

# FIFTEEN DAYS OF WELLNESS RESOURCES

In working on this project, I tried to find the best free resources I could find in three realms: mindfulness, kindness, and physical health. I have created both a chart and document form with links to the resources. The content is the same in both formats. It is my hope that the document form will allow you to simply copy and paste the resources into whatever format you choose to deliver the resources. Here are some general comments about the resources:

**MINDFULNESS:** There are myriad mindfulness-based resources to choose from (including many apps). I chose the “mindfulness exercises” website because it has well-scaffolded audio-visual mindfulness exercises for each day. The link for each day offers a distinct mindfulness activity. I stopped at day fifteen but there are many more exercises to choose from. This is mentioned in the “Day 16” note at the end of the document.

**KINDNESS:** Character Strong is a wonderful character-based SEL program that is being used at Churchill High School. The organization has released a free “30 Days of Kindness Practice” set of materials that are employed here. They include digital materials for the journals (included in the same google folder this document is in) and half-minute YouTube video prompts (see links below). It is a lovely project and encourages social interaction. Almost all of the prompts are appropriate for “Stay Home, Stay Healthy” protocols...though a couple will need to be modified. Each day has a different exercise in kindness. If you choose to, you can attach the relevant day’s journal resources along with the communication about that day’s activities.

**PHYSICAL HEALTH - YOGA:** The best yoga resource that I found is not a film or audio resource but instead a set of pictures and descriptions of the poses (*asanas*). They are from The Yoga Journal and the language about the poses seemed both very clear and adequately secular. Unlike the other two resources, it does not change each day. That said, it is a very clear resource relating to many yoga *asanas*.

If there is any way I can further serve in this, please let me know.

I hope this finds you both well,  
Daniel

## Day One:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisec.com](http://mindfulnessexercisec.com)

Here is one for today:

<https://mindfulnessexercisec.com/course/day-1-one-complete-cycle-of-breath/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day One: [https://www.youtube.com/watch?time\\_continue=1&v=IPzRnhza808&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=IPzRnhza808&feature=emb_logo)

### PHYSICAL HEALTH - YOGA:

Many studies have demonstrated the benefits of yoga practice. Yoga can be done in a relatively limited physical space so it is perfect for at-home fitness. The Yoga Journal offers a couple of free resources for basic yoga practices. Please read all of the text and listen to your body. Like all new physical activity, be thoughtful and aware of your limitations and/or past injuries. Here are links to numerous yoga poses (*asanas*):

<https://www.yogajournal.com/poses/10-simple-yoga-poses-that-help-everyone-at-any-age>

<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Two:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisec.com](http://mindfulnessexercisec.com)

Here is one for today:

<https://mindfulnessexercisec.com/course/day-2-three-mindful-breaths/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Two:

[https://www.youtube.com/watch?time\\_continue=6&v=wMqLyhwTfvI&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=6&v=wMqLyhwTfvI&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Three:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercises.com](http://mindfulnessexercises.com)

Here is one for today:

<https://mindfulnessexercises.com/course/day-3-2-minutes-of-mindful-breathing/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Three:

[https://www.youtube.com/watch?v=JlzY5OVy5kw&feature=emb\\_logo](https://www.youtube.com/watch?v=JlzY5OVy5kw&feature=emb_logo)

### PHYSICAL HEALTH - YOGA:

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Four:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercises.com](http://mindfulnessexercises.com)

Here is one for today:

<https://mindfulnessexercises.com/course/day-4-the-power-of-open-awareness/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Four:

[https://www.youtube.com/watch?time\\_continue=2&v=s9-XRnbq4ws&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=s9-XRnbq4ws&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Five:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercises.com](https://mindfulnessexercises.com)

Here is one for today:

<https://mindfulnessexercises.com/course/day-5-wishing-ourselves-and-others-well/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Five:

[https://www.youtube.com/watch?time\\_continue=8&v=d8pm0JNOrwU&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=8&v=d8pm0JNOrwU&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Six:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercises.com](https://mindfulnessexercises.com)

Here is one for today:

<https://mindfulnessexercises.com/course/day-6-the-body-scan/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Six:

[https://www.youtube.com/watch?time\\_continue=1&v=GSr8dnE3-Ao&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=GSr8dnE3-Ao&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Seven:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercises.com](http://mindfulnessexercises.com)

Here is one for today:

<https://mindfulnessexercises.com/course/day-7-gratitude/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Seven:

[https://www.youtube.com/watch?time\\_continue=1&v=6PGwCmcY8Qo&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=6PGwCmcY8Qo&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Eight:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercises.com](http://mindfulnessexercises.com)

Here is one for today:

<https://mindfulnessexercises.com/course/day-8-focused-attention/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Eight:

[https://www.youtube.com/watch?time\\_continue=5&v=AxxOTfyWGWA&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=5&v=AxxOTfyWGWA&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Nine:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisec.com](http://mindfulnessexercisec.com)

Here is one for today:

<https://mindfulnessexercisec.com/course/day-9-whole-body-breathing/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Nine:

[https://www.youtube.com/watch?time\\_continue=1&v=TIFUGUoy\\_18&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=TIFUGUoy_18&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Ten:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisec.com](http://mindfulnessexercisec.com)

Here is one for today:

<https://mindfulnessexercisec.com/course/day-10-staying-open/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Ten:

[https://www.youtube.com/watch?v=hqrOBMvTQuc&feature=emb\\_logo](https://www.youtube.com/watch?v=hqrOBMvTQuc&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Eleven:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisess.com](http://mindfulnessexercisess.com)

Here is one for today:

<https://mindfulnessexercisess.com/course/day-11-integrated-body-scan/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Eleven:

[https://www.youtube.com/watch?time\\_continue=1&v=FNHJd4X-Pxw&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=FNHJd4X-Pxw&feature=emb_logo)

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Twelve:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisess.com](http://mindfulnessexercisess.com)

Here is one for today:

<https://mindfulnessexercisess.com/course/day-12-simply-stopping/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Twelve:

[https://www.youtube.com/watch?time\\_continue=2&v=3dSQdl\\_3RuM&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=3dSQdl_3RuM&feature=emb_logo)

### PHYSICAL HEALTH - YOGA:

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Thirteen:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisec.com](http://mindfulnessexercisec.com)

Here is one for today:

<https://mindfulnessexercisec.com/course/day-13-relieving-stress/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Thirteen:

[https://www.youtube.com/watch?time\\_continue=1&v=08zA4zGeXKY&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=08zA4zGeXKY&feature=emb_logo)

### PHYSICAL HEALTH - YOGA:

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Fourteen:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisec.com](http://mindfulnessexercisec.com)

Here is one for today:

<https://mindfulnessexercisec.com/course/day-14-self-compassion/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Fourteen:

[https://www.youtube.com/watch?v=jgoTj7V7dF0&feature=emb\\_logo](https://www.youtube.com/watch?v=jgoTj7V7dF0&feature=emb_logo)

### PHYSICAL HEALTH - YOGA:

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<https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

## Day Fifteen:

### MINDFULNESS:

There are many great mindfulness exercises offered via videos and apps. Sean Fargo offers many at the website [mindfulnessexercisess.com](http://mindfulnessexercisess.com)

Here is one for today:

<https://mindfulnessexercisess.com/course/day-15-sensory-awareness/>

### KINDNESS:

Join Character Strong's Free Kindness Journal Project: <https://characterstrong.lpages.co/kind-a-journal/>

Participate in Day Fifteen:

[https://www.youtube.com/watch?v=fP9RzrVGVQk&feature=emb\\_logo](https://www.youtube.com/watch?v=fP9RzrVGVQk&feature=emb_logo)

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## Day Sixteen Note:

There are so many lovely free resources for creating disciplined practices in the realms of physical health, mindfulness, kindness, and compassion. If you have enjoyed the exercises over the last three weeks, please continue with them. You've probably noticed that Character Strong's 30 Days of Kindness Project goes on for another 15 days and that there are 28 days of mindfulness exercises provided at [mindfulnessexercisess.com](http://mindfulnessexercisess.com).

We hope you continue to find health and resilience in your days.