



# SOCIAL DISTANCING GREETING POSTERS

Heart Hands



A-Okay



## Social Distancing Greetings

Wink



Peace



Foot Wave



Air High Five



Surf's Up



Namaste



Jazz Hands



Elbow Bump

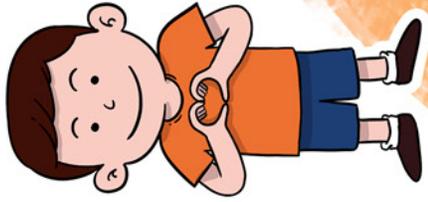


Self Hug



Get Free Printables Every Week at [GoZen.com/printables/](https://www.GoZen.com/printables/)

Heart Hands



Wink



Peace



Foot Wave



Air High Five



A-Okay



Surf's Up



Namaste



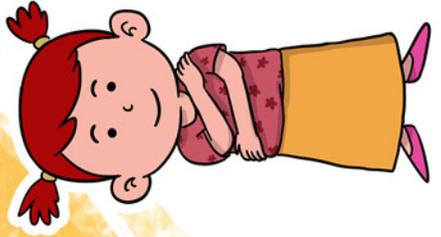
Jazz Hands



Elbow Bump

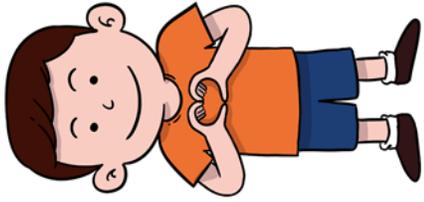


Self Hug

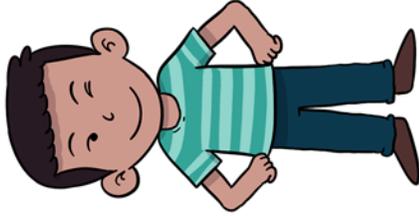


# Social Distancing Greetings

Heart Hands



Wink



Peace



Foot Wave



Air High Five



A-Okay



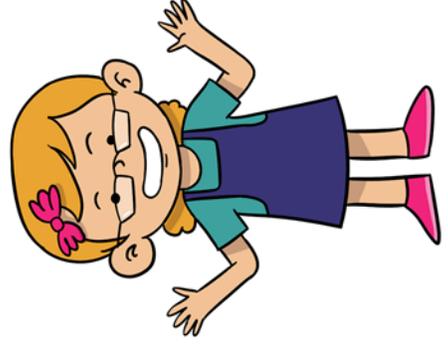
Surf's Up



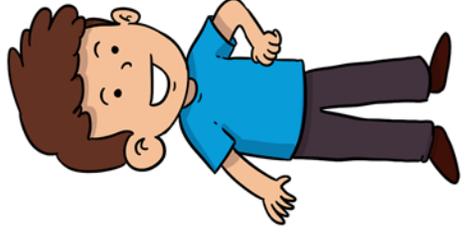
Namaste



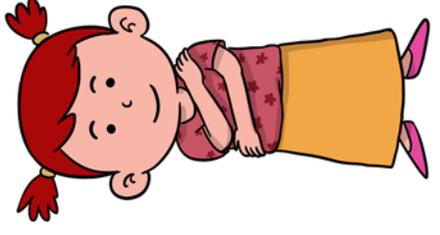
Jazz Hands



Elbow Bump



Self Hug



# Social Distancing Greetings

# Greeting Cube

Make up  
your own  
greeting!

Do this greeting  
with both hands:



Surf's Up

Create a  
dance to  
go along  
with this  
greeting.  
Do it while  
you greet  
someone!

Jazz Hands



Elbow Bump



Add a short  
song to go  
along with  
this greeting.  
Sing it while  
doing the  
motions:

Pick your  
favorite of these  
greetings to try:



Self Hug



Air High Five



Heart Hands

Try using all 3 of  
these greetings  
in a row:

Peace



Foot Wave



Wink



1. Print out your cube template. Normal printer paper will work, but cardstock will make a sturdier cube.
2. Cut along the solid lines.
3. Fold along the dashed lines, making sure not to forget the tabs.
4. Apply tape or glue to the tabs. Attach the tabs to adjacent faces to construct your cube!

SOCIAL DISTANCING  
**GREETINGS**

FOOT WAVE



SURF'S UP



AIR HIGH FIVE



NAMASTE



JAZZ HANDS



HEART HANDS



A-OKAY



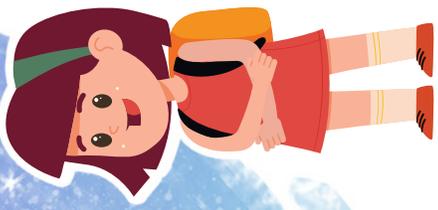
PEACE



WINK



SELF HUG

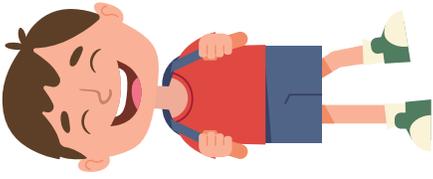


ELBOW BUMP



SOCIAL DISTANCING  
**GREETINGS**

FOOT WAVE



AIR HIGH FIVE



JAZZ HANDS



A-OKAY



EIBOW BUMP



SURF'S UP



NAMASTE



HEART HANDS



PEACE



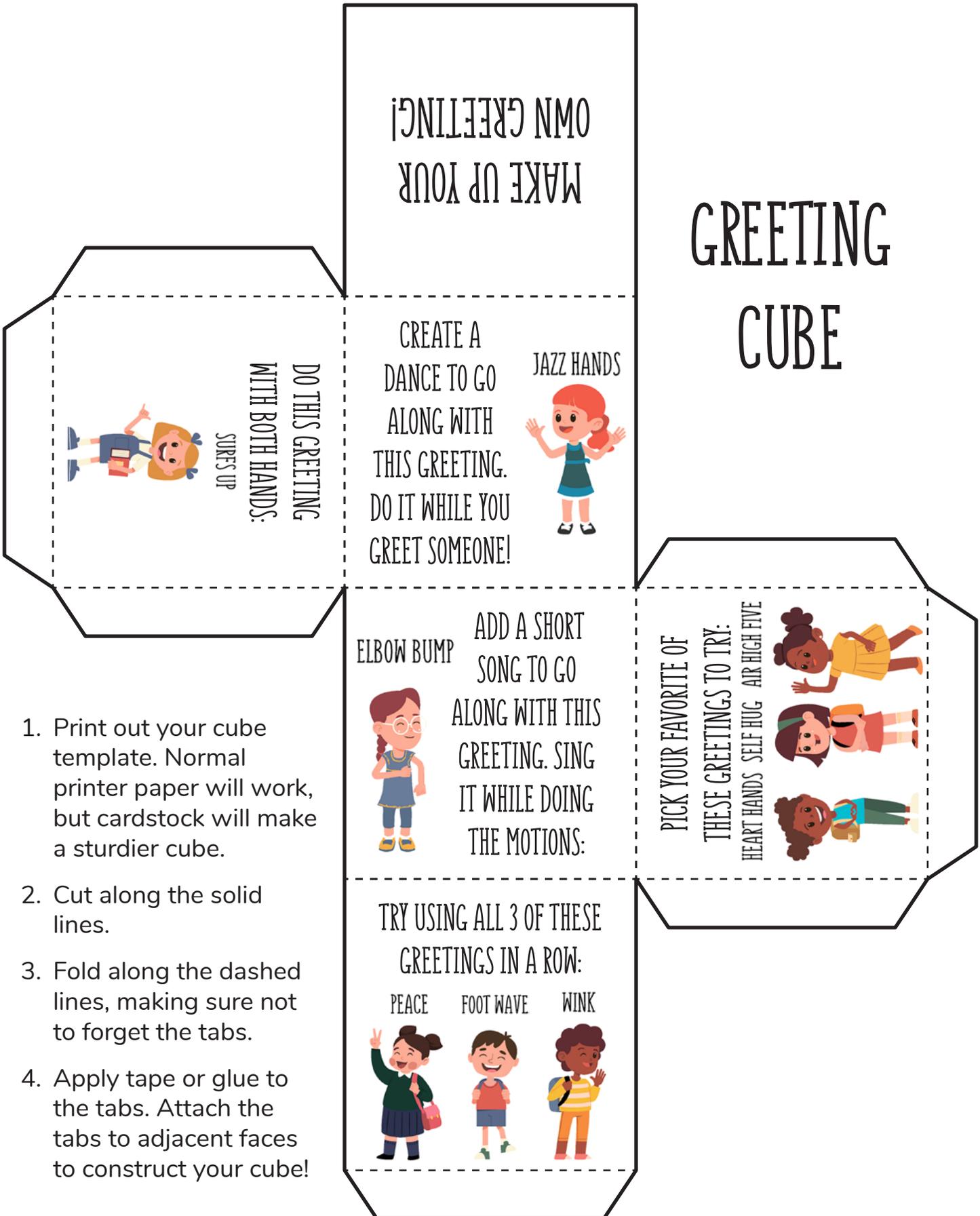
WINK



SELF HUG



# GREETING CUBE



1. Print out your cube template. Normal printer paper will work, but cardstock will make a sturdier cube.
2. Cut along the solid lines.
3. Fold along the dashed lines, making sure not to forget the tabs.
4. Apply tape or glue to the tabs. Attach the tabs to adjacent faces to construct your cube!



## TERMS OF SHARING THE

1. Please do share these resources with friends and family by sharing this page: <https://gozen.com/printables/>
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>

# GoZen! Programs help kids **Manage Stress and Build Resilience**

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



## GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



## GoStrengths! Well-being + Resilience Program

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



## GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



## GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



## GoPositive! Negative Thoughts Mini Program

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



## GoWave! Panic Attack Mini Program

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



## GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

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