



Day 21

Journal Prompt: If you had to get rid of all of your toys except one, which one would you keep? Why does it mean so much?



Activity 1:

Draw your personal shield. Draw a shield on a piece of paper and draw pictures, words, etc. about what makes you, you! These should be the things you love about yourself and the things that get you through the hard times! Refer to this when you need a reminder of your strength!

Activity 2:

Learn Origami!

There are step by step directions for 25 different origami creations on the link below. How many can you make come to life?!

<http://www.playideas.com/25-easy-origami-ideas-bigger-kids/>

It's OK to be a glowstick; sometimes we need to break before we shine

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