

Choose three e	emotions to des	cribe how you a	re feeling?
••••••	•••••	••••••	
Choose two th	ings you are tha	nkful for?	AR.
••••••	••••••		
Choose one th	ing to smile abo	ut today?	
••••••	••••••		My brain squiggle, why not do your own brain squiggle
Write freely below, empty your mind below			
•••••	•••••••••••	•••••	