**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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