause for a couple of seconds and then say:

“Think of two things that you can smell.”

Pause for a couple of seconds and then say:

“And think of one thing that you can taste?”



Pause for a couple of seconds and then say:

“Keep breathing deeply, and on your next exhale, slowly open your eyes or look up.”

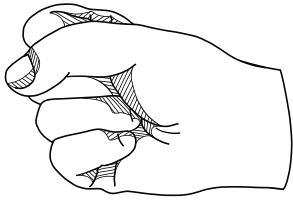


Pause for a couple of seconds and discuss how the members of your household are feeling after the mindfulness practice.

ENERGIZING ACTIVITIES

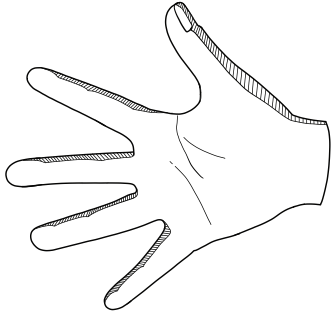
Rock, Paper, Scissors Tournament

Host a Rock, Paper, Scissors tournament with your family, where the loser of each round becomes the winner's personal cheering section, shouting their name and clapping behind them.



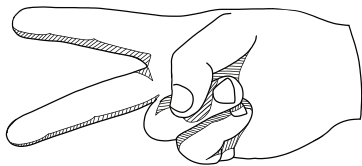
CUPS Tournament

Grab several plastic cups (or other non-fragile objects) and place one cup face-down between teams of two people. Select somebody to be the announcer for the CUPS tournament. When the announcer says "GET IN POSITION," each team will adopt a "silent sumo wrestler" position, standing in an athletic stance facing each other and the cup. Call out a few body parts ("knees... head... ears... elbows...") and then shout the word, "CUP!" (or whatever the item is that you are using as a stand-in). Whoever grabs the cup first is the winner who will advance to the next round of the tournament.



Dance Master

Have the family stand in a circle and send one person out of the room. They will be the Guesser. Turn on music and select one person to be the Dance Master. The Dance Master will then start dancing and it is everybody else's job to copy their movements exactly. The Dance Master can change their sweet moves any time they want to. When the Guesser returns to the room, they will stand in the middle of the circle and try to guess who the Dance Master is. The Guesser will get three guesses or 90 seconds. The Dance Master will become the Guesser for the next round. Play as many rounds as you'd like, switching up the Dance Master each time!

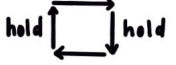


Blizzard

Have each person in your home crumple up several small balls of paper. One person stands in the middle and on the count of three everyone throws the paper over the middle person's head (so that they can catch it) and see how many they can catch. After a few rounds, see if there are new ideas of how to catch more paper (get help, use a shirt to catch more, etc) and try those strategies. After the game, discuss how getting help and new ideas from others can be helpful for figuring out a challenge.

QUINGO

quarantine bingo!

take a 30 minute social media break	hydrate! (½ your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800-273-8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to YOU! What did you do? _____ _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to you! What did you do? _____ _____ _____	create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email

QUINGO

quarantine bingo!

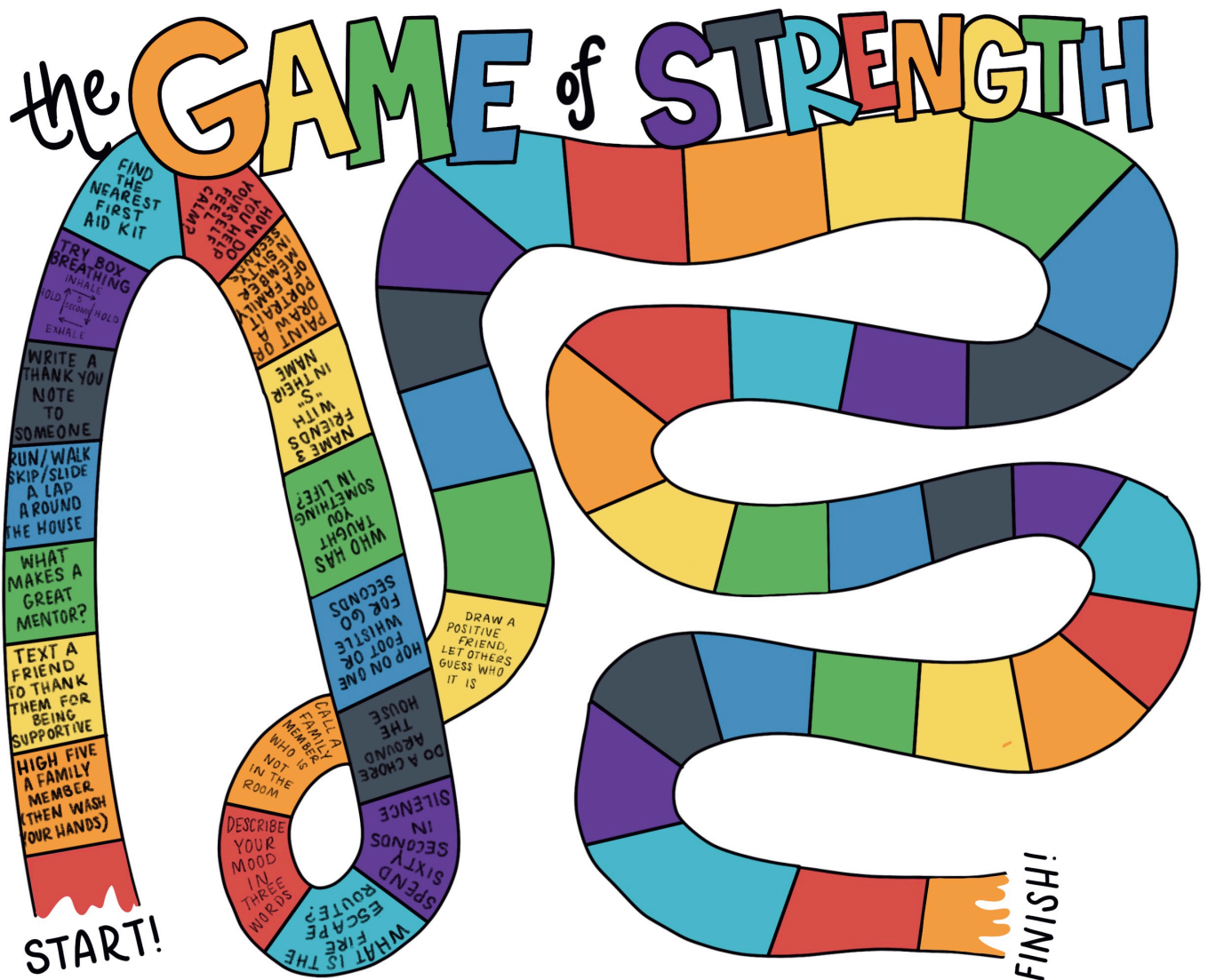
GAME OF STRENGTH BOARD GAME

Building your own board game is a fun and safe way to explore your own strengths and encourage your family, friends, and community to do the same!

Below are a couple steps to help you structure and personalize your own game:

- Use the templated version of the Sources Board Game (see below):
- On the templated board, each square is a strength on the Wheel. For Example: Yellow squares = Positive Friends, Orange squares = Family Support, etc.
- Create your own Board Game!
- Personalize the templated board game with your own prompts or come up with your own design and ideas. If you are starting from scratch, we recommend checking out Pinterest and Google for inspiration!
- Use a dice or pull numbers from a hat to see how many spots to move.

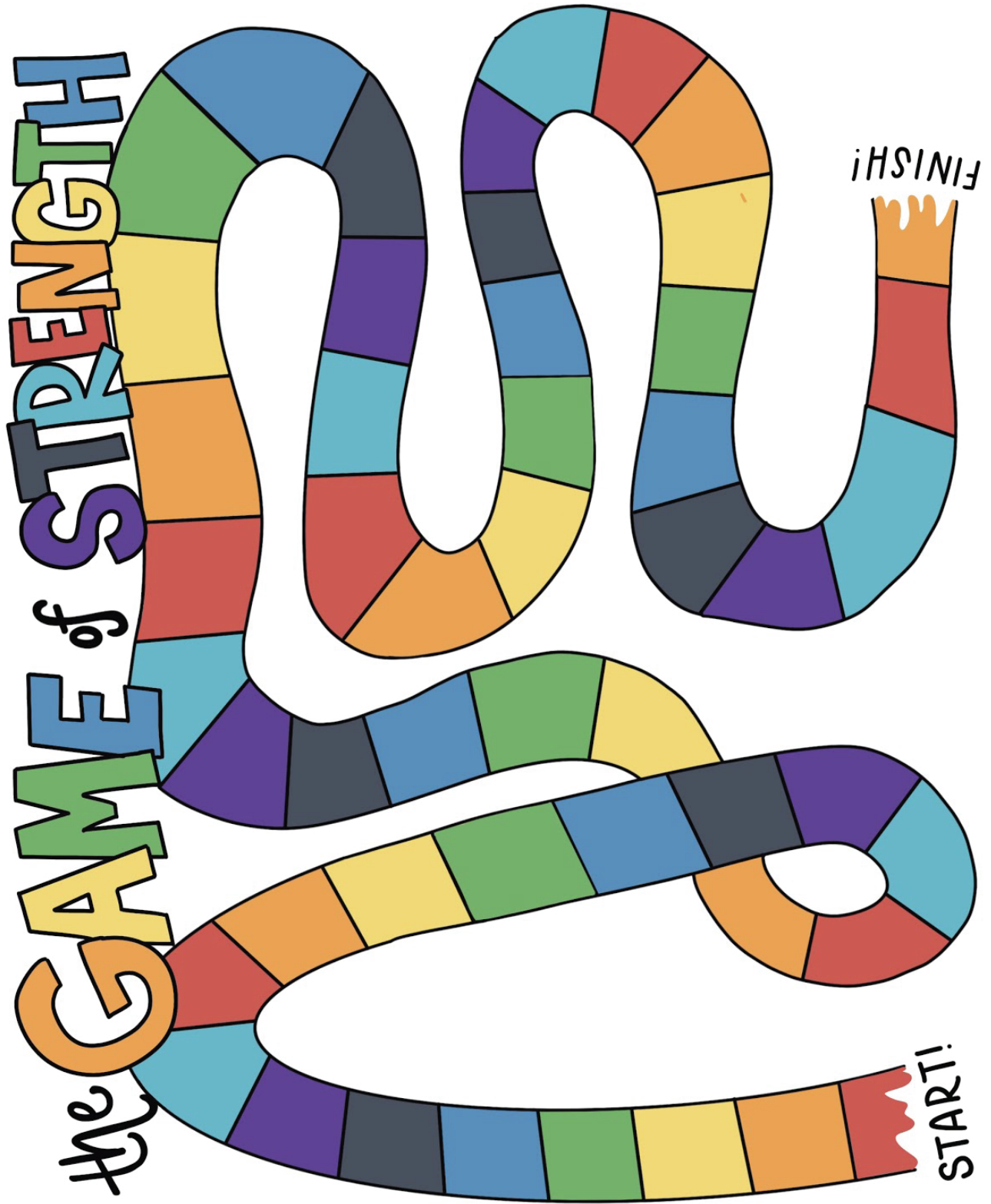
Sources of Strength Board Game Example:



SOURCES OF STRENGTH BOARD GAME TEMPLATED PROMPTS

FAMILY SUPPORT	POSITIVE FRIENDS	MENTORS	HEALTHY ACTIVITIES	GENEROSITY	SPIRITUALITY	PHYSICAL HEALTH	MENTAL HEALTH
High five a family member (then wash your hands)	Name 3 friends who have the letter 'S' in their name	What do you need in a Mentor?	Run/walk/skip/slide a lap around the house	Write a thank you note to someone	Square Breathing	Find the nearest First-Aid Kit or band-aid.	How do you make yourself feel calm
Paint/draw a portrait of a family member in 60 seconds	Text a friend 'Thank you'	Who has taught you something in your life	Snap your fingers or whistle for 60 seconds	Do a chore around the house	Spend 60 seconds in silence	Where is the fire escape route?	Describe your mood in 3 words
Call a family member not in the room	Draw a Positive Friend. Have others guess who it is!	Have you been a Mentor before? When?	Quick! 60 second talent show!	How can you be generous today?	Where is your favourite place to go?	Spend 60 seconds laughing (real or fake)	Tell us a joke!
Make a snack for a family member	Which friend did you talk to last? What did you talk	Who's the best fictional Mentor? Books, TV, etc	Do an interpretive dance based on the weather	When was someone generous to you?	Who makes you feel like you belong?	Brush your teeth for a full two minutes!	Take a micro-nap until your next turn
Leave a kind and secret note for someone in	Randomly select an Instagram follower and DM them something you love about them	Who is someone you look up to? Why?	Act out your favourite movie while other players guess the title	How can you be generous without money?	Sing or hum until your next turn	Wipe down five doorknobs closest to you	Write a poem about Mental Health (focused on what helps and not just what hurts!)
Map out your family Tree	Call a childhood friend and reminisce about a fun childhood	Who's your go-to team if you need help at home or at school	Challenge a player and see who can hold plank longest	Compliment another player	What are you grateful for today?	Drink a whole glass of water (until your next turn)	Who or what helps you when you feel stressed

SOURCES OF STRENGTH BOARD GAME TEMPLATE



SOURCES OF STRENGTH BOARD GAME TEMPLATED PROMPTS

Examples for filling in your board:

- **Purple (Spirituality)**
Tell the person to your right something you love/appreciate about them to lift their spirit.
- **Red (Mental Health)**
Journal how you care currently feeling until it is your turn again.
- **Orange (Family Support)**
Offer to do the dishes.
- **Yellow (Positive Friends)**
Randomly select a friend on your contact list to call and say “hey” to.
- **Green (Mentors)**
Write a thank you note to someone you look up to. At the end of the game, call them and read your note out loud.
- **Blue (Healthy Activities)**
Challenge anyone playing the game to a push-up contest.
- **Gray (Generosity)**
Make an Insta Story telling a story of a time you witnessed an act of Generosity (this will help shine light on the good in the world).
- **Teal (Physical Health)**
Start a game of Duck, Duck, GOOSE around the board to up your step count!

NOTE: *If after playing the game you feel it was fun and helpful as a Source of Strength, please share it with the people around you. Send our team pictures of you playing, or post it online and tag @sourcesofstrength!*