

# How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

# Day 01

## 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?

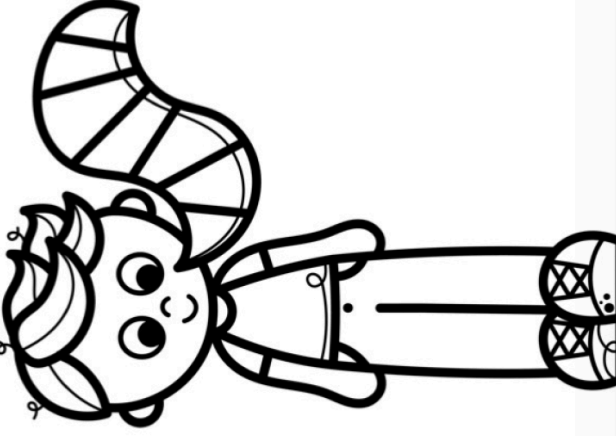
## Character Trait of the Day:

**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.