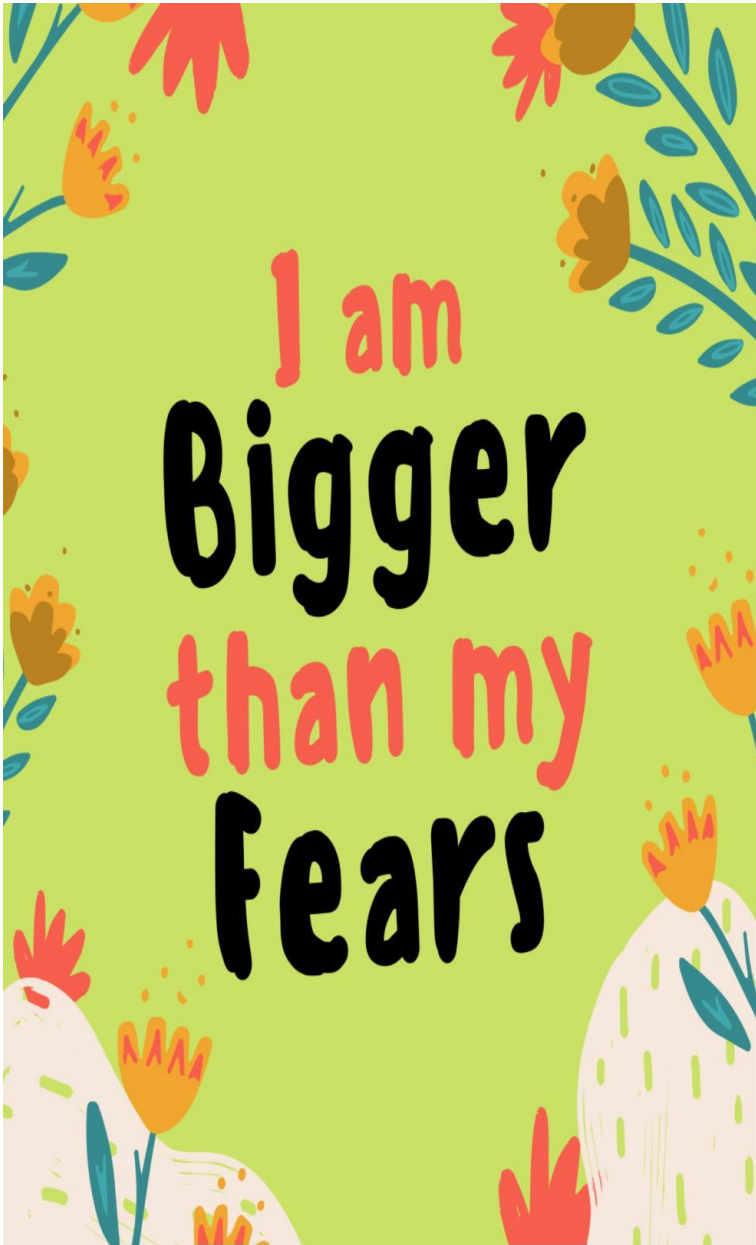
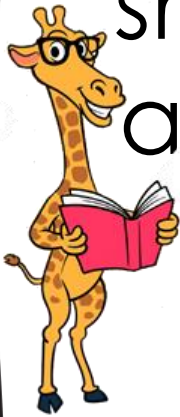


Self- esteem



I am
Bigger
than my
fears

People will
hate you,
rate you,
shake you,
and break
you.



But how
strong you
are is what
makes you!

Puzzle #1

SEA ANIMAL WORD SCRAMBLE

ABCR

HSFI

ESLA

COTOSUP

RSHAK

RESSAEHO

AULWSR

HSFASITR

LWHEA

EPIUNGN

FEJSLLYIH


IUQDS

Date : _____

My Feelings



Today I'm Grateful For



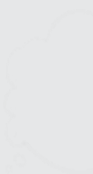
Best Thing Happened Today



People I'm Grateful To



My Reflection



Things I Learned Today

Things Look Forward To

Puzzle #2

WINTER WORD SCRAMBLE

OOTS

TACO

LCOD

THA

CEI

WONS

RWNEIT

DSLE

KLNEBTA

PCA

HLCIL

EMCEBEDR

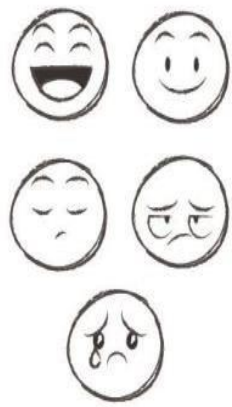
DATE ____/____/____ (SUN) (MON) (TUE) (WED) (THU) (FRI) (SAT)

I AM THANKFUL FOR TODAY BECAUSE:

1. _____
2. _____
3. _____

SOMEONE WHO I THANKED TODAY:

EMOTIONS



ACT OF GRATITUDE
