What do you do for self-care?
Look out your door or window. What is something outside you're grateful for?
MAKE A LIST OF ALL THE WAYS YOU ARE HEALTHY.
WHAT IS YOUR FAVORITE MEMORY FROM GIRL SCOUTS?
Write or draw something good that happened to you today.
JOURNAL ABOUT A TIME YOU WERE ABLE TO HELP SOMEONE.

Draw an emoji that shows how you felt when you helped someone.