



**WRITE A LETTER TO
SOMEONE YOU LOVE.
THIS CAN ALSO BE
YOURSELF!**

make yourself comfy &
put on your favourite
music.

How does it make you
feel?

A photograph of a sky with a mix of white and orange clouds, suggesting either sunrise or sunset. The clouds are wispy and scattered across a deep blue background.

Stop 5
minutes &
listen.
What do
you hear?

What are
you thankful
for?
Make a list.
Name at
least 10
things.



A photograph of a snowy landscape. In the foreground, a person is sitting on a large, snow-covered rock. The background features several snow-laden evergreen trees of varying sizes. The sky is overcast with a light blue-grey hue.

Grab pen & paper,
draw with your
left/right hand.

What do you
discover?