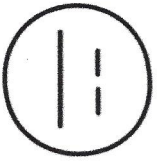
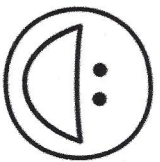
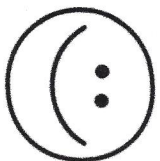


How are you feeling today?



content

worried

sad

tired

happy

silly

scared

annoyed

angry

sick

Day 01

Self-Care Tip:

Make a list or draw pictures of all the things that make you happy.

Think About It:

What could you say to a friend who is feeling sad?

Character Trait of the Day:

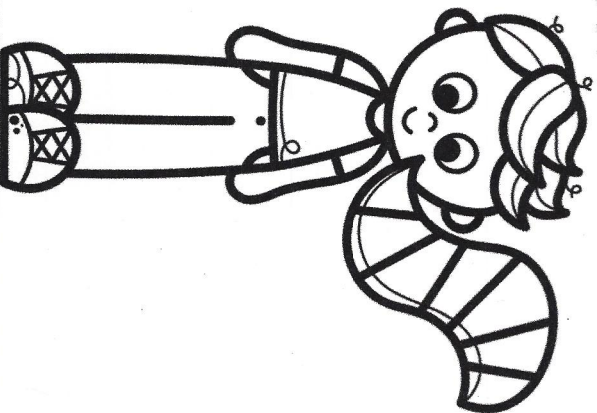
helpful
help · ful (adjective)
 giving or ready to give help

How will you be helpful today? _____

Try this Mindful Exercise!











Rainbow Breaths

1. Start with the first color of the rainbow.
2. As you inhale, fill your mind & body with that color.
3. As you breath out, imagine that color leaving you and taking away all of the negativity as you prepare to breathe in a new color.
4. Repeat this with each new color until you get through the rainbow.



Draw a picture of someone being helpful.

How are you feeling today?

									
content	worried	sad	tired	happy	silly	scared	annoyed	angry	sick

Self-Care Tip:

Do 10 jumping jacks. Notice how your body feels after.

Think About It:

What is one thing you love about yourself?

Character Trait of the Day:

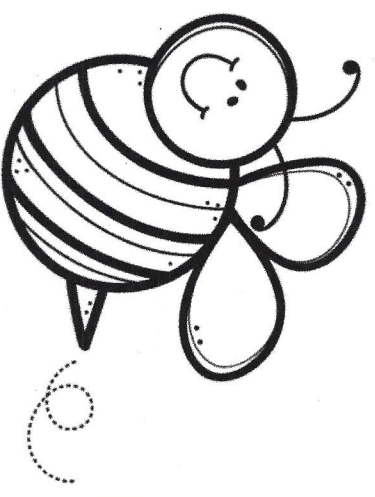
honest
hon · est (adjective)
 someone who tells the truth

How will you be honest today? _____

Try this Mindful Exercise!

Bumble Bee Breaths

1. Take a big breath in.
2. As you breathe out, keep your mouth closed and making a humming sound with your mouth.
3. You will sound like a bumblebee! Repeat 5 times.



Draw a picture of someone being honest.