

# How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

# Day 08

## Self-Care Tip:

Draw a picture of your favorite place.

## Think About It:

Who is someone that you admire? Why?

## Character Trait of the Day:

**curious**

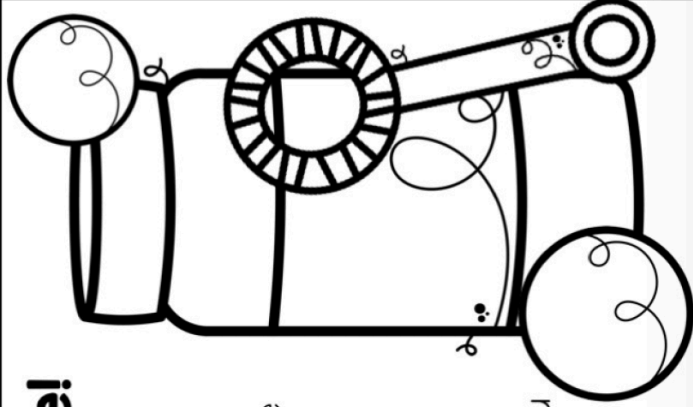
cur · i · ous (adjective)  
wanting to learn new things

How will you be curious today?

## Try this Mindful Exercise!

### Bye Bye Bubbles

1. Put your troubles in a bubble and blow them away! Pretend you are blowing a bubble with a bubble wand.
2. As you blow out, release any worries or stressful thoughts you have.
3. Repeat.



Draw a picture of someone being curious.