



Day 3

Journal Prompt: Who is your hero? Why?

Activity 1:

Controlling your breathing can help you when you are worried or have anxiety. Grab some bubbles and try to blow out slowly to make a BIG bubble. Then try to blow a lot of little bubbles in a row. You will feel your body tense up and you will run out of breath quicker. When you are feeling overwhelmed, try and use your big breaths to calm your body.

Activity 2:

Play a board game with your family! If you can't decide which one to play, put the names in a hat and pull one out!



CRISIS WARMLINE: 410-768-5522