



Day 29

Journal Prompt: If you could go on an all-expenses paid trip anywhere in the world, where would you go? Why?



Activity 1:

List 3 people in your life that you interact with daily. Have a conversation with them about what they are struggling with. How can you help relieve some of their burden? Sometimes the smallest action can make a big impact on someone else's life. What have people done for you to help you when you are having a hard time?

Activity 2:

Coloring can be very calming! Go around your house and find all of your broken crayons as well as a muffin tin. Take the paper off, cut the crayons into small pieces and fill each muffin mold with different colors. Get an adult to bake them at 275° for 7-8 minutes for new crayons!

