



Day 27

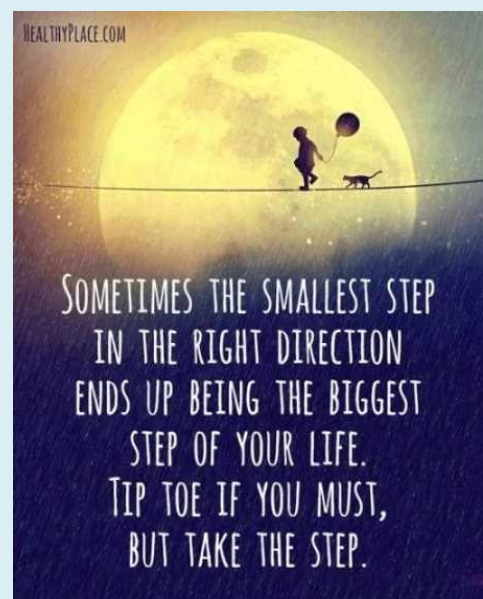
**Journal Prompt:** What is the most important instrument in a band? Why did you pick that one?

**Activity 1:**

Find a comfort item that you can carry with you. Comfort items are good when you are feeling stressed or uncomfortable. They give you a sense of familiarity and calm. Find something that makes you feel secure and confident so you can hold it in tough situations. Some things could be: a smooth rock, a fidget spinner, a button, a fabric, a piece of jewelry, or something that reminds you of your family. Be sure it is something you can easily carry at all times!

**Activity 2:**

Ask your family sit in a circle. Pick a children's book that you love and have each person read a page in a funny accent until the story is over!



**CRISIS WARMLINE: 410-768-5522**