

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 05

Self-Care Tip:

Listen to your favorite song.
 Notice your mood after.

Think About It:

What is something you wish you could do?

Character Trait of the Day:

thoughtful

thought · ful (adjective)

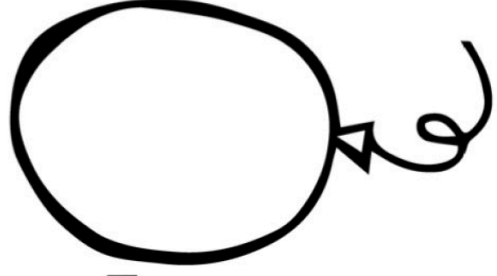
thinking about what other people want or need

How will you be thoughtful today?

Try this Mindful Exercise!

Balloon Breathing

1. Pretend you are blowing up a balloon.
2. Hold your hands in front of your mouth and blow breaths into the imaginary balloon.
3. Move them apart as your balloon gets bigger.
4. Keep them still as you take another breath in, and then blow more air into your balloon.
5. Keep going until your balloon is as big as it can be, then let the balloon go.



Draw a picture of someone being thoughtful.