



Day 15

Journal Prompt: What do you do to relax?



Activity 1:

Create a kindness calendar for the next 7 days. Try and do something every day to help someone else. Write a brief summary what their response was after you complete the random act of kindness!
Examples: take out the trash, do the dishes, get the mail, etc.

Activity 2:

Plant a seed!
Dig up some dirt and put it in a small pot or cup. Plant a single seed from a food into the cup and watch it grow! Be sure to give it sunlight and water daily!
You can use a lemon seed, cucumber seed, pepper seed, etc.



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