



Day 23

Journal Prompt: Who is someone in history that you want to be friends with? Why? What would you ask them?



Activity 1:

Laughter is proven to help reduce stress, change your mindset, and decrease anger! Ask your family to participate in a comedy night with you! Have everyone come up with a few jokes, grab some popcorn and see who can make you laugh!

Activity 2:

Invent a new vegetable! Draw a picture of how it would look. Describe what it tastes like and how it grows!

“And if today, all you did was hold yourself together, I’m proud of you.”

- Unknown

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