



Day 11

Journal Prompt: What makes a good friend?



Activity 1:

The sound of rain can be very calming. Make your own rain stick for times when you want to relax.

Twist some aluminum foil into a spiral and put it inside of an empty paper towel roll. Seal one end with paper, pour rice in a quarter of the way and seal the other end!

Activity 2:

Find a small plastic animal or something that can stand on its own. Grab a piece of paper and go outside. Position the object so it casts a shadow on the paper and start tracing!



CRISIS WARMLINE: 410-768-5522