

Name:

Date:

During this activity, feel free to express yourself openly without judgment. This is a safe place for you to express your thoughts and feelings.

Please answer the following questions however you'd like. You can write as much as you want or as little as you want. There is no right or wrong answer.

How are you feeling today?

How is your body feeling?

Describe a good day.

What's something that you are looking forward to?

Write 5 or more things you are grateful for.

What's something you do for fun that brings you joy?

Describe three of your strengths.

Describe how you take care of yourself.

What's something you can give yourself?


How are you doing academically? (homework, tests, etc.)

If you could have 1 superpower, which would you choose?
And why?


Draw your favorite animal or any animal.

In this section, you can draw whatever you'd like.
It doesn't have to be perfect.

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Draw what makes you the happiest.



Draw the first thing that comes to mind.



Here you draw whatever you'd like.



