



Day 19

Journal Prompt: If you could be any animal, what would you be? Why did you choose that animal?

Activity 1:

Make a mood tracker for the rest of the month!

Get a piece of paper and draw 13 of the same picture all over the page. Label each one a number 1-13. Pick colors for different moods (happy, sad, angry, bored, or anything else you choose)

Write down each color and mood so you don't forget! Color in one picture every day depending on how you felt that day. What mood did you experience the most? What happened differently on days you were happy versus angry or sad? How can you influence your mood?

Activity 2:

Make your own puzzle!

Find a piece of cardboard or paper and draw a picture that covers every part of the page. When you are finished, cut it out into puzzle pieces and see if you can put it back together!



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