

# Activity Sheet - 4J: EMOTIONAL WELLNESS

Name \_\_\_\_\_ Date \_\_\_\_\_

As a powerful martial artist, you can use your tools to add to your toolbox of self-care strategies. Activate those endorphins – the feel-good chemicals in the brain – by surrounding yourself with your favorites! Think about places where you feel good - calm, safe, and happy (e.g., my room, the park, grandma’s porch).

**Write a list of your favorite places:**

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**Think about people you truly enjoy being around (e.g., my friend, cousin, mom). Write a list of your favorite people:**

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**Think about activities that make you feel good (e.g., exercising, baking, dancing, drawing, snuggling my cat). Write a list of your favorite activities:**

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