



Day 7

Journal Prompt: What is your favorite thing to do?
Why?

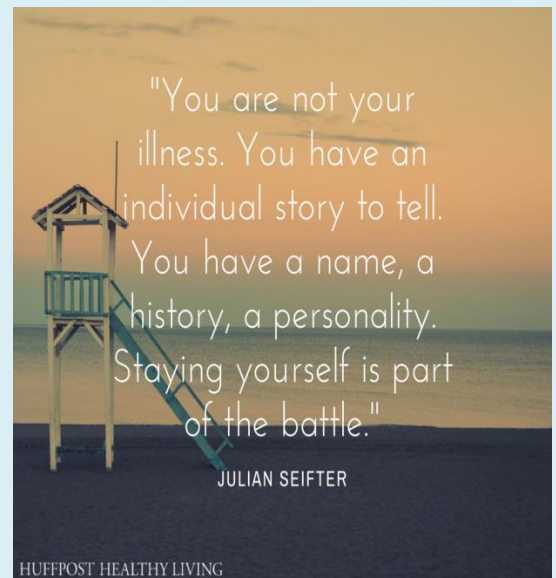


Activity 1:

Write a letter to someone!
It is so easy to stay in touch with people now, but there is nothing like taking the time to handwrite and mail a letter to someone you care about!

Activity 2:

Make a bird feeder!
Cover an empty toilet paper roll or pinecone in peanut butter and sprinkle bird food on it.
Birds like to eat: seeds, cooked pasta, raisins and apples



CRISIS WARMLINE: 410-768-5522