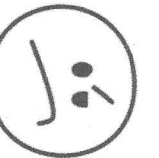
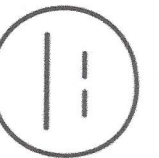


How are you feeling today?



content

worried

sad

tired

happy

silly

scared

annoyed

angry

sick

Day
03

Self-Care Tip:

Draw a picture of yourself.
Circle the parts you love most about yourself.

Think About It:

What makes someone a good friend?

Character Trait of the Day:

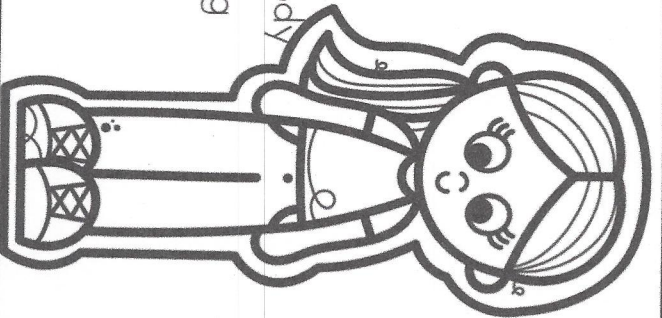
brave
brave (adjective)
someone who is willing to do things that scare them

Circle the parts you love most about yourself.

Try this Mindful Exercise!

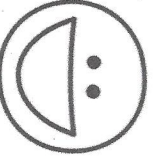
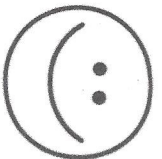
Body Scan

1. Lie down on your back with your body straight.
2. Take 3 deep breaths.
3. Starting at your toes, scan your body all the way up to your head, noticing how each part of your body feels.
4. After you get to your head, notice how your whole body feels.



Draw a picture of someone being brave.

How are you feeling today?



content

worried

sad

tired

happy

silly

scared

annoyed

angry

sick

Day 04

Self-Care Tip:

Eat a healthy snack and drink a glass of water.

Think About It:

What cheers you up when you feel upset?

Character Trait of the Day:

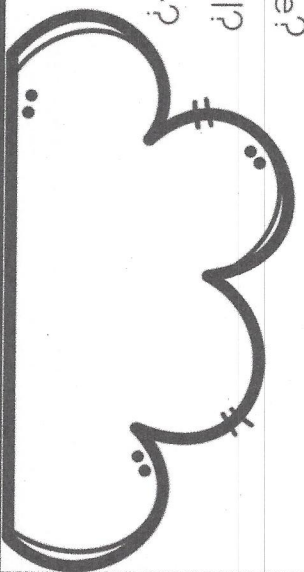
responsible
re · spon · si · ble (adjective)
doing the things you are expected to do

How will you be responsible today?

Try this Mindful Exercise!

Floating on a Cloud

1. Imagine that you are floating on a cloud.
2. What would you see?
3. What would you feel?
4. What would you taste?
5. What would you smell?
6. What would you hear?



Draw a picture of someone being responsible.