



# Day 6

**Journal Prompt:** 5 years from now, I will be.....

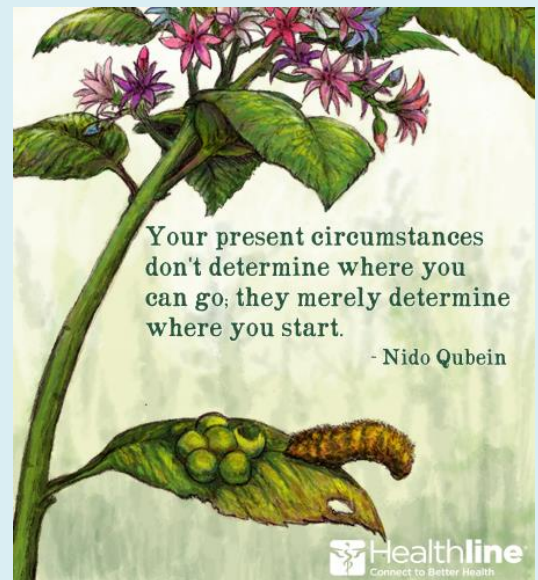


### Activity 1:

Leave all of your electronics at home and go for a walk

### Activity 2:

Make an "I Spy" bottle. Find a clear empty bottle with a lid. Fill it with small objects that you can later hunt for in the bottle. Fill the remaining space with rice. Close the bottle up and start looking!



**CRISIS WARMLINE: 410-768-5522**