

Fun fact: Just looking at something pretty for 2 minutes will boost your mood!

My Mood is so Managed!

Singing a song can make you happier!

Self care is important!

Moment of MINDFULNESS



Take a moment to go outside.

← Focus your attention on your nose.

So silly! Take a nice, deep breath in through your nose.



Notice how the air feels as it passes through your nose.

Is the air warm or cool?

Is it moist or dry? What smells do you notice?

How many smells can you name?

Focus on your sense of smell as you take 5 deep breaths.



Sorry ants!

What ADVICE would I give to Others who are Quarantined right now?

What is ONE fun thing I can do today?

What things in my day to day environment bring me joy?

What did the 0 say to the 8?



Hey dude! Nice Belt!

With whom can I share my JOY?

TONIGHT go look at the

Try to learn something every day.



Today's useless fact:

The opposite sides of a die will always equal 7

Robert Wolf IMFT

