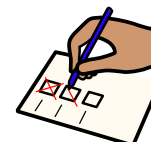
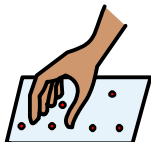
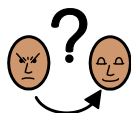




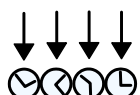
-



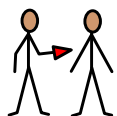
Challenges - choose a challenge to complete



What makes you feel calm and happy?



Make a wellness routine.



You

could



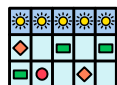
write

or

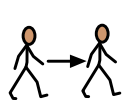


draw

a



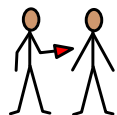
schedule



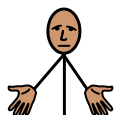
to follow



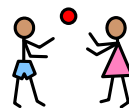
when



you



need it.



Play



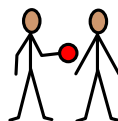
a board game

with

someone



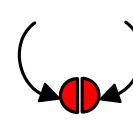
in



your



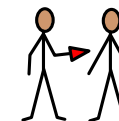
house.



Make



sure



you

are



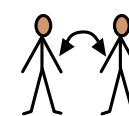
taking turns

and



listening

to



each other.