

## Wellness Center activities for exercise at home (age 10+)



Volunteers explore an activity from within the **Wellness Center** of Whyville.net to introduce to others

### Activity

### Volunteer name

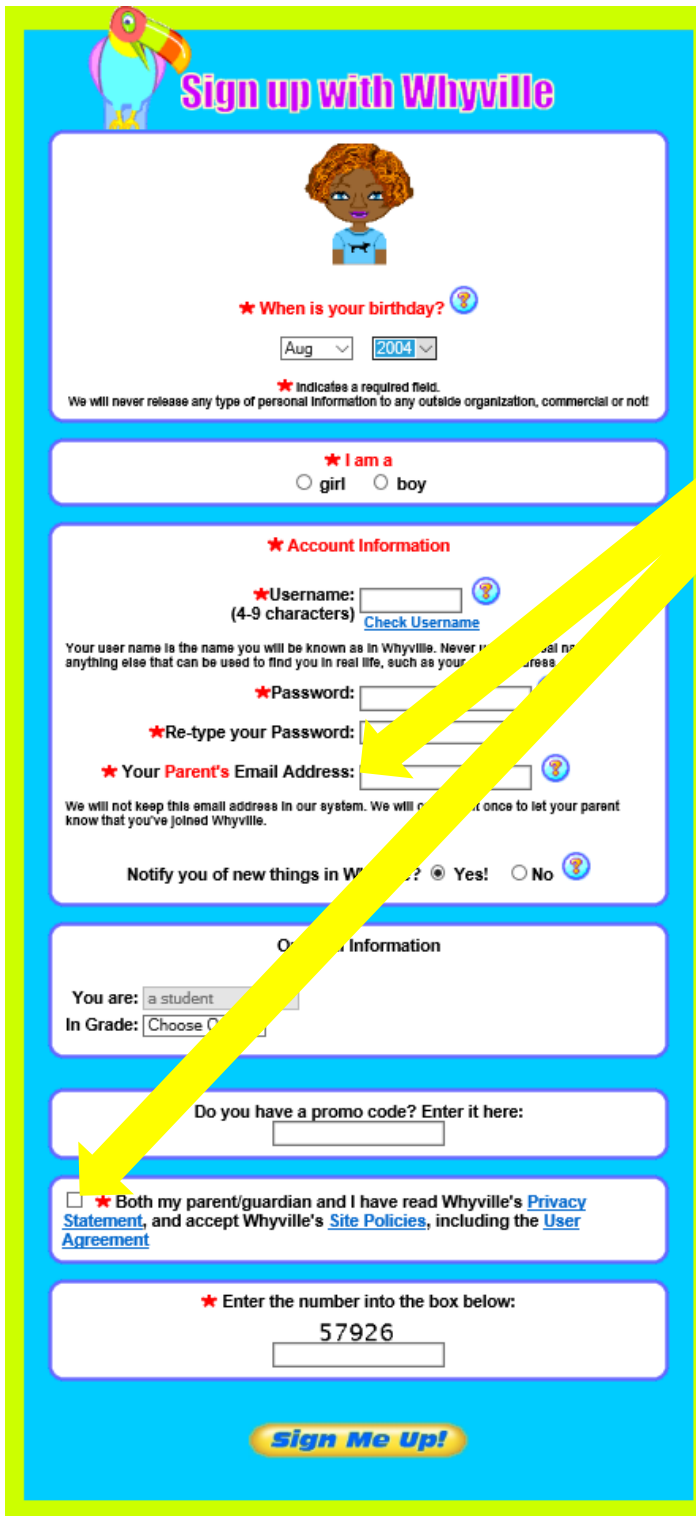
### Whyville user name

- 1) Deep Breathing
- 2) FORUMS HOME: Emotions and Coping
- 3) Journal
- 4) Mood Projectile
- 5) Muscle Relaxation
- 6) PIP Problems-Ideas-Plans
- 7) Round Bookshelf (tip sheets)
- 8) Social Anxiety Checklist
- 9) Stressed Avatar
- 10) Visualization
- 11) Wellness Book in satchel


## Parent / Guardian permission for Whyville.net


We would like to include your son or daughter in an exploration of the Whyville virtual Wellness Center. It can be the PIP creative problem solving activity or one of his or her own choice from within the virtual Wellness Center.

Please help your child get logged on within Whyville.net as shown below:



**Sign up with Whyville**



**★ When is your birthday?** 


Aug 2004

★ Indicates a required field.  
We will never release any type of personal information to any outside organization, commercial or not!

**★ I am a**

girl  boy


**★ Account Information**

**★ Username:**    
(4-9 characters) [Check Username](#)


Your user name is the name you will be known as in Whyville. Never use anything else that can be used to find you in real life, such as your real name or address.

**★ Password:**

**★ Re-type your Password:**

**★ Your Parent's Email Address:**  

We will not keep this email address in our system. We will email you once to let your parent know that you've joined Whyville.

Notify you of new things in Whyville?  Yes!  No 

**Other Information**

You are:

In Grade:

Do you have a promo code? Enter it here:

**★ Both my parent/guardian and I have read Whyville's [Privacy Statement](#), and accept Whyville's [Site Policies](#), including the [User Agreement](#)**

**★ Enter the number into the box below:**

57926

**Sign Me Up!**

Your participation is requested in two places for students under age 14

## Comments after using activity # 6 PIP Problems-Ideas-Plans

**What did you think about the PIP?**

It helps me calm down without stressing out by taking it step by step

I liked it, it helped me decide on a situation

easy way to break stuff down and help u concentrate

Really cool and helpful, and a good way to break down complex issues that seem hard to solve.

I think it helped me with finding a place to start with all my questions and how I can solve them on my own.

I think it was very helpful! It really helps you think about how to take control of problems

**What was it like to come up with a problem and define it?**

Made me felt more in control

Felt good to solve things out on my own

At first i was confused but then i thought "wow this is actually helping!".

It would like dissecting my problem and pairing all the little problems with solutions.

It's like, I feel smart. Like if I can figure out what my problem is, I can deal with it or solve it.

It was weird because I don't really think my problems out like this.

**What was helpful? Difficult?**

It was difficult, but relieving.

Helpful very, solved my own real life problem

the feeling of fixing it was awesome! it really was helpful!! picking ideas i wrote felt real good.

It was helpful. I usually am not social and I do not like describing my problems but this was kind of like a diary!

It was rather tough thinking of a problem's definition, usually I just avoid thinking about a problem altogether.

It was difficult at first thinking about the problem which for me is sad, but in the end it helped me cope.

**Why does it make sense to break down large problems into smaller portions?**

To identify what the real problem is and the best way to solve it.

It was calming to break it down like that, instead of bottling it up. It helps lighten the load of what you are actually experiencing.

Sometimes people can be so negative and not see that there is a way to come up with a solution to their problem

It gives you a better chance of slowing down and breathing so that you can solve the problem by easier means rather than stressing about the whole thing at once.

Problems are circumstances that blocks our way and prevent us from stepping forward, PIP make sense because it gets rid of the blockage around our way.

I think the PIP is an amazing way to help people on the internet! It definitely helped me with my friend problems!

Its was like letting all the stuff building up in you and than pip lets it all out

PIP is actually helpful because I don't have anyone to talk to in real life so this is a good escape.

Instead of having this giant mass of a problem weighing down on you, you can pick it apart and set things aside to deal with later, which allows you to focus on how to solve the problem better.

It was very helpful and fun. It easily helped me stop stressing and helped me find answers to my problem

It was great. I never realized all my options.

This was very helpful because it organized all my thoughts and made me think and focus clearly on my problem.

I thought it surprisingly helpful in clearing and organizing my thoughts

It taught me how to exactly handle a serious problem

The convergent thinking was cool because it helped break things down, but divergent thinking was a little tough because I'm so perfectionistic it's hard to let go.

I thought it was helpful. I felt helpless before, and the experience has shown me that I can do things to help my problems.

I felt smarter and a new wave of confidence came in.

It was helpful. I'm thinking clearer now that I have a first step to do. I can act on it. Before I had no idea where to start. It was difficult to think up ways because I was so worried about the problem, but after I did it was peaceful.

I think PIP is very useful, informational and involves using creative ways to think through problems rather than stewing in them.

It was fun and challenging. It made me say what I was feeling and that is usually hard for me.

It was rough thinking about the situation but it helps by getting it off of my chest.

It felt like it was not mashed up and I had one focus to clear everything up.

great, it made me realize the problem that maybe i have been avoiding

It was awesome to come up with the problem. It surely showed me what needed to change and that was amazing!

