

# How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

# Day 07

## Self-Care Tip:

Take a relaxing shower or bath.

## Think About It:

What is something you are afraid of? Why?

## Character Trait of the Day:

**cheerful**

**cheer · ful** (adjective)

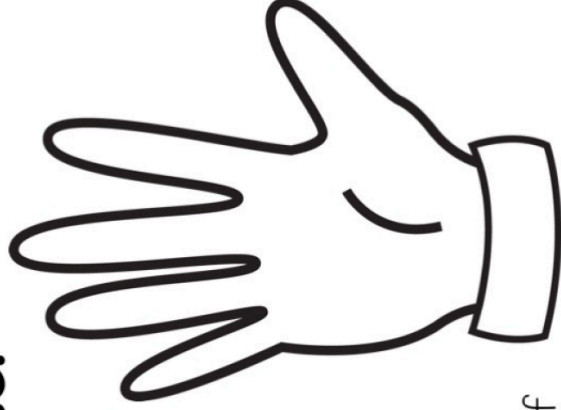
a person who is happy and brings cheer to others

How will you be cheerful today?

## Try this Mindful Exercise!

Take 5

1. Place your hand in front of you.
2. Begin tracing your fingers.
3. As you go up one finger, breathe in.
4. Breathe out as you trace down that finger.
5. Repeat until you get to the end of your hand.



Draw a picture of someone being cheerful.