

How are you feeling today?

Day 02



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:

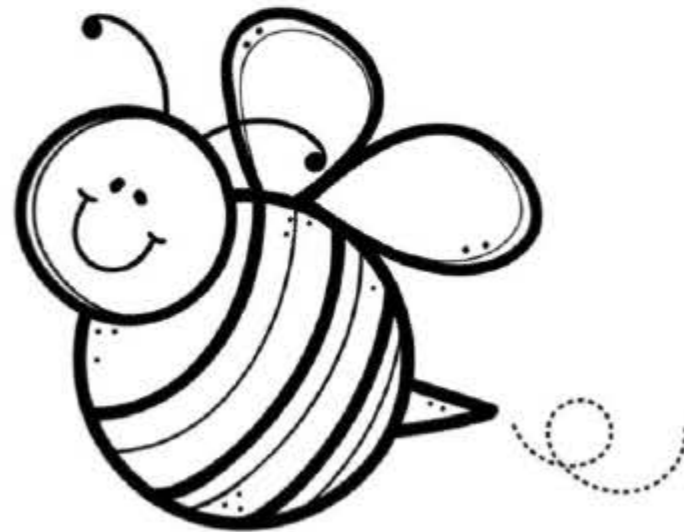
honest
hon · est (adjective)
someone who tells the truth

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.