

Body**Brain****Family****Community****You****Things that get you moving**

Take a walk
Shooting hoops
Dance

Things that get you thinking

Read
Puzzles
Meditate
Create

Things that get you together and helping each other

Play a game
Wash dishes
Call/text an extended family member

Things that get you connected & contributing

Help a neighbor
Donate old toys
Pick up trash

Things that get you enjoying your own time

Gaming
Building
Watching a show