**Schmits Spark Starters**

**“Be the Spark”**

* **Be easy on yourself**
* **Celebrate simple things**
* **Dance like no one is watching**
* **Do math for funsies**
* **Do yoga**
* **Give a compliment**
* **Go for a bike ride**
* **Go outside**
* **Go running**
* **Have a mindful minute**
* **Help others**
* **Hug another person**
* **Journal**
* **Keep a positive attitude**
* **Laugh until you cry**
* **Laugh with others**
* **Leave our stress behind**
* **Listen to music**
* **Make art**
* **Play a sport**
* **Play outside**
* **Pretend you know to juggle random objects/be silly**
* **Read**
* **Relax**
* **Show appreciation**
* **Sing**
* **Sleep**
* **Take a break**
* **Take deep breaths**
* **Take some me time**
* **Talk to someone**
* **Treat yo’self**
* **Try something new**
* **Use humor**
* **You do you**

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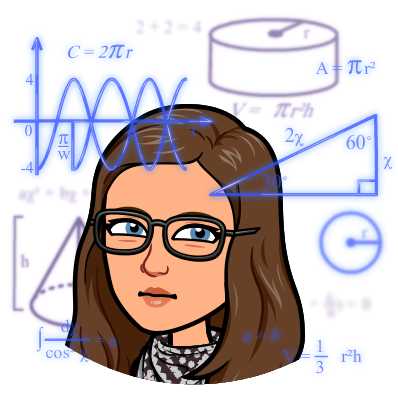
**Be easy on yourself**

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**Celebrate simple things**

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**Dance like no one is watching**

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**Do math for funsies**

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**Do yoga**

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**Give a compliment**

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**Go for a bike ride**

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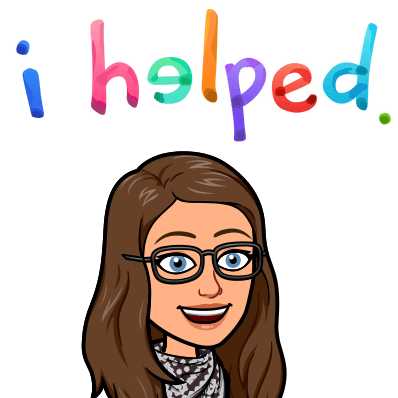
**Go outside**

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**Go running**

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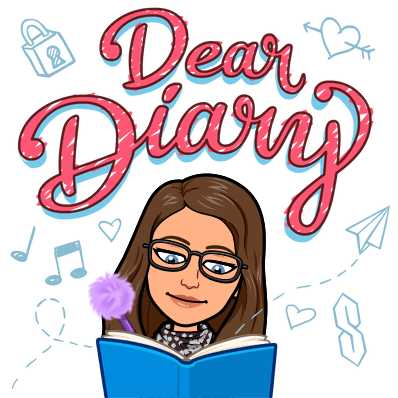
**Have a mindful minute**

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**Help others**

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**Hug another person**

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**Journal**

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**Keep a positive attitude**



**Laugh until you cry**

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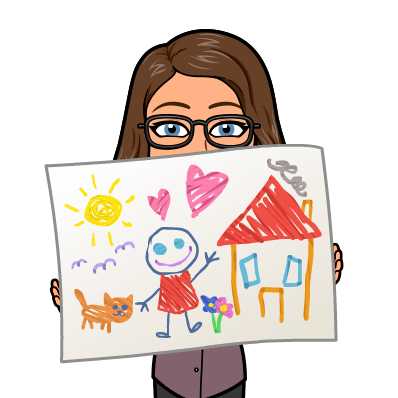
**Laugh with others**

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**Leave our stress behind**

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**Listen to music**

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**Make art**

****

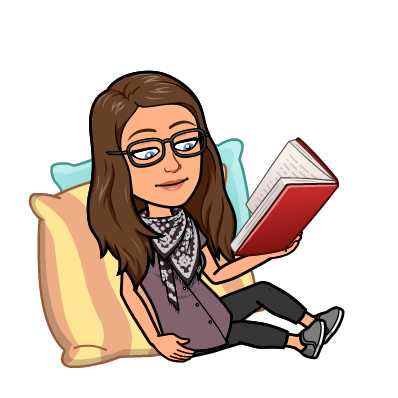
**Play a sport**

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**Play outside**

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**Pretend you know to juggle random objects/Be silly**

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**Read**

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**Relax**

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**Show appreciation**

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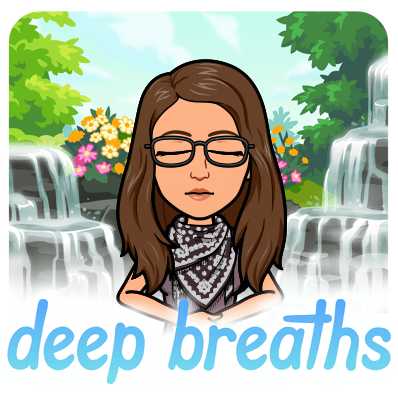
**Sing**

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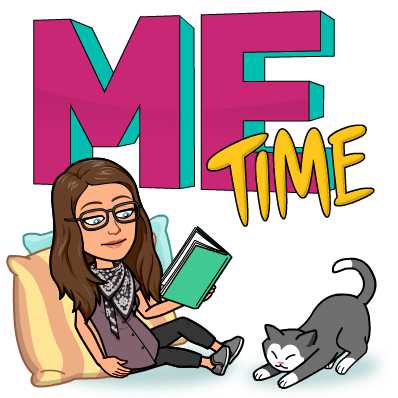
**Sleep**

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**Take a break**

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**Take some me time**

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**You do you**