

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day Out

Self-Care Tip:

Eat a healthy snack and drink a glass of water.

Think About It:

What cheers you up when you feel upset?

Character Trait of the Day:

responsible

re · spon · si · ble (adjective)

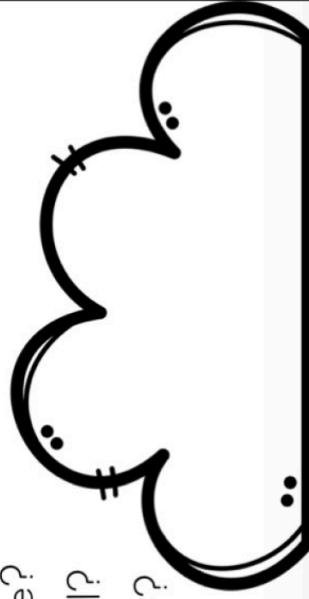
doing the things you are expected to do

How will you be responsible today?

Try this Mindful Exercise!

Floating on a Cloud

1. Imagine that you are floating on a cloud.
2. What would you see?
3. What would you feel?
4. What would you taste?
5. What would you smell?
6. What would you hear?



Draw a picture of someone being responsible.