



Day 31

**Journal Prompt:** What has this experience (the last 31 days) been like for you?



**Activity 1:**

Create your calm down toolbox. Put different things in there that will help you during difficult times. Some items could be your calm down playlist, a stress ball, crayons and paper, a fidget spinner, play doh or anything else that will take your mind off of your challenge. Be sure to use your skills you learned this month!

**Activity 2:**

Make placemats for each of your family members to make eating dinner more exciting! Draw pictures of things they like, things that remind you of them and positive words or quotes.



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