

How are you feeling today?



content worried sad tired happy silly scared annoyed angry sick

Day 10

Self-Care Tip:

Play a game
or do a
puzzle. Have
fun!

Think About It:

What is something you could
get better at?

Character Trait of the Day:

grateful
grate · ful (adjective)
being thankful for all you have

How will you be grateful today?

Try this Mindful Exercise!

Heartbeat Jumps

1. Hold your hand on your heart and notice how your heartbeat feels.
2. Do 20 jumping jacks.
3. Place your hand on your heart again and notice how it changed.
4. Keep your hand on your heart as you feel your heartbeat slow back down.
5. Notice how you feel.



Draw a picture of someone being grateful.
