



Day 4

Journal Prompt: What is your greatest talent? How can you use this talent to help yourself or someone else?

Activity 1:

Grab paper and some colored markers/crayons. Sit back to back with a family member. Have one person draw something, and then try to describe it to the other without them seeing the picture. Do your pictures match? What could you have said differently to help the other person? This activity will help you understand how everyone processes information differently. It may take more than one try to see each other's point of view.

Activity 2:

Bake or Cook Something!
Find a new recipe or have someone teach you to make something you love!

IT'S OKAY TO FEEL UNSTABLE.
IT'S OKAY TO DISASSOCIATE.
IT'S OKAY TO HIDE FROM THE
WORLD. IT'S OKAY TO NEED HELP.
IT'S OKAY NOT TO BE OKAY.
YOUR MENTAL ILLNESS IS NOT
A PERSONAL FAILURE.

— UNKNOWN

