

Monday

Fill this box with things that make you laugh



Tuesday

TODAY'S

THE DAY!

Write down or draw some things you're going to enjoy doing today.

Wednesday

When was the last time you gave someone a compliment?

Recall some nice things people have said to you and put them in a speech bubble



Now write some ideas for compliments you could give others in these bubbles



Thursday

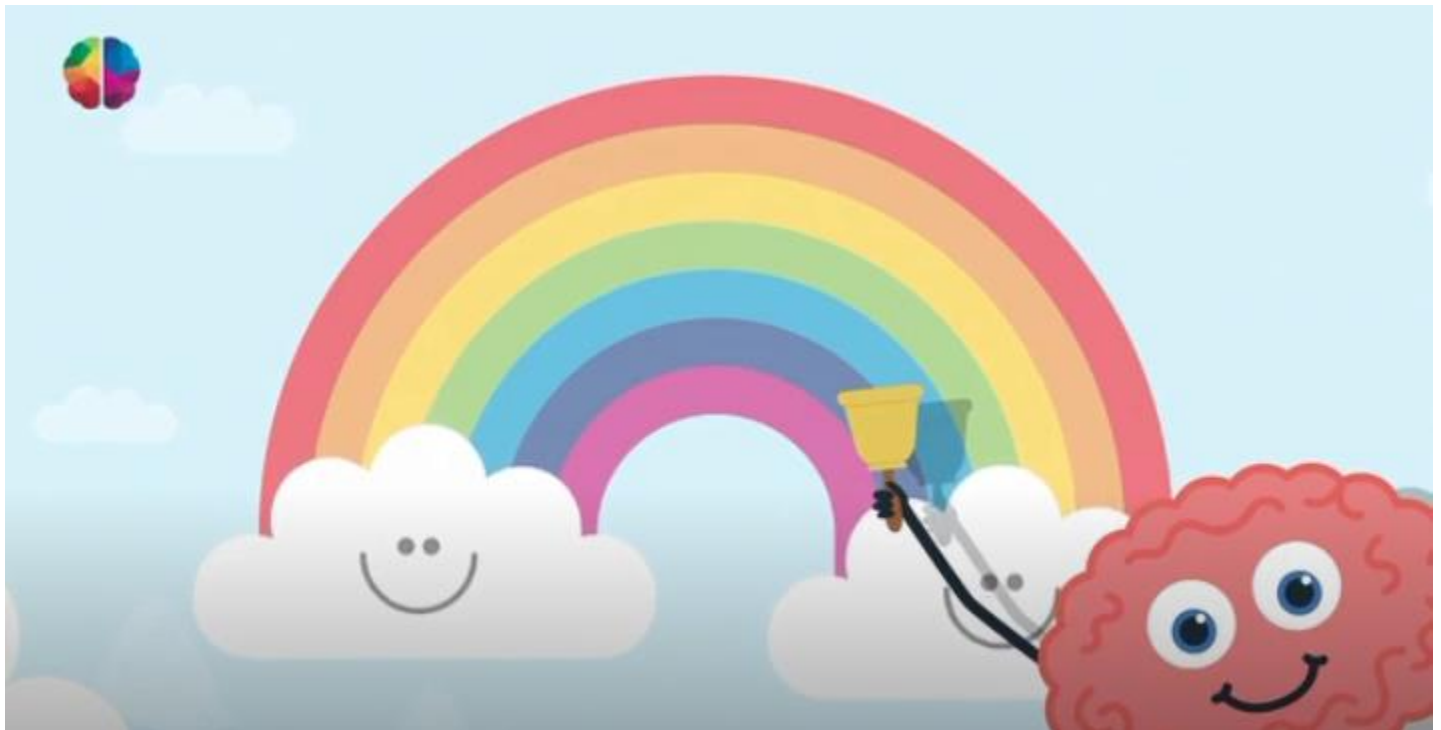
**IT'S THINK OUTSIDE THE BOX THURSDAY
COMPLETE THE PICTURE**



IT'S NOT THE NUMBER 6!

Friday

Try this rainbow breathing activity...



<https://www.youtube.com/watch?v=IlbBI-BT9c4&feature=youtu.be&fbclid=IwAR1G-uglCEhxqnjcOoFbj9b5LPo47Oe53Aul2ZRf5D3OxGgG5BXcWWydlmA>