

## How are you feeling today?



content   worried   sad   tired   happy   silly   scared   annoyed   angry   sick

### Self-Care Tip:

Draw a picture of yourself.

Circle the parts you love most about yourself.

### Think About It:

What makes someone a good friend?

### Character Trait of the Day:

**brave**

**brave** (adjective)

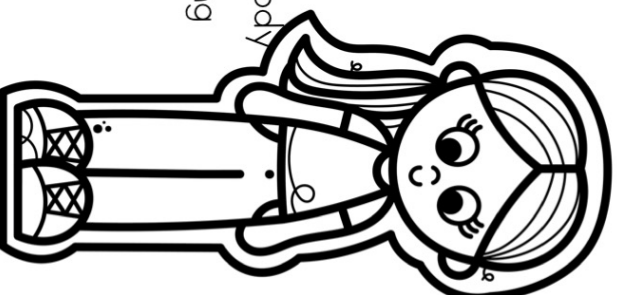
someone who is willing to do things that scare them

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

### Try this Mindful Exercise!

#### Body Scan

1. Lie down on your back with your body straight.
2. Take 3 deep breaths.
3. Starting at your toes, scan your body all the way up to your head, noticing how each part of your body feels.
4. After you get to your head, notice how your whole body feels.



Draw a picture of someone being brave.