



Day 14

Journal Prompt: What is your favorite season? What do you like to do during that season?



Activity 1:

Cut out 10-15 band aid shaped pieces of paper. Write things you want people to say to you when you are struggling. These could be statements, quotes, positive reminders, etc. Decorate a small box for your “mind band aids.” Pull one out when you need encouragement!

Activity 2:

Have a blind taste test for your family! Blindfold your family members and serve them small bites of different foods. See who gets the brand and food correct! (Examples: cereal, cheese, chips, crackers, soda)

When you can't control
what's happening,
challenge yourself to control
the way you are responding to
what's happening.
That's where the power is.

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