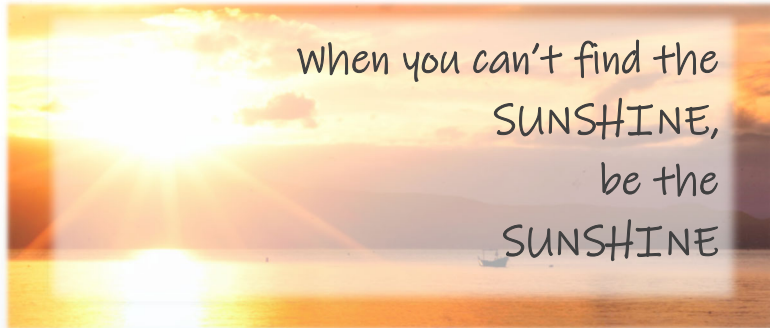




Building Resiliency and Empowerment through Self-care



MINDFUL MINUTE EXERCISES

Quick and easy practices.

Tense and Release

Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.



Next, squeeze the large muscles in the legs and hold for 5 seconds, then gently release.

Working your way up the body, squeezing each muscle for 5 seconds, then releasing.

Great exercise before bed for kids and adults.

SELF-CARE RESOURCES

How to Teach your Children about Self-care

Self care is just as important as academics for growing, developing kids. When taught correctly, self care will help kids identify their physical needs and begin to take care of them, before emotions can ever get in the way.



[READ More...](#)

GOOD READS

Tips for Working From Home

Enjoy a quick 20 min video with creative tips for developing a routine when working from home, includes workout examples, online meeting suggestions, and staying connected. [READ More....](#)

The University of Maryland Extension 4-H Youth Development Program

Amy Rhodes, Amanda Wahle, Dwayne Murphy, Santana Mays, Vernelle Mitchell-Hawkins, Ann Sherrard, Christine Allred