

HAPPINESS & WELLBEING ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Breathing	10 s	1	2	3	5	10
Mindfulness	0	0	2	5	5	10
Visualization	10 s	1	2	3	5	10
Learning	10 s	10 s	30 s	3	5	10
Movement	30 s	1:30	5	10	30	30
Cold	10 s	20 s	30 s	3	5	5
Emotional Regulation	30 s	1	2	3	5	10
Gratitude	10 s	4	5	10	20	30
Connection	10 s	5	9	15	30	45
Goals & Values	30 s	1	2	5	10	20
Total Time	2:30	15	30	60	120	180