



## Suggested Activities for Youth and Classrooms

[Make this easy DIY stress ball by WhatsUp-Moms \(YouTube\).](#) Squeezing these squishy balls is a great way to release some anxiety.



[Create a personalized stress and anxiety survival kit!](#) A stress and anxiety relief kit is a collection of physical objects, reminders, or activities that help you stay grounded and calm when experience anxiety, panic, or stress. Feel free to create multiple kits for home, school, or even for you to carry in your pocket!



[Visit Counselor Keri's website for some great mindful art activities for youth and classrooms.](#)

