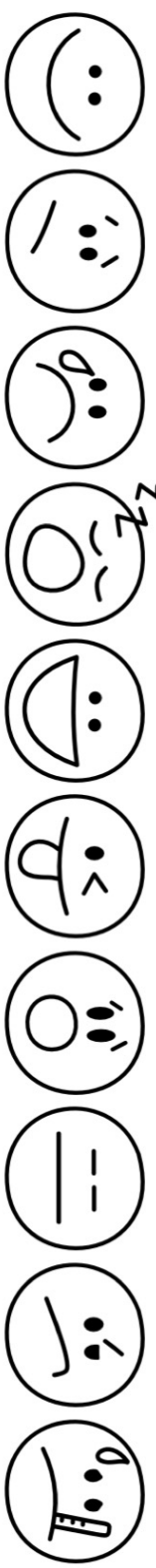


How are you feeling today?



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:

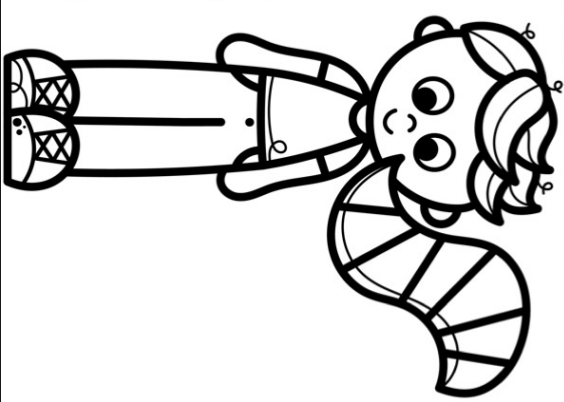
helpful
help · ful (adjective)
giving or ready to give help

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.
