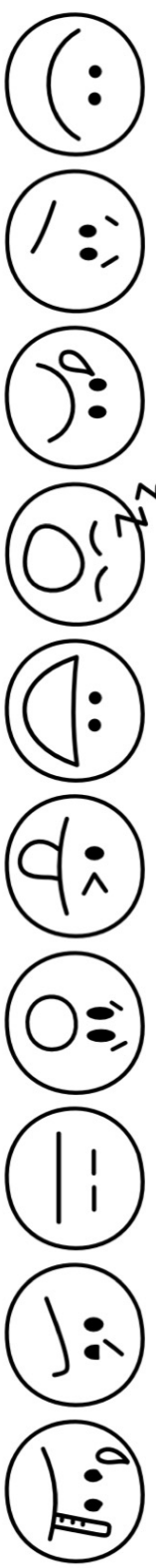


## How are you feeling today?



content   worried   sad   tired   happy   silly   scared   annoyed   angry   sick

### Self-Care Tip:

Take 10 minutes of quiet time by yourself.

### Think About It:

What makes you a great friend?

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### Character Trait of the Day:

**kind**  
kind (adjective)  
a nice or loving person

How will you be kind today?

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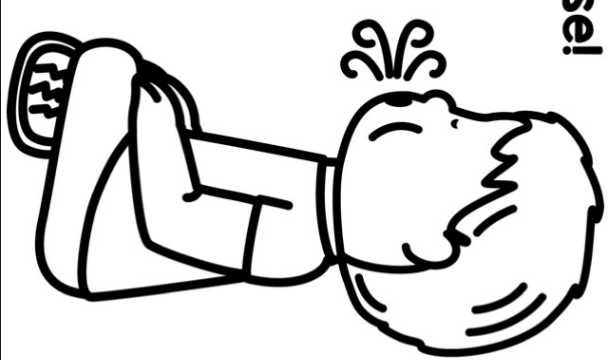
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### Try this Mindful Exercise!

#### Belly Breaths

1. Lie flat on the floor.
2. Place your hands on your belly.
3. As you breathe in, notice your hands moving up with your stomach.
4. As you breathe out, notice your hands moving down.
5. Repeat, noticing how your belly moves up and down.



Draw a picture of someone being kind.

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