

# How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

# Day Ooq

## Self-Care Tip:

Go for a walk with an adult.

## Think About It:

What is a problem you have solved before?

## Character Trait of the Day:

**leader**

**lead · er** (adjective)

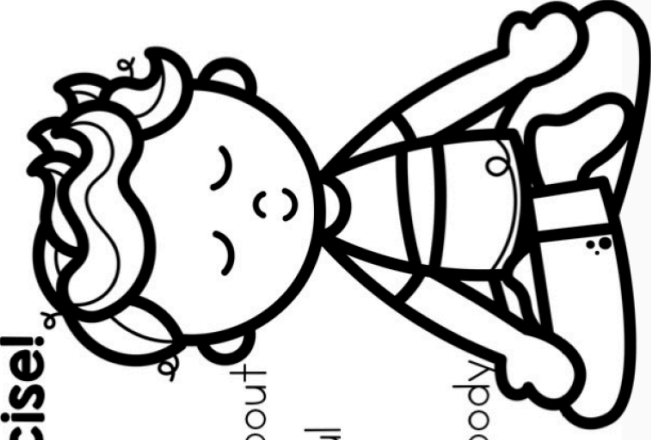
someone who leads or helps others

How will you be a leader today?

## Try this Mindful Exercise!

### Gratitude Breaths

1. Take deep breaths.
2. As you breathe in, think about something you are grateful for.
3. Breathe out and fill your body with gratitude.
4. Repeat.



Draw a picture of someone being a leader.