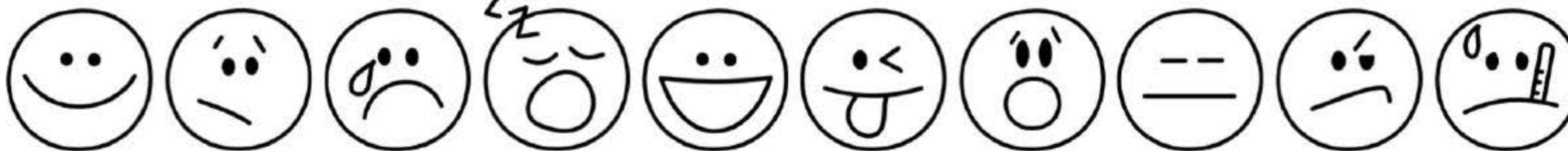


How are you feeling today?

Day 01



content worried sad tired happy silly scared annoyed angry sick

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:

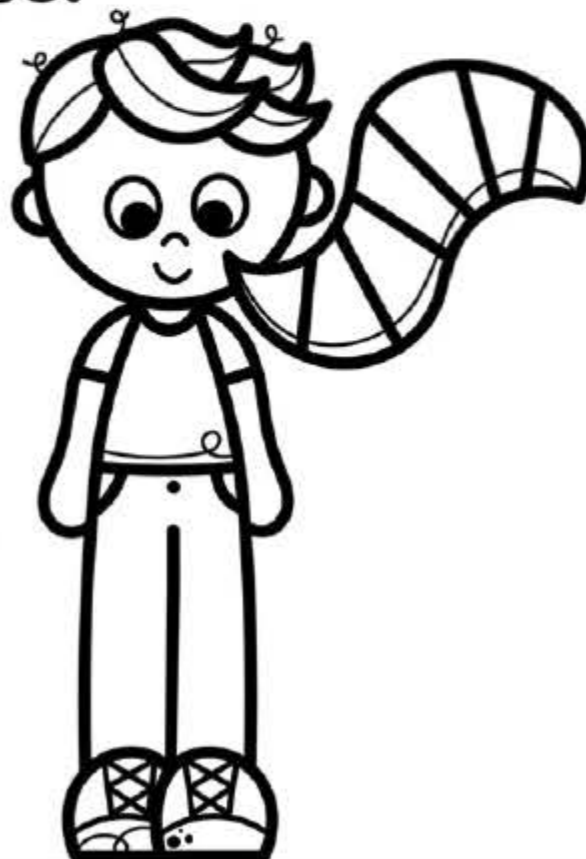
helpful
help · ful (adjective)
giving or ready to give help

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.
