



Day 28

Journal Prompt: If you could trade places with anyone in the world, who would you choose? Why?



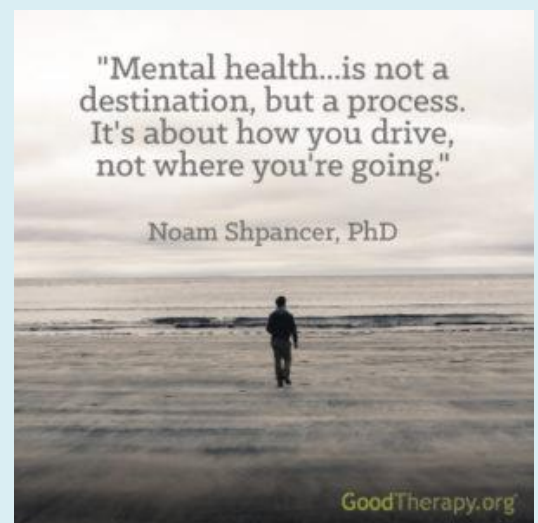
Activity 1:

10 Days to Conquer!

What is something you have always wanted to do? Start practicing every day for the next 10 days to master your new skill! This will help you with self-motivation and self-discipline which will help you with your self-esteem and confidence!

Activity 2:

Set up a few baskets at different distances away. Have anyone who wants to participate make a paper airplane (there are many different techniques online). Who can throw their plane the farthest? Whose goes the straightest?



CRISIS WARMLINE: 410-768-5522