



Day 25

**Journal Prompt:** What is something you don't understand about adults?

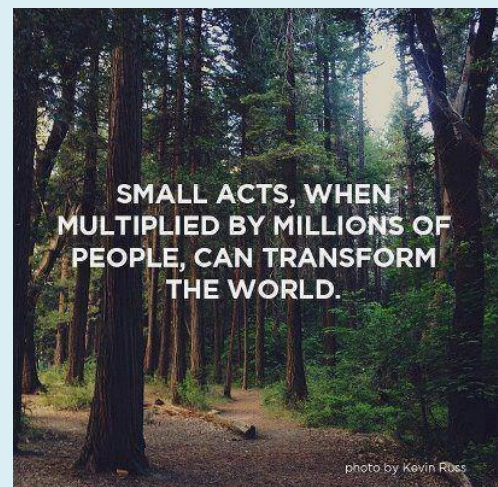


**Activity 1:**

At the top of a piece of paper, write down your biggest worry or stressor. Trace your hand on the page. Inside your hand list the things you can control related to what you wrote. Outside of your hand list the things you cannot control. How can you focus on what you can control to help ease your worry?

**Activity 2:**

Cut the middle out of a paper plate. Cut multiple red and blue stars and glue them all around the plate. Tie some string to the top of the plate and hang it on your door as a memorial day wreath!



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