



Day 18

Journal Prompt: Three things I am thankful for are....



Activity 1:

Draw a tree in the middle of a piece of paper. Draw roots on the tree and list one of your strengths on each root. Draw some leaves and list one of your weaknesses on each or things you would like to change. Remember that your roots keep you standing and your leaves can always re-grow.

Activity 2:

Learn a magic trick! All you need is a deck of cards.

Without moving your mouth to show you are counting, count out 20 cards off the top of the pack and set those 20 aside on the table in front of you.

This will be pile 2. The other pile will be pile 1.

Offer the other half of the pack (pile 1) to your spectator. Ask them to choose a card. Tell them to memorize it. Ask them to give it back to you.

Slip the card beneath pile 2 (the 20 cards you set aside at the beginning).

Place pile 2 on top of pile 1.

Turn the cards over to face you: so that you can see the front of each card.

Count from the back of the pile until you get to the 21st card. That will be your spectator's card. Ask your spectator, "Is this your card?"

They will be amazed!

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