Coping and problem-solving

Parent / Guardian permission for Whyville.net

Your son or daughter is welcome to explore the Whyville virtual Wellness Center within Whyville.net; ages under 14 need a parent's permission.

1. Journaling
2. Deep Breathing
3. Muscle Relaxation
4. Guided Visualization
5. PIP: Problems - Ideas - Plans
6. Pick a mood gem to wear.
7. Play a game of Stressed Avatar
8. Find the Tip Sheet related to the game you played.
9. Comment in the Emotions and Coping Forum