GRATITUDES

What are three things you are grateful for and why?

1. _____ WHY? _____
2. _____ WHY? _____
3. _____ WHY? _____

DOODLE ANYTHING!

DRAW something that makes you feel happy!

Name two things you did to help someone today:

1. _____
2. _____

Connect the dots & fill in the shapes with colors that help you feel calm ♡

TRYING TO DO
BETTER
DAY BY DAY.

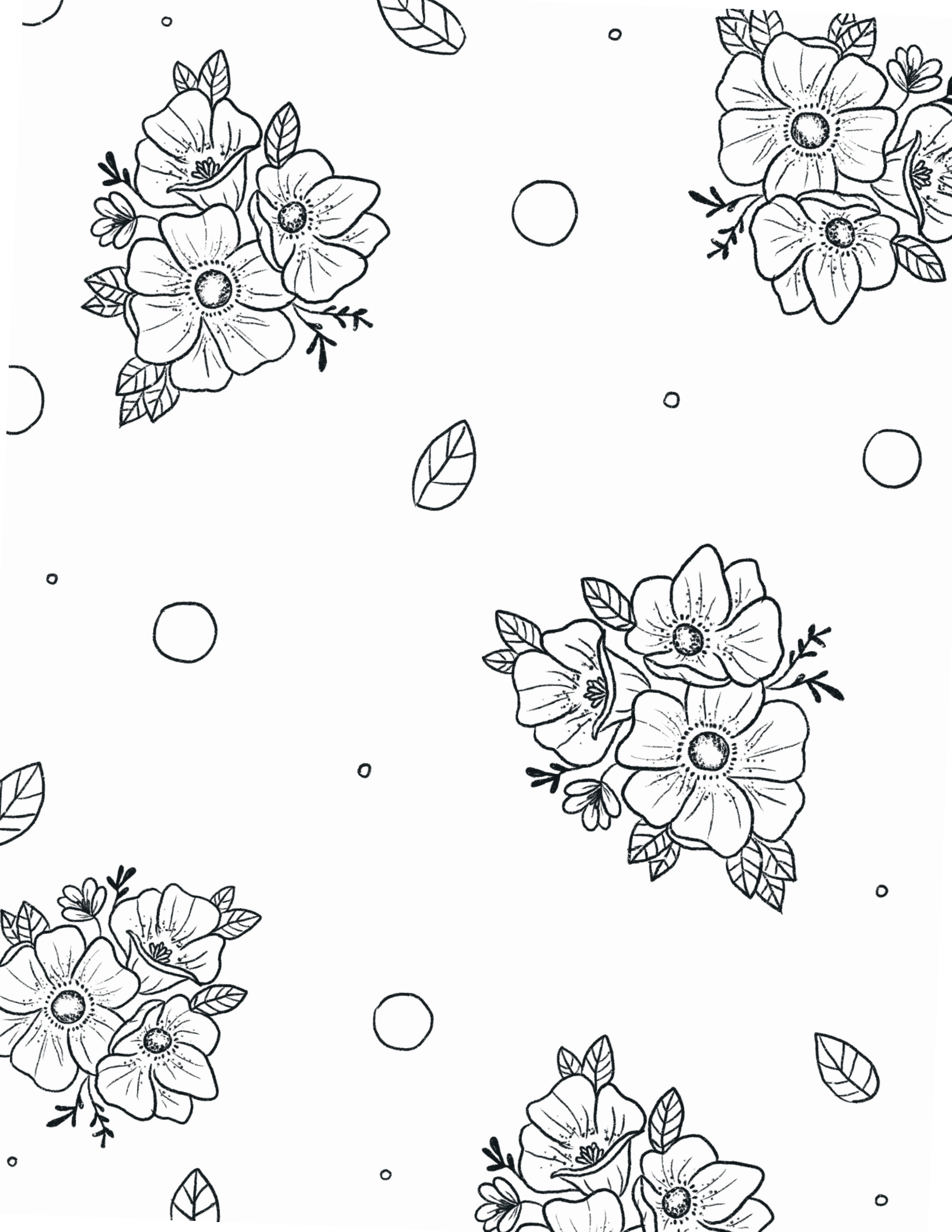
Draw (BUT DON'T PICK UP YOUR PEN(CIL))!

What did you have for lunch today? ↓

Draw the first thing you see to your left.

if you were a bug, what would you look like?

YOU♡

Draw a portrait of yourself!

IN THIS
MOMENT I'M
OKAY.