

# How are you feeling today?

Day  
08



content    worried    sad    tired    happy    silly    scared    annoyed    angry    sick

## Self-Care Tip:

Draw a picture of your favorite place.

## Think About It:

Who is someone that you admire? Why?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Character Trait of the Day:

**curious**  
cur · i · ous (adjective)  
wanting to learn new things

How will you be curious today? \_\_\_\_\_

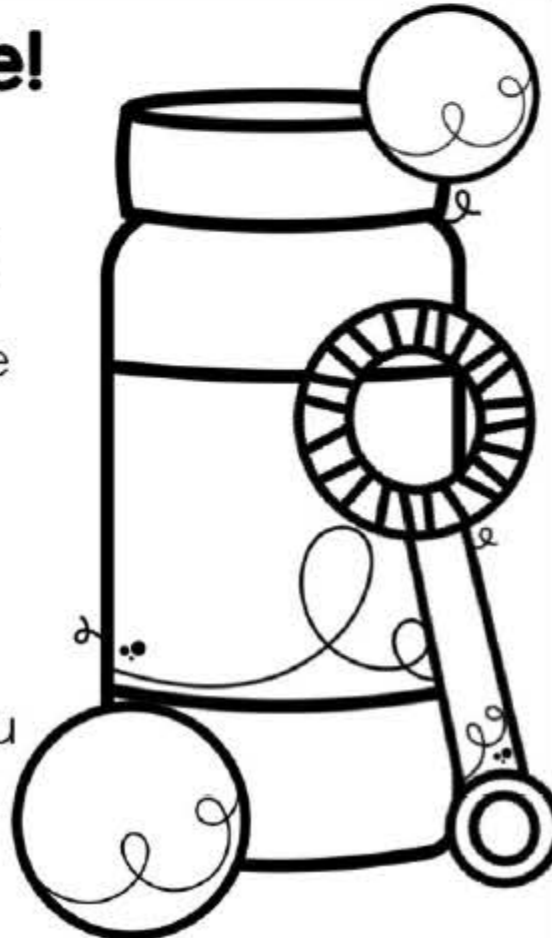
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## Try this Mindful Exercise!

### Bye Bye Bubbles

1. Put your troubles in a bubble and blow them away! Pretend you are blowing a bubble with a bubble wand.
2. As you blow out, release any worries or stressful thoughts you have.
3. Repeat.



Draw a picture of someone being curious.

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