

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 02

Self-Care Tip:

Do 10 jumping jacks. Notice how your body feels after.

Think About It:

What is one thing you love about yourself?

Character Trait of the Day:

honest

hon · est (adjective)

someone who tells the truth

How will you be honest today?

Try this Mindful Exercise!

Bumble Bee Breaths



1. Take a big breath in.
2. As you breathe out, keep your mouth closed and making a humming sound with your mouth.
3. You will sound like a bumblebee! Repeat 5 times.

Draw a picture of someone being honest.