

# GEM Grid

<p>Place a note in a jar each day of something you are grateful for.</p> 	<p>Yoga with Adriene: <a href="https://www.youtube.com/watch?v=Td6zFtZPkJ4">https://www.youtube.com/watch?v=Td6zFtZPkJ4</a></p> 	<p>Write a positive note for someone in your household.</p> 	<p>Write some jokes to make your classmates laugh for when we are back at school.</p> 	<p>Place your hands on your belly. Take 10 deep breaths and notice how your hands move as you breathe in and out.</p> 
<p>Spend some time outdoors, looking at the clouds. Notice how the clouds are shaped and think about what they could resemble.</p> 	<p>Write down something that makes you laugh.</p> 	<p>Create a song about something you are passionate about.</p> 	<p>Pretend to be a tree. Pretend to be a butterfly. Pretend to be a giraffe. Pretend to be a flower. Pretend to be a frog.</p> 	<p>Draw a mindfulness picture and do some relaxing colouring.</p> 
<p>Develop your own inspirational quote.</p> <p>Make each day your masterpiece. <b>John Wooden</b></p>	<p>Help clean the house.</p> 	<p>Create your own workout routine.</p> 	<p>Yoga with Adriene: <a href="https://www.youtube.com/watch?v=dF7O6-Qablo">https://www.youtube.com/watch?v=dF7O6-Qablo</a></p> 	<p>Sit outside and write down all the sounds you can hear.</p> 

Do what you can, with what you have, where you are.  
- Theodore Roosevelt