



DBHDD

# Red Ribbon 365's

## RELAXATION STATION

For Elementary School Scholars



These self-guided activities are designed for scholars to complete independently or with a friend or family member. They were created to provide opportunities to reflect and relax. We hope you will enjoy them!

**~The DBHDD Team**



**D·B·H·D·D**

Georgia Department  
of Behavioral Health &  
Developmental Disabilities





# All About Me!

Write and illustrate all about you!

My name is \_\_\_\_\_

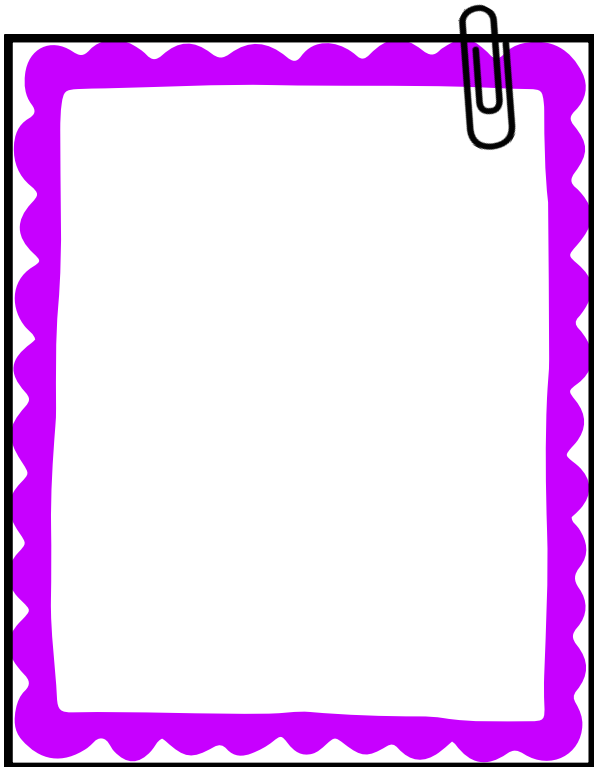
\_\_\_\_\_



My birthday:

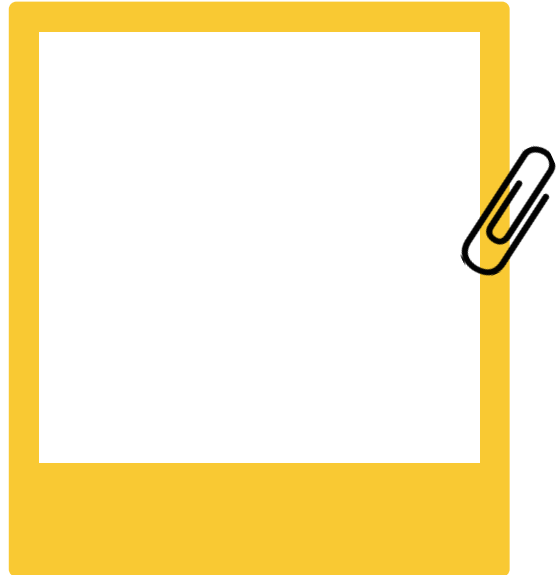
\_\_\_\_\_

I am \_\_\_\_\_ years old.



This is a picture of my family

This is a picture of me!



I live in \_\_\_\_\_

My favorite color is \_\_\_\_\_

My favorite pet is \_\_\_\_\_

My favorite food is \_\_\_\_\_





# Coloring Fun!

Choose your favorite colors to complete this picture.







# Planning to Be My Best Self!

Write and illustrate all about your goals!

## Behavior Goals

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## School Goals

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## Actions to Take

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## Actions to Take

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# The Perfect Summer Picnic Word Search

Find the words given in the word bank.

B P L V N Y O U J H C B A S K E T D B R C O E U Q  
A S C T S I V Y H N B X D E W N L H X S C I X V Q  
L Z O W L B S C X Q T V H E Q P K E V J Y B F X S  
L I O O J W S K O J U O U I Z G F B V S H V T U L  
S Y K H A L P C L R Q H F I J B N F F E P V R H R  
K N I A I L M X C E E R W L F C H Y D B Z B B L U  
B R E Y H M I W G N P V T T G C V J U P S P Z Y L  
J D S S K U P G R A P E S C Z C D O B L A N K E T  
Z Z J V U H A V N D G A H H C N P M K G K Z W M H  
X I S P O O N V R A V S A N D W I C H Y Z H I X N  
H Z L U N L D X P Y P E J O I Z E K S T A N M J E  
I N K Q C U P S N J Q K W S Y R T J R C I S V L U  
M Y X M N Y D K H J S G I D X S E E Y Q Z R N U S  
B K J C Z S P U Z N Z O Q N Q F X V R C O H O U Q  
S P L M S U N L A Y L H Z R S O D G Q E K D I P T  
F X Y M N B P T A Q F V K V C R N Y F J D H M C P  
Z P P E L I C E T T Z O E P M K C O L J Z R A S C  
F Z O Z C H I P S U E U K R P S R N T L S P Z Y L  
J O P E J A Y Y L W R S B E E B V V D U R Y M H Z  
C J N A B E F T C P I F E Q E N N B O H F V I D X

## Word Bank

Sandwich

Balls

Plates

Forks

Napkins

Cookies

Cups

Spoon

Blanket

Basket

Grapes

Chips



# Planning to Be My Best Self!

Write and illustrate all about your goals!

## Family Goals

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## Health Goals

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## Actions to Take

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## Actions to Take

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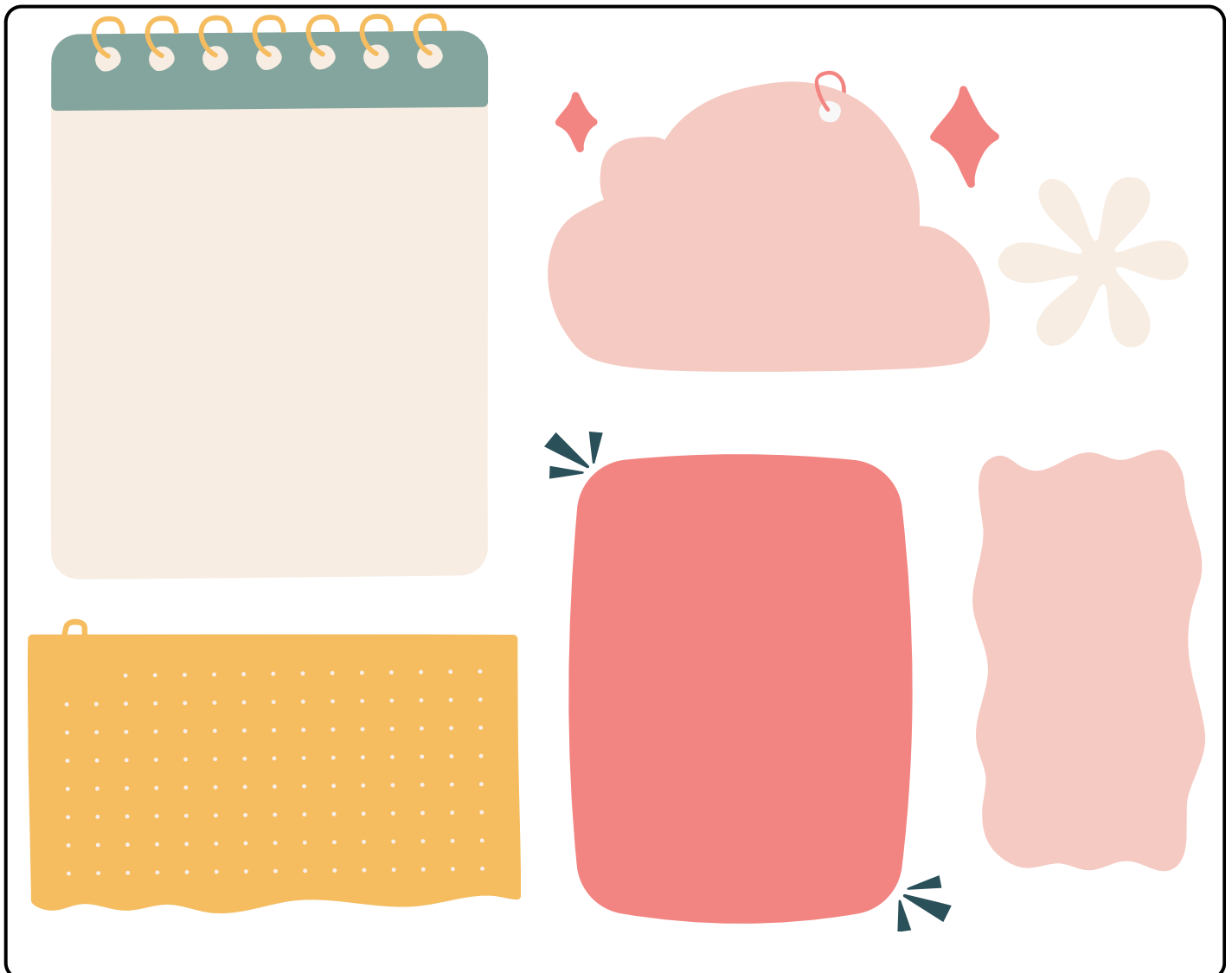


## See It Clearly

Find pictures related to your goals and place them on a poster board. Be as creative as you can be. You can also add pictures or words. Place your board somewhere close to keep you focused.

### Materials Needed:

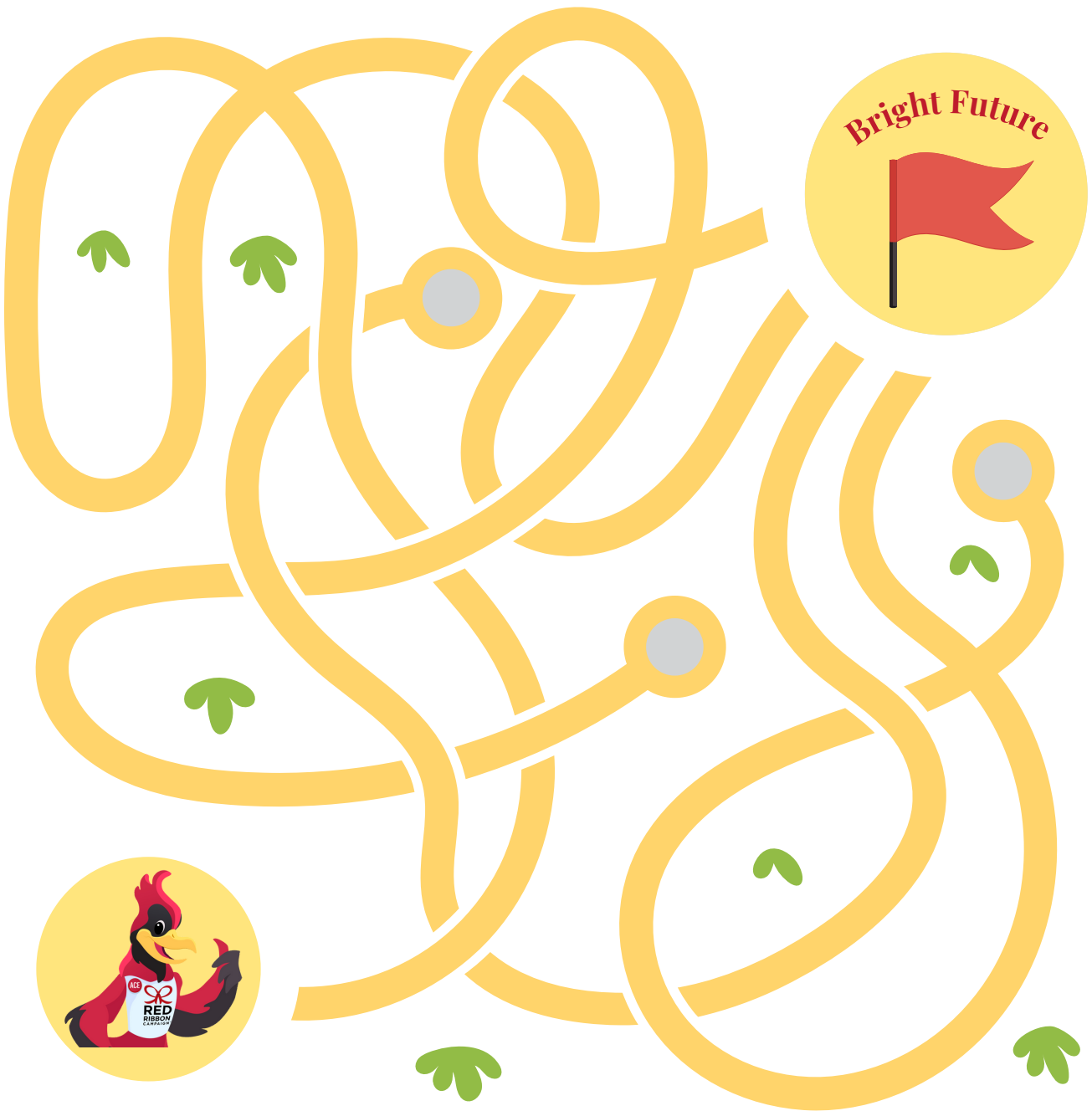
- Glue
- Scissors
- Poster board
- Magazine
- Internet images





# Future Maze Fun!

Help Ace find his bright future!





## Tea Time

Make a cup of your favorite hot beverage. While you are enjoying it, take some time to create an acrostic poem highlighting some words that describe you. Use the poem below as an example.

You can also do this using the letters from a loved one's name to let them know what you think of them. You may even want to create a video message to share your message with that special person!

**T**alented

**I**ncredible

**N**eat

**A**dventurous



# Tea Time



Make a cup of your favorite hot beverage. While you are enjoying it, take some time to create an acrostic poem highlighting some words that describe you.

You can also do this using the letters from a loved one's name to let them know what you think of them. You may even want to create a video message to share your message with that special person!





## Sudoku 6x6

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

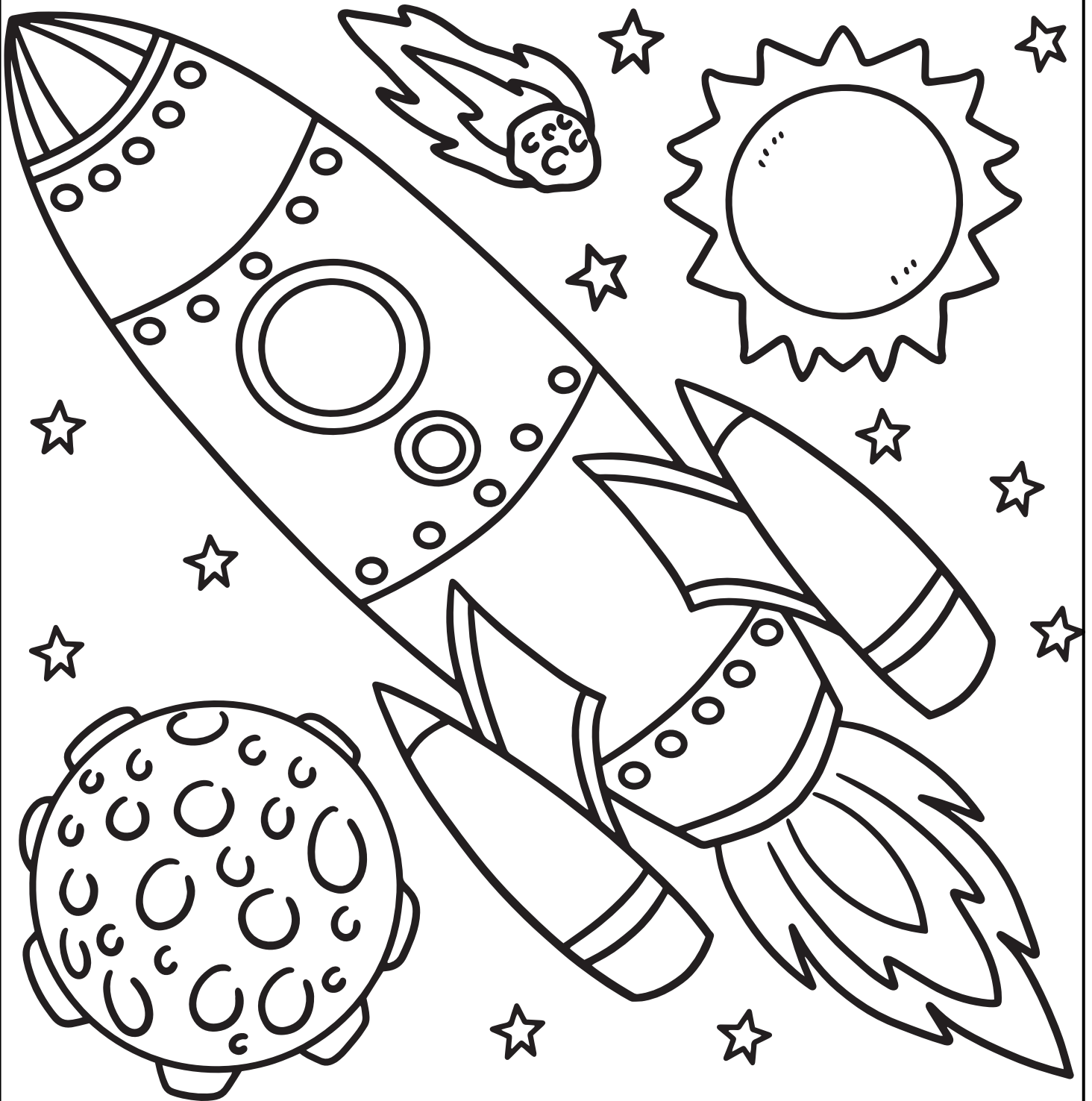
	6		2		
2	5			6	
3	2	4	5	1	6
	1	6	3	2	
	4			3	
6	3	2		4	5





# Coloring Fun!

Choose your favorite colors to complete this picture.



# Take 5!



August 15th is International Relaxation Day, but it is a great idea to make relaxation a part of your daily routine! Choose five yoga poses from the image below. Hold each pose for one minute each. It's okay if you wobble or it isn't perfect! The more you practice, the easier it will become! Do this as many times as possible throughout the month. You can try the same poses repeatedly or you can try new ones to discover which are your favorites. Do it alone or with a friend or family member.

August

15

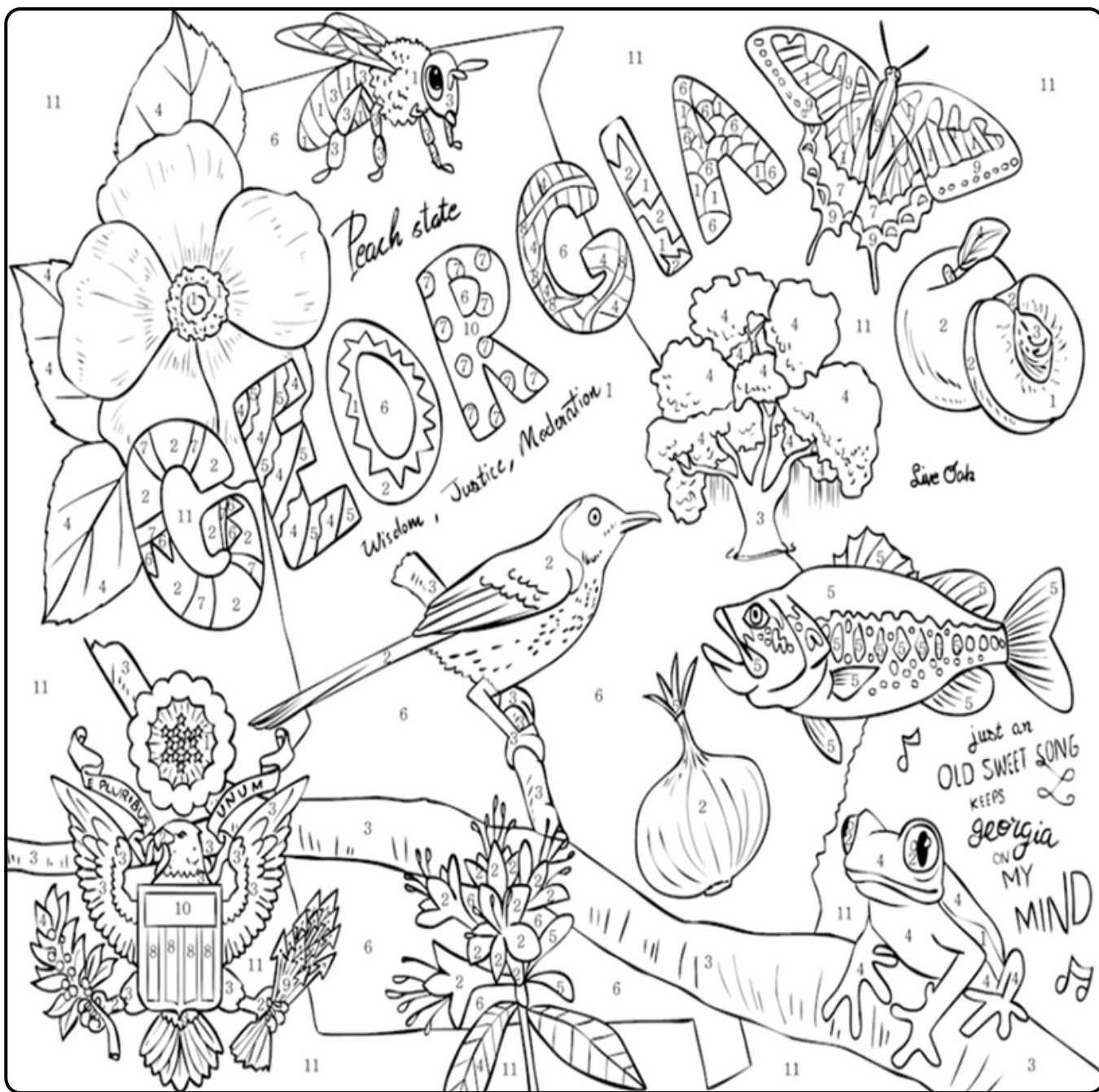


# Color by Number



Have you ever wondered why you spent so much time coloring when you were younger? Coloring is one of the most calming and relaxing things you can do! It's no wonder Kindergarten teachers have their students color. Many adults also use coloring as a form of relaxation and therapy. Use the code provided (or choose your favorite colors) to complete this picture. Learn more about some of the things that represent our great state of Georgia at the same time!

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11





## What's in a Friend Word Search

Find the words given in the word bank.

K R O D T F K J X Y R L W M D D M H B G Q P T V Q  
G S M C M A O M B K G G C A Q L A J B H O N E S T  
C J F N A C K L T K R H I Q O Y S E Y D Z V N L K  
C M N S Y C Z A S Y C T R K Y D G H E L O Y A L B  
O X G B W E T H T V G R F R E S P E C T F U L W K  
N Z F B O P Y Y E R R E X S Q Y G U V I U E Y Z G  
S J C R W T W U B I U G N K U R Y J Z T R B D M G  
I L A M U I A L G P L S T E E P B P V G D Q O V C  
D U T B J N E W N V O M T E R S P N B E Q M U Y V  
E H R Y G G Y M D E H S E W D O J O V I D S W I P  
R N P U Y K O C P G P T I I O J U P R I G R O X Z  
A L E P P U X R E A L P C T J R O S Y T D S Q Y E  
T N P A A A B G Y Y T J H C I C T N N O I R U I M  
E T J I B A T O M N V H R Y T V Z H B A S V Q S I  
S E U X K Q U I A P P G E S Q G E A Y C I W E V V  
Z B G K I Z P A E S V G V T Y O H B B M F Q M Q X  
Q U W E N K L Y D N P N B R I K U W A H A M Z B U  
D H N D D V R E Z J T K F B W C E D K U U I I L L  
T Q R S C Q F Q U L B D V S M I W Z T I H N M N M  
J N N C U F A R O S K F I Y I F G F C J U M Q W J

### Word Bank

Trustworthy

Respectful

Generous

Considerate

Supportive

Positive

Empathetic

Accepting

Loyal

Kind

Patient

Honest





# The Perfect Summer Picnic



## PERFECT SUMMER PICNIC











# The Perfect Summer Picnic

- The Perfect Summer Picnic can happen anytime! Plan it!
  - Create a menu of foods and beverages that includes something each guest will enjoy.
  - Think of at least one activity or game that allows you to connect without using your cell phones.
- Once you have all the details, create a personal (written or recorded) invitation to see who can join you.



**Here's a checklist to make sure you include everything needed for the perfect picnic!**

- Location, date and time 
- Food and beverage menu 
- Picnic supplies (basket, paper towels, cups, etc.) 
- Items for setup (blankets, pillows, chairs, etc.) 
- Games/Equipment 
- Invitation 



# The Perfect Summer Picnic.

Location / Date / Time

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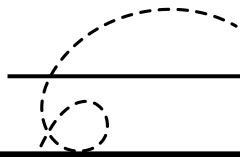
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Items for setup

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Games/Ideas

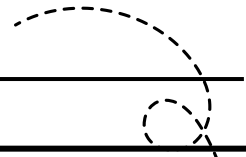
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Picnic Supplies

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# Summer Picnic Planning

## Food and Beverages Menu

Menu

## Invitation





# My Emotions

Write your name on the line to complete the title above. Keep track of how you feel for a week.

-----'s face

Sun



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Happy

Mon



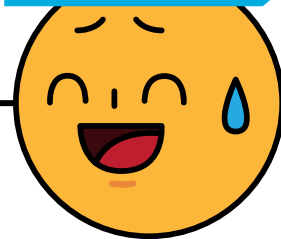
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Cool

Tue



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Excited

Wed



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Angry

Thu



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Sad

Fri



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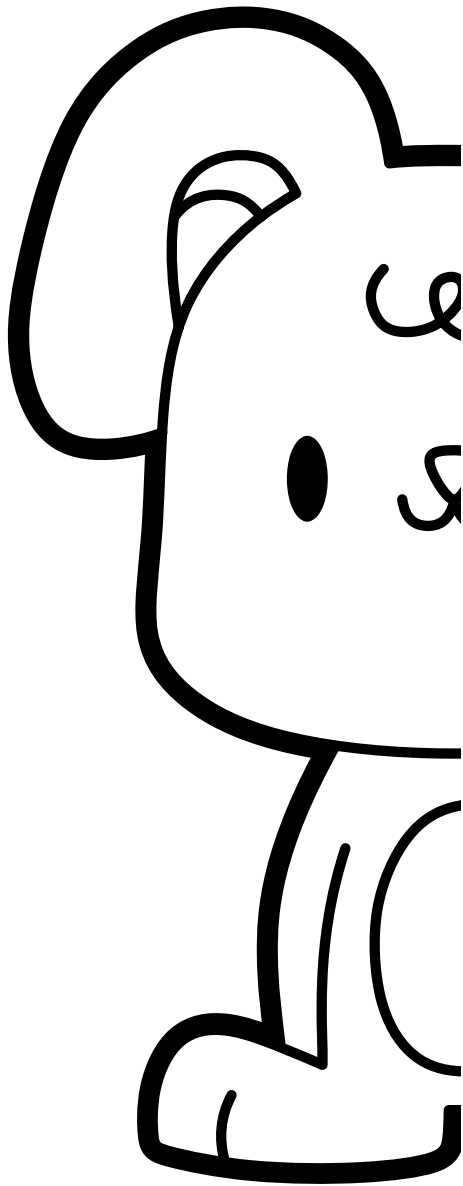
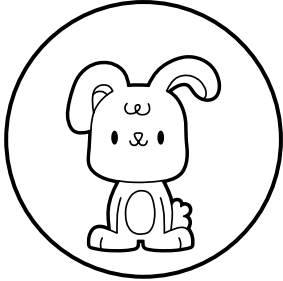
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Silly



# Draw and Color

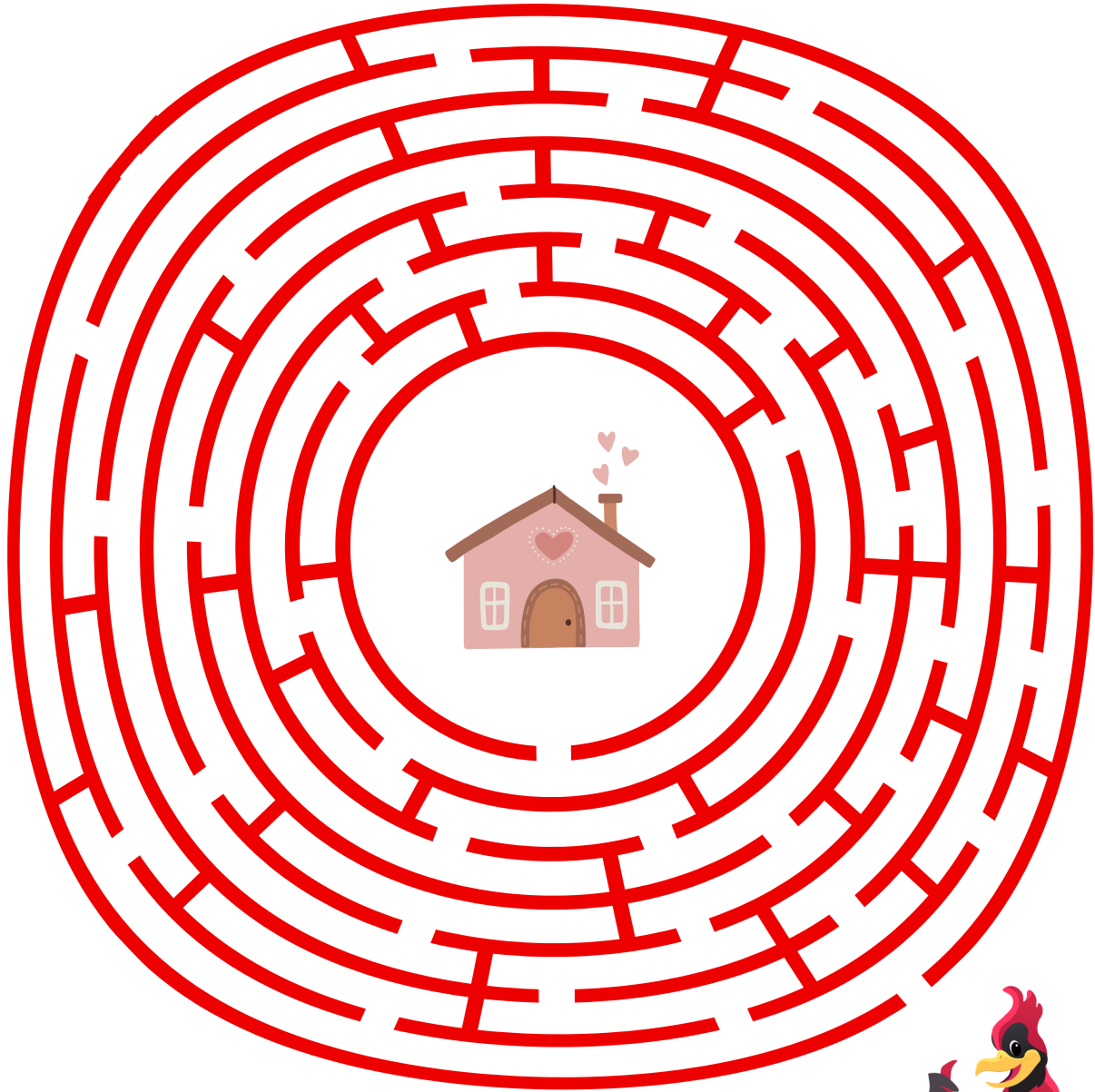
Draw and color the other half of the picture.





# Home Maze Fun!

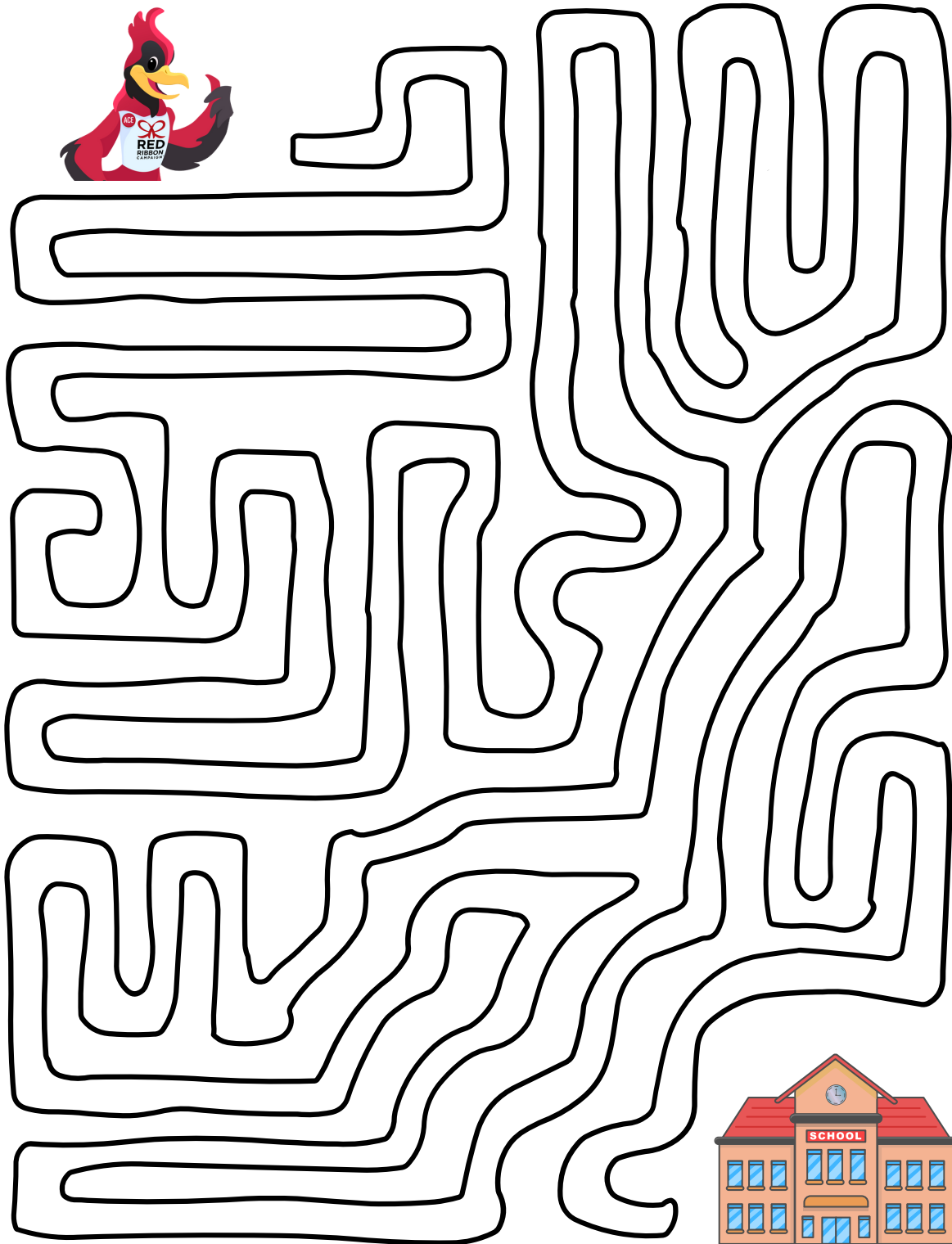
Ace has dreams of having a nice home. He can have it with your help!





# School Maze Fun!

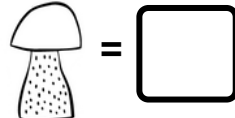
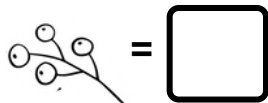
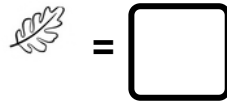
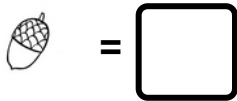
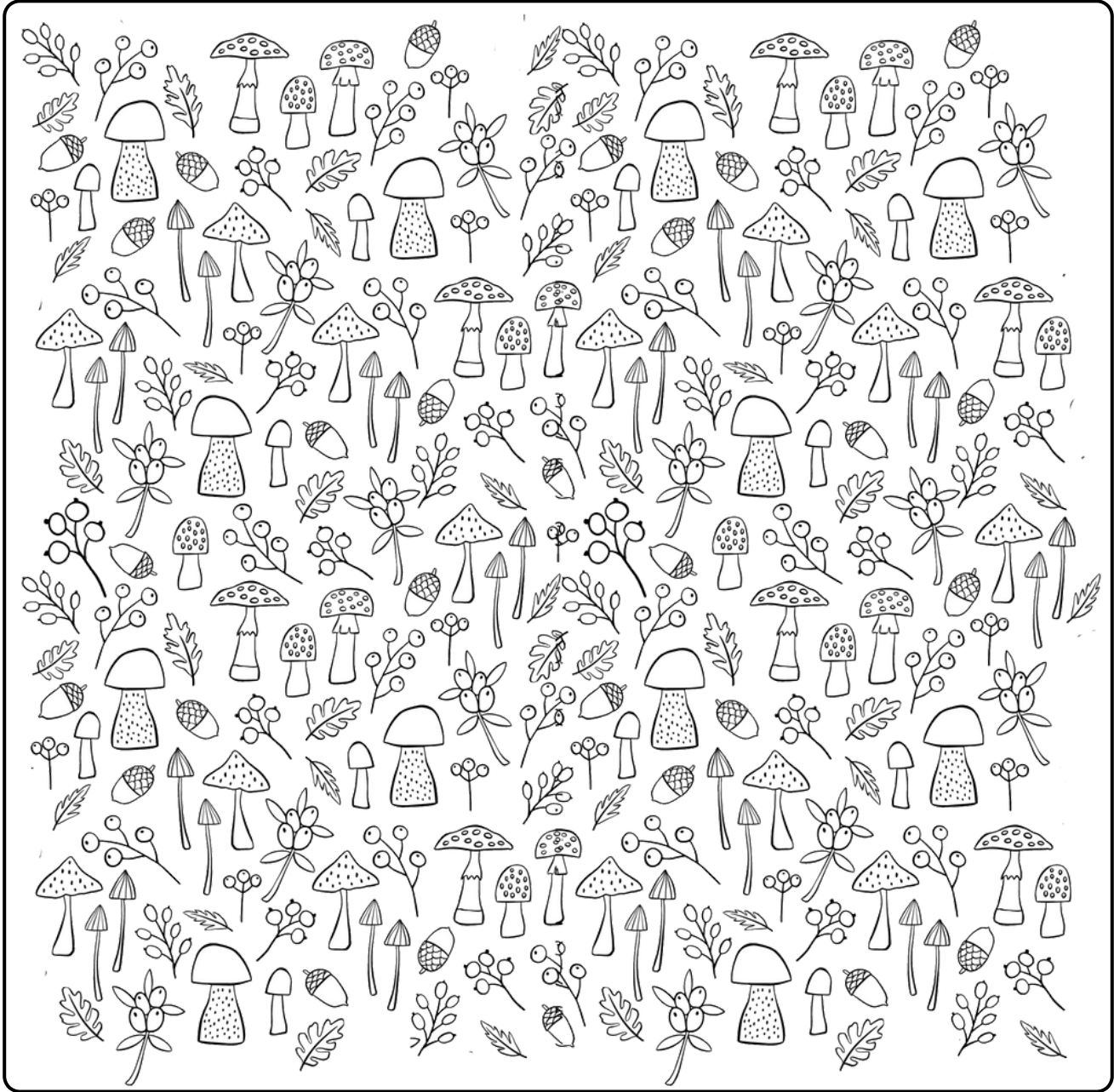
Help Ace find his way to school.





# A Rainforest Trip I Spy

Look at the images at the bottom of the page. How many of each can you spy?





# The Perfect Summer Picnic Word Search

Find the words given in the word bank.

R F G N K T D V A R S A N D W I C H A B N T V L S  
D O O M F H J M N L A U M A U P G O W D L P G X I  
Z H L E J Y D V D R Z K N Q G Y G R I N S E C T S  
O Z S T V B L G M Z B Q J O C Q N R A A P P G Q U  
V B D N E D N P J B N N C S A N Z A A Q D S Q H U  
W K A Z N J M N H N R Q H U R B D D P S S B M P C  
I U V S J I R S W D H U J S D M I L E K S B V W N  
W R R Q K K B U K M H N E N S R O Z Q P I Z B H T  
W K X J N E G Z E S W A T E R M E L O N L N H D X  
O K X B Z H T P G F B X K F O U U X J D G A S N I  
A R X D O B A L L S L U D P J J M C W F M O T O O  
M X Q I G S Q C O D A A T H C Z S H U Z Q H L E A  
W D X R R G H H E Z N F H U Q R I W T P B V Q Y S  
A K F I A H M H L W K H Y U X Q G L S K S L T E E  
Y P O J P W C V H Z E T Y J O S W N Q C A G M I O  
V X R L E W U L J Q T U H Y V K P E V Z V A D P Q  
R Y K H S H K M F P R Q P R I Z B O F K K M K V O  
Y X V N H B T V M B J V U O L W F C O H F E Z M Z  
P O B Q K D E S S E R T L N D S V B N N O S S B I  
B P W V R I K J T F R T V J O G B V L F R O C A J

## Word Bank

Balls	Blanket	Dessert	Basket
Watermelon	Cups	Fork	Spoon
Sandwich	Insects	Plates	Grass
Napkins	Games	Grapes	Cards



# My LifeLine

A lifeline is something used to escape difficult situations. Think of the people you interact with daily. How are they a part of your lifeline? Who might you need to consider adding to your lifeline during challenging times?

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# Draw and Color

Draw and color the other half of the picture.

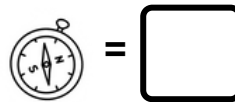
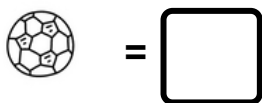
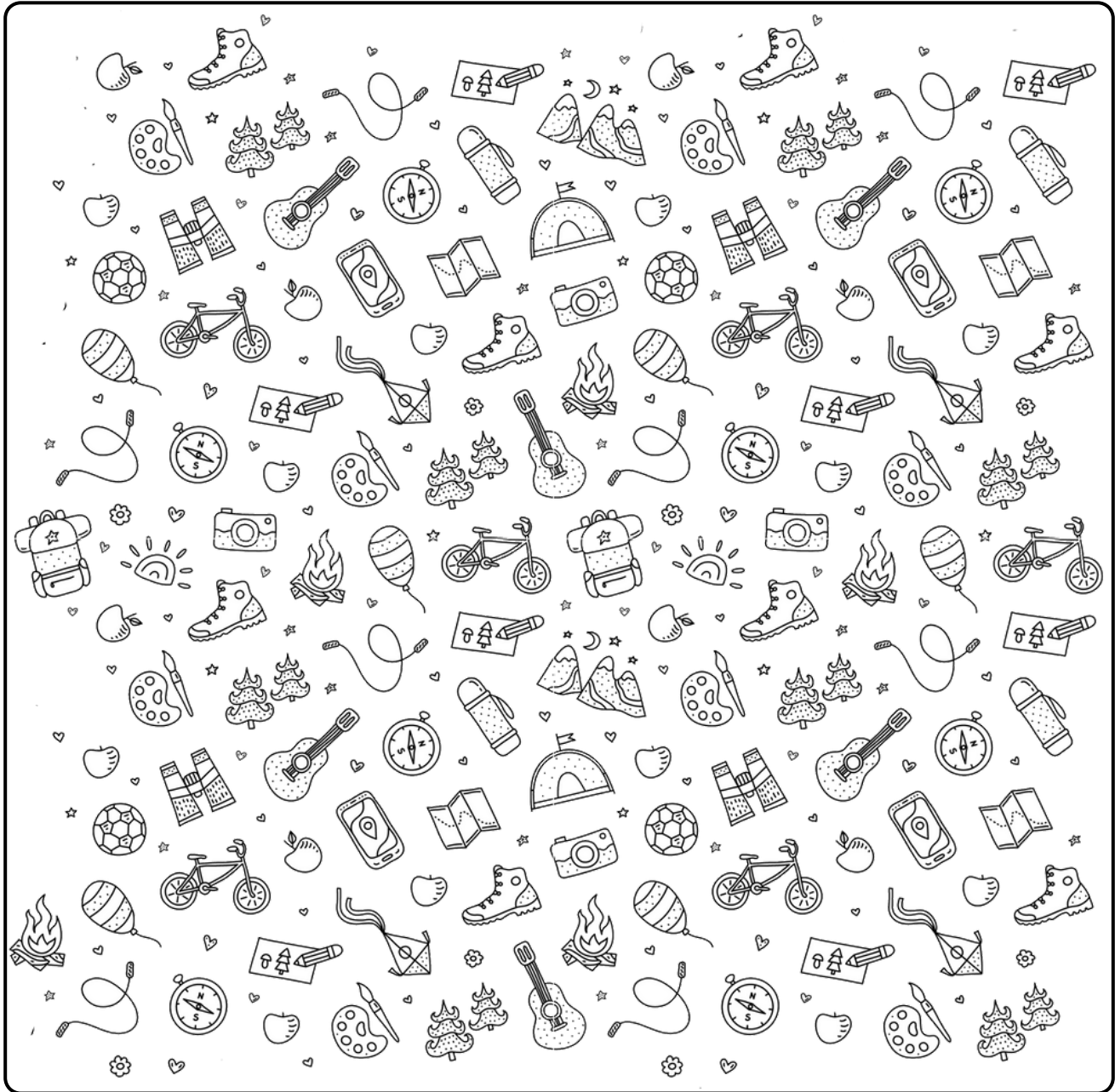






# A Safari Trip I Spy

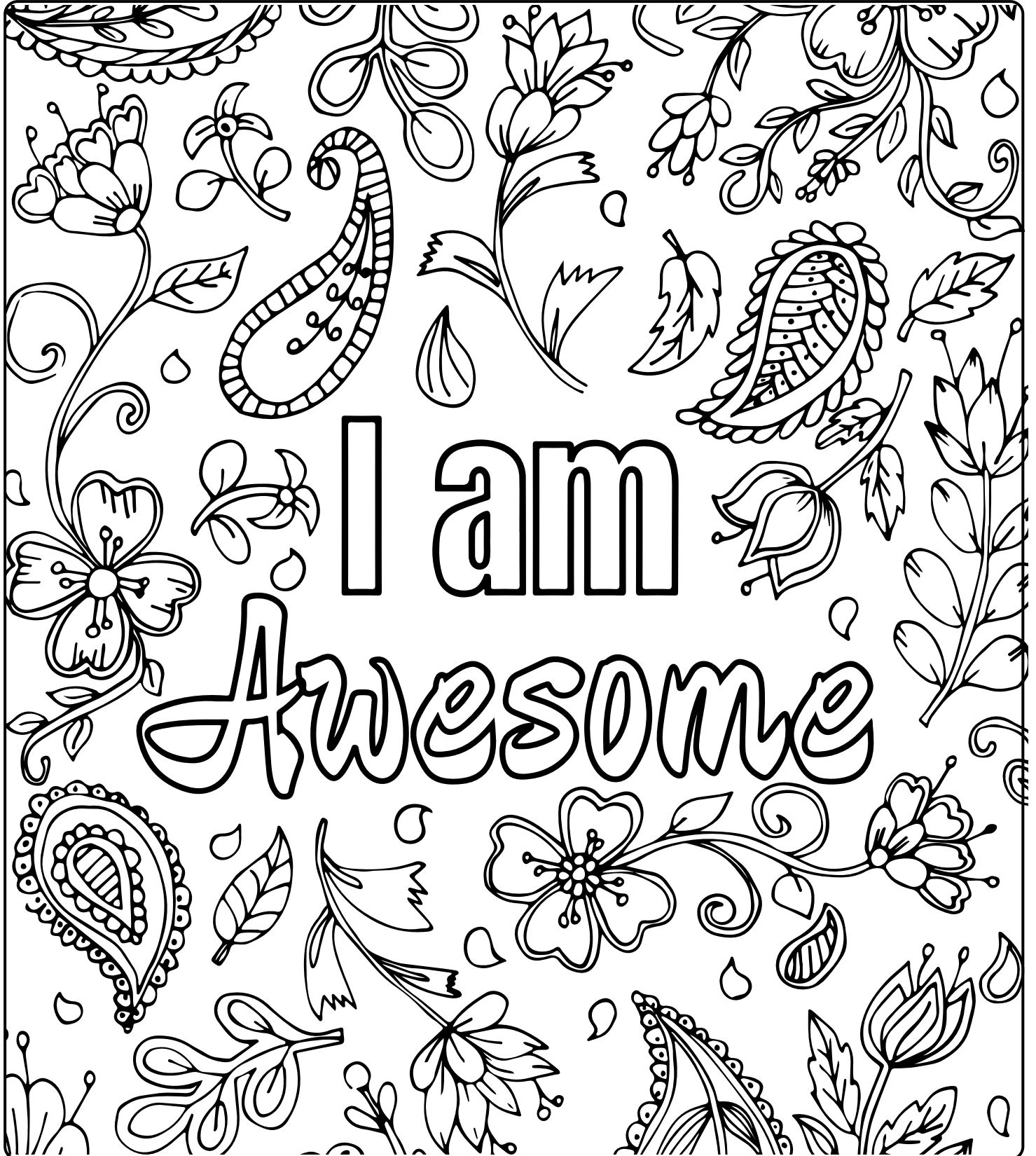
Look at the images at the bottom of the page. How many of each can you spy?





## Coloring Fun!

Choose your favorite colors to complete this picture.





# Peace Maze Fun!

Help Ace find his peace!





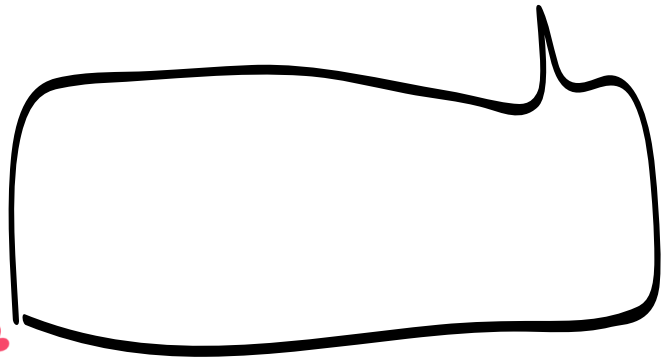
# Am I a Good Friend?

Do you think you are a good friend? Take some time to ask a friend.

What makes me a good friend.

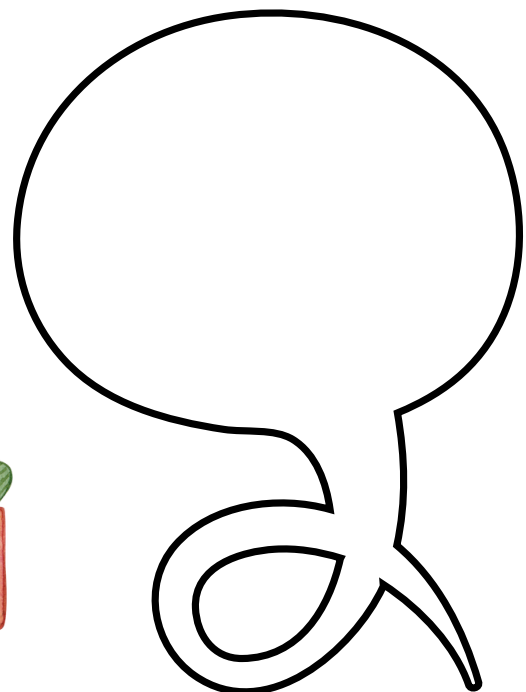
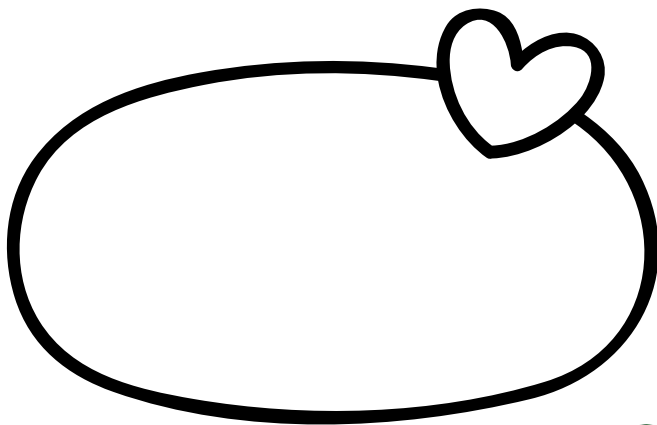


Share a time I made you laugh!



Name a time I made you feel special.

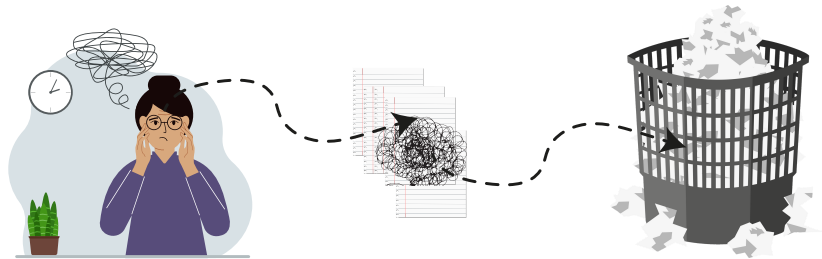
How can I be a better friend?





# Trash Talk

Sometimes the negative thoughts we have about ourselves and those we hear from others keep us from being our best selves.



## Materials Needed

- 5 sheets of paper
- a writing utensil
- a trashcan or something that can be used as a basket



## Directions:

1. Cut each sheet of paper in half. (This means you will end up with 10 pieces of paper.)
2. Write 5 things (one on each sheet) that keep you from being your best self.
3. Crumple each sheet of paper.
4. Place your "basket" far enough away that it becomes difficult to throw and land the paper into it.
5. Throw each sheet of paper into the basket. If you don't make it the first time, try again until all 5 sheets are in the "basket."
6. Recall the five things you "trashed." On the remaining five sheets of paper, decide how you will make small changes to improve in each of those areas.

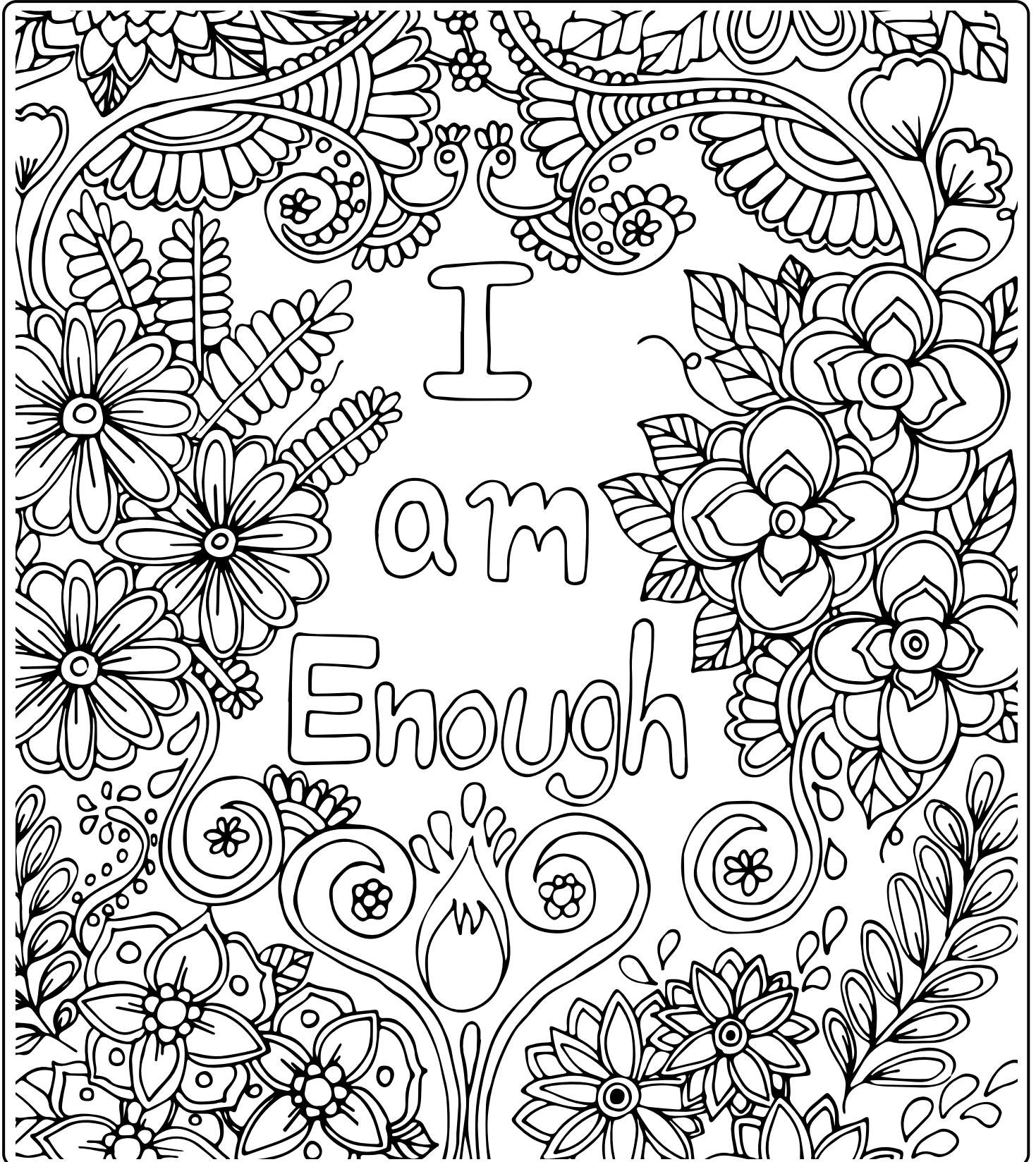
**Lesson:** *Whether it was easy or hard to make your "basket," you kept trying. Anything worth changing is worth working for. You can do hard things!*





## Coloring Fun!

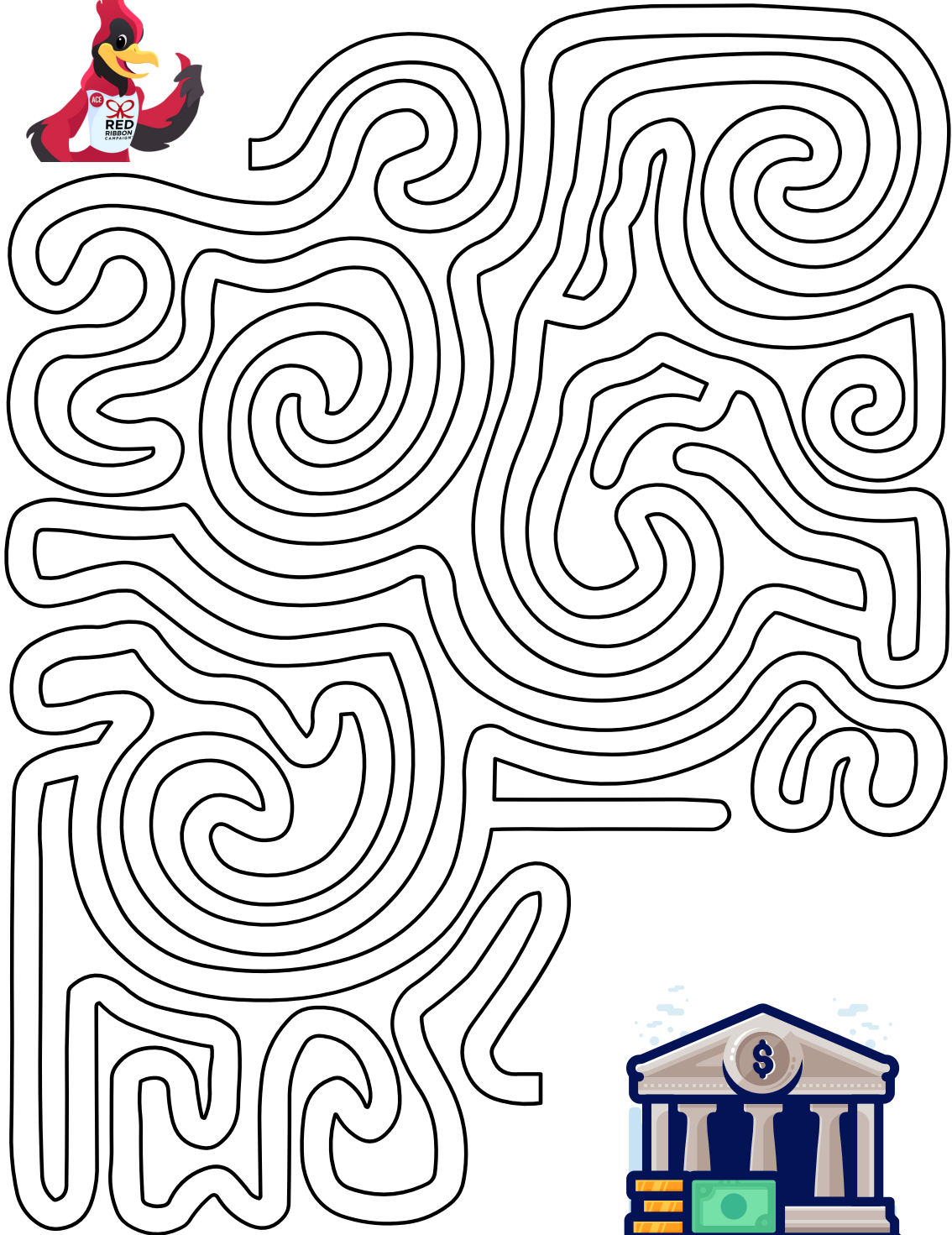
Choose your favorite colors to complete this picture.





## Bank Maze Fun!

Ace was just paid for helping his neighbor clean his garage.  
Help him find a bank to make a deposit.





## A Friend Worth Having

Create a social media post about a friend worth having. Convince your parents to post it to their social media pages to see how their friends respond.

Create post

Friends

What's on you mind?

Aa

Add to your post

Post





## Make Money Word Search

Find the words given in the word bank.

Q S R T X X W Y Y S E S Z D S Z A U W X D S X P E  
B P O Q E R K U Q Z D F R T G N T T B N X U U F L  
G B V S H M O P R T G S I H Y R L N U K H P W Y G  
O J U N D R J P F S O H H N J O Y Z D N W P L G E  
Z W F J S G Y P Q K N Q Q T A S H C G E X L S V A  
O F K E S O B S U S W D N L C N O I E E M Y Y L T  
D X O D C R E D I T S E O W C O C Y T D B H R O K  
Y P D S O O X U W T N B G S E J N E E S H M D J S  
J J K U F I N C K V X T O A Q Z C S L U J L I Q A  
L E P P E G H W Y J C M B V U B H E U L V U N G N  
Z A Q N N I R D A F L J Y I U H K K A M L R V D L  
N L Q G D A F S D N Z K U N C Y I N E K E D E L I  
I D C R E F L V Z R T J M G Y A Z A D C G R S L C  
S V D V M H V Q Y K F S E S T T P J P D G X T C Z  
H Q T T A T T L X W C C O S T A W I M V I D Y X B  
E G R Y N F P S G S D I K S T O Y G T U Y I K R N  
D Y I Z D Q U J P A Q T H C W O H P O A C L D U U  
Q P Q P E S L M H G W W V E U W C Q Z O L O B A M  
V C I Y W F J F Y V F A R O K U C K Q A D H R Y H  
Q C X B H H T B U N L Q N L M V N D S X L S K M Z

### Word Bank

Consumer  
Capital  
Savings  
Cost  
Demand

Finance  
Supply  
Debt  
Budget  
Credit

Invest  
Wants  
Goods  
Needs  
Stocks



# Things money can't do

Many people would like to have more money. What are some things money cannot buy? Write them in the spaces below.

A large circular graphic is centered on the page. It consists of a large outer circle and a smaller inner circle. The space between the two circles is divided into eight equal segments by dotted lines that radiate from the inner circle to the outer circle. The inner circle contains the text "THINGS MONEY CAN'T DO" in a bold, black, sans-serif font. Below the text, within the inner circle, is a smaller version of the Red Ribbon Foundation logo featuring the stylized bird.



# Not Your Average Skittles

Fruits of your choice:

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Recipe for a great sauce:

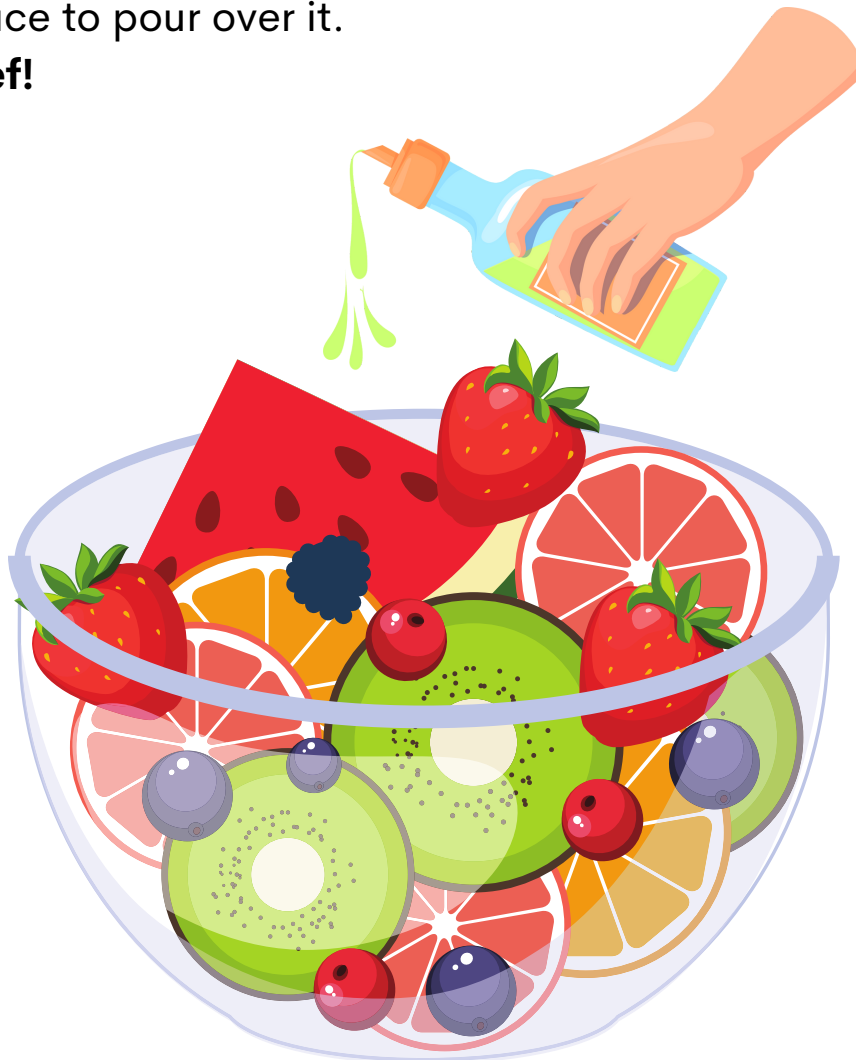
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Eating more healthy foods can help you feel better! Surprise your family by asking to make a fruit salad to go along with your meal. Choose up to 3 fruits of your choice. You can even make your own sauce to pour over it.

**Let's go Chef!**





# My Emotions

Write your name on the line to complete the title above. Keep track of how you feel for a week.

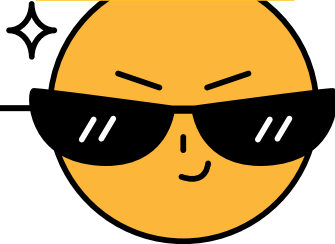
-----'s face

Sun



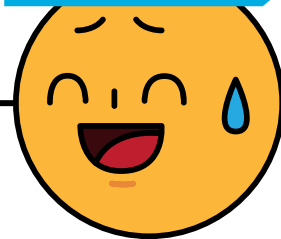
Happy

Mon



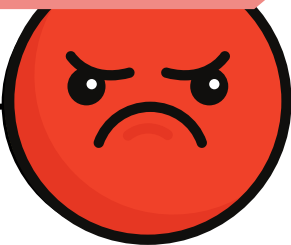
Cool

Tue



Excited

Wed



Angry

Thu



Sad

Fri



Silly



## Sudoku 4x4

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

4	3	2	1
	2		
	4	1	
		4	3



## What's Cooking

Some people say, "You are what you eat." Are you really? Maybe you aren't an actual cheeseburger, taco, pizza, or piece of chicken, but eating more healthy foods can energize you!



Being healthy starts from within. Surprise your family one Saturday morning and ask to help make a healthy breakfast.





# Get Up and Move

Do you have any idea how long it takes you to walk or run a mile? Identify a safe space to find out! Ask a friend or family member to join you and time it! Schedule time to walk or run at least twice a week. At the end of 30 days, time yourself again to check for progress.



Walk or run a mile:

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Identify a safe space

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Name a friend or family member to join you:




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Benefits of walking:

---

## 30 Day Tracker

Color each circle when you achieve your daily target.

			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# Lifting Weights Maze Fun!

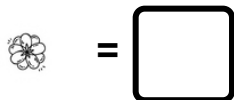
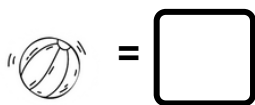
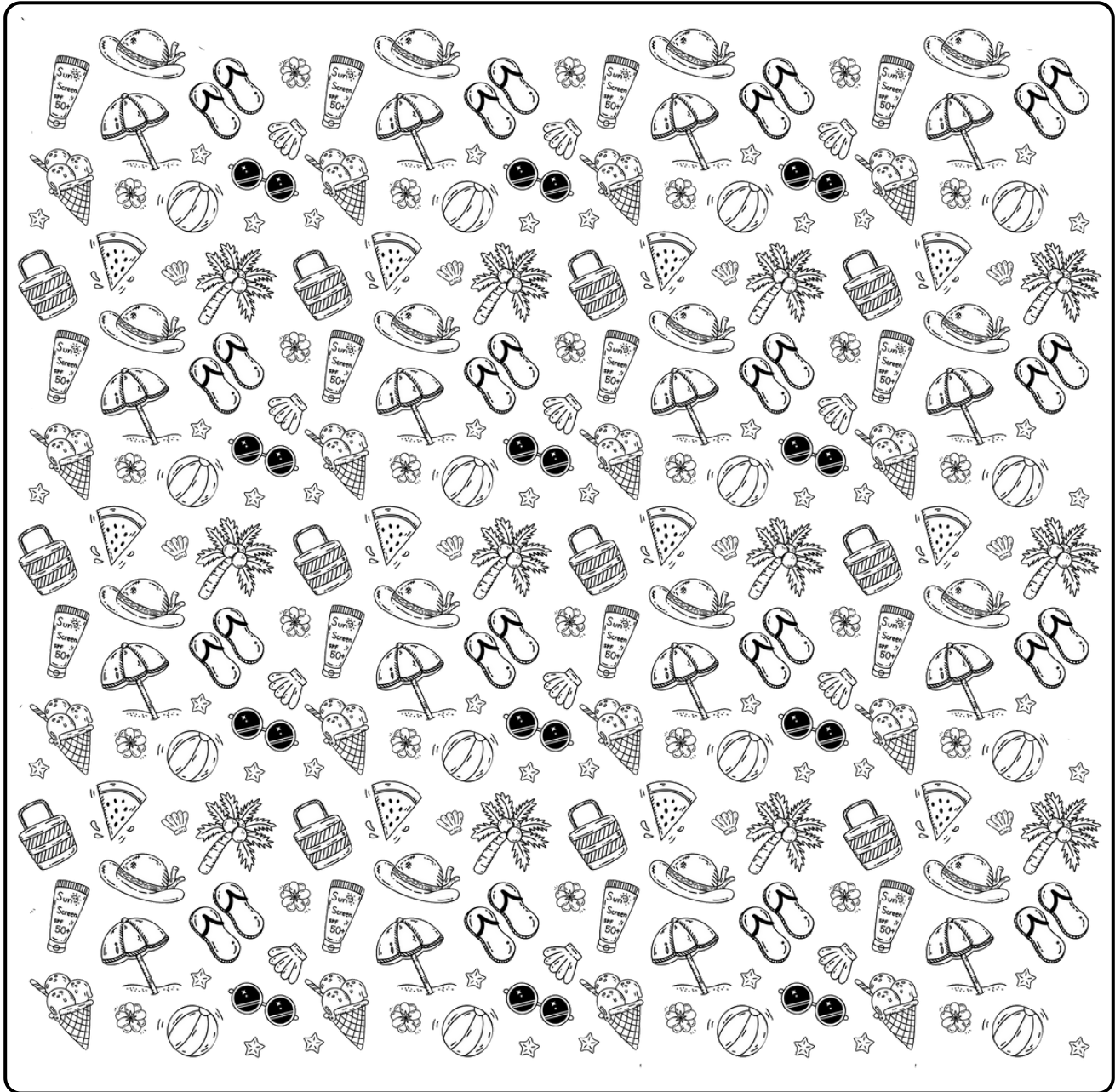
Ace wants to try out for the basketball team and decides to get in shape. Where should he start?





# Beach Vacation I Spy

Look at the images at the bottom of the page. How many of each can you spy?



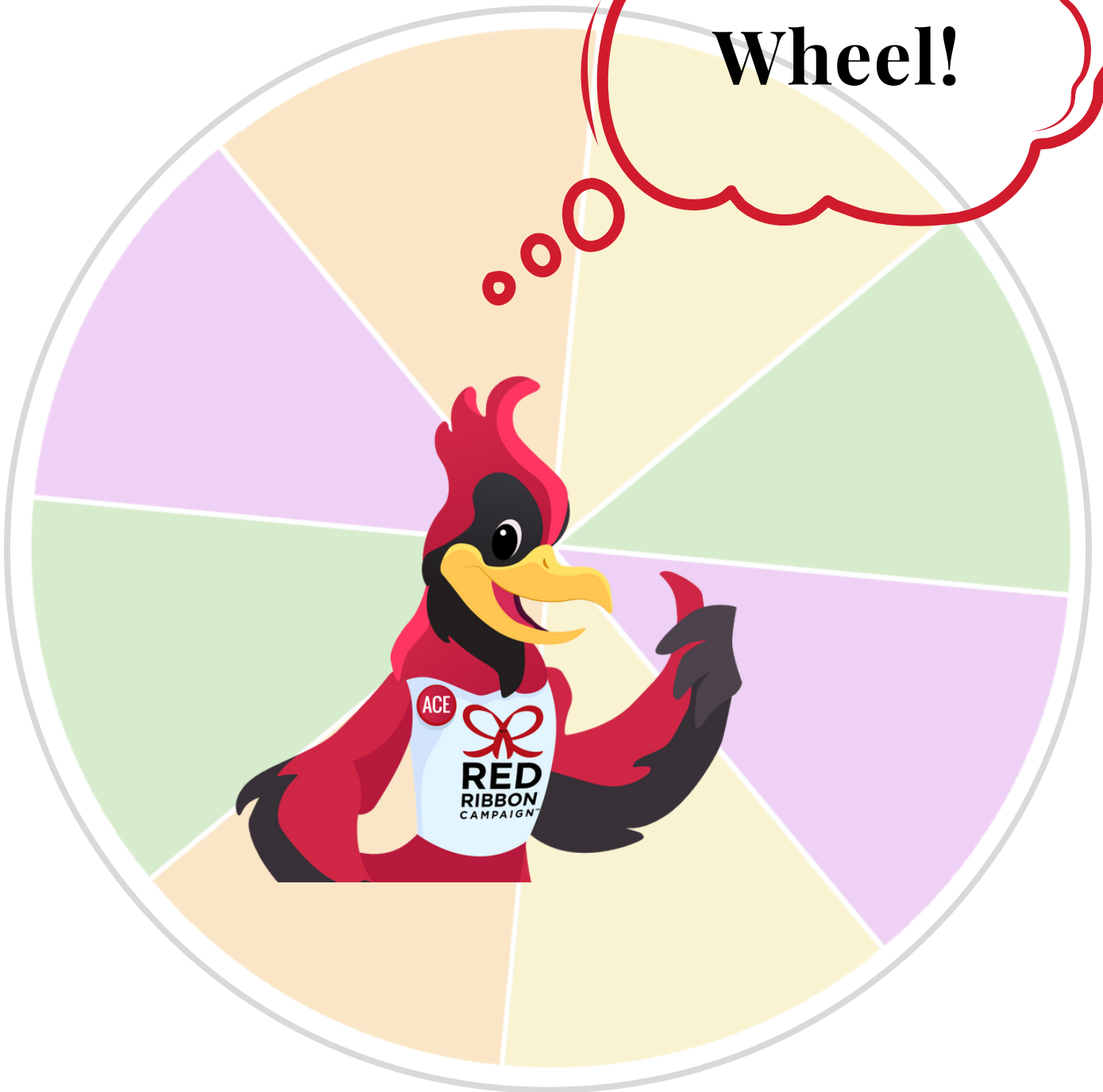


# Spin the Wheel!

All you need is ten minutes! Spin the wheel and do as many exercises as you can. Grab a friend or go at it alone!



**Spin the  
Wheel!**





## It's Better to Give! Word Search

Find the words given in the word bank.

S S E Q H Z Z J B J E J U H C X J Q H J Y P Q O L  
U I E D Q P X R O E Z U V X Y M U W T T X J Y A I  
P U C H Z J A M D S O T O Y V H J G V H L Q S X O  
O Z O N N E Y Y P E D V L Y G N C I K A F Y V D U  
R C M A T V C E E R Z T U P P M T D M E K J I X N  
T W M Q N N B Q S V Y G N F J T C D V O M H N B Y  
Y P U P Q X C A H E D X T Y E Q N Q X C A S H Y L  
R L N G I V E P E T K K E W B U R P L H M D U A C  
I G I F I M U A L A R E E X Z D U A T M C Y H C W  
N L T Z D N G U T A H Z R W K R L T U N P T A O U  
J E Y Y H Q S I E S E D G S Z I W E T N X H V L I  
Y A T F A T S C R S H F M O V V W M C O L K T L L  
N D Z I X I I M N I M O L L X E V J L D F Y Z E A  
V E Q M A E Z X S S P O X Z N M Y Y O O L D Z C T  
H R E V G M Z P O T R D J E P Z X N T F G M A T P  
L L T K A P X R D O N A T E E Y R Q H P W V M D L  
F S A L U G U U T J Y N J A Q Q P C I W C J Z I T  
U J E S E R V I C E R W X I U L P H N V U Z X F A  
U M T M V Z Y F Q D B Z G G E V N V G Z U K E C C  
J Q X Z M A M Q K A C E B T G C V V L K J Z D I U

### Word Bank

Community

Service

Volunteer

Give

Serve

Leader

Donate

Drive

Collect

Clothing

Shelter

Food

Cash

Assist

Suport



# The Giving Tree

You are never too young to serve your community.  
Plan a community service project that you can be proud of.

Who will benefit from this service project?

---

---

---

---

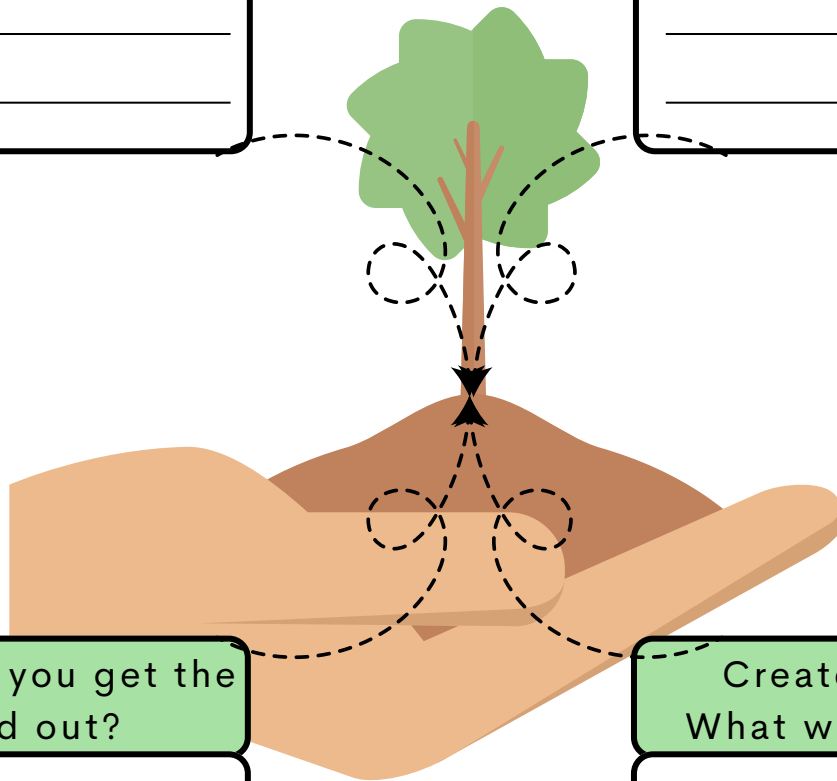
Who will be on your team?

---

---

---

---



How will you get the word out?

---

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---

---

Create a plan.  
What will you do?

---

---

---

---





# Community Service

Create a digital flyer or poster to share the details of your community service project. Be sure to include important dates and images related to the project. Tell others how they can help.

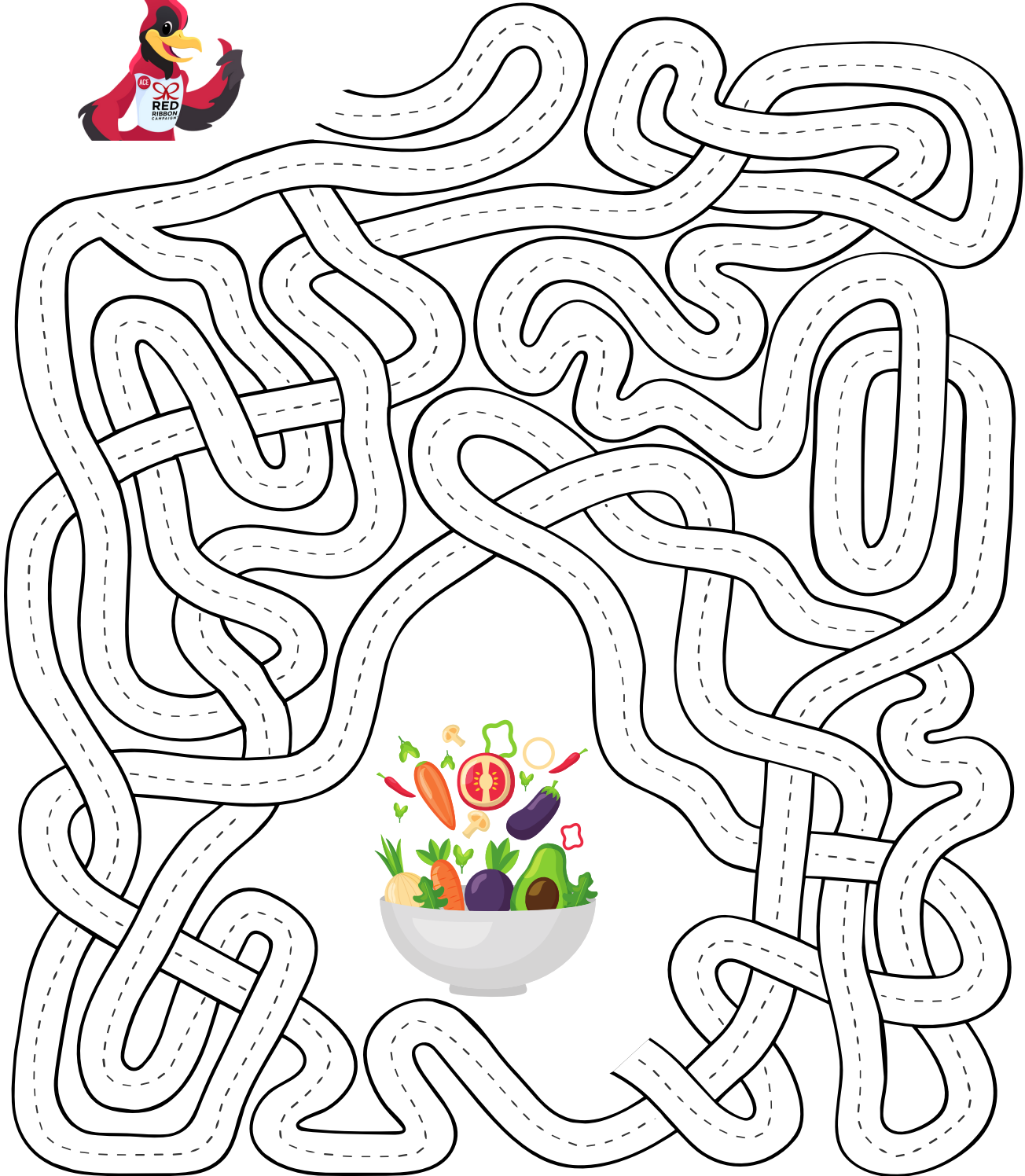
A large, empty rectangular box with a light blue border, intended for creating a digital flyer or poster.





# Healthy Food Maze Fun!

Ace has been eating too much junk food and decides he needs to eat healthier. Help him find his way to better choices.





## Sudoku 4x4

Fill in the missing numbers to solve the sudoku puzzle.

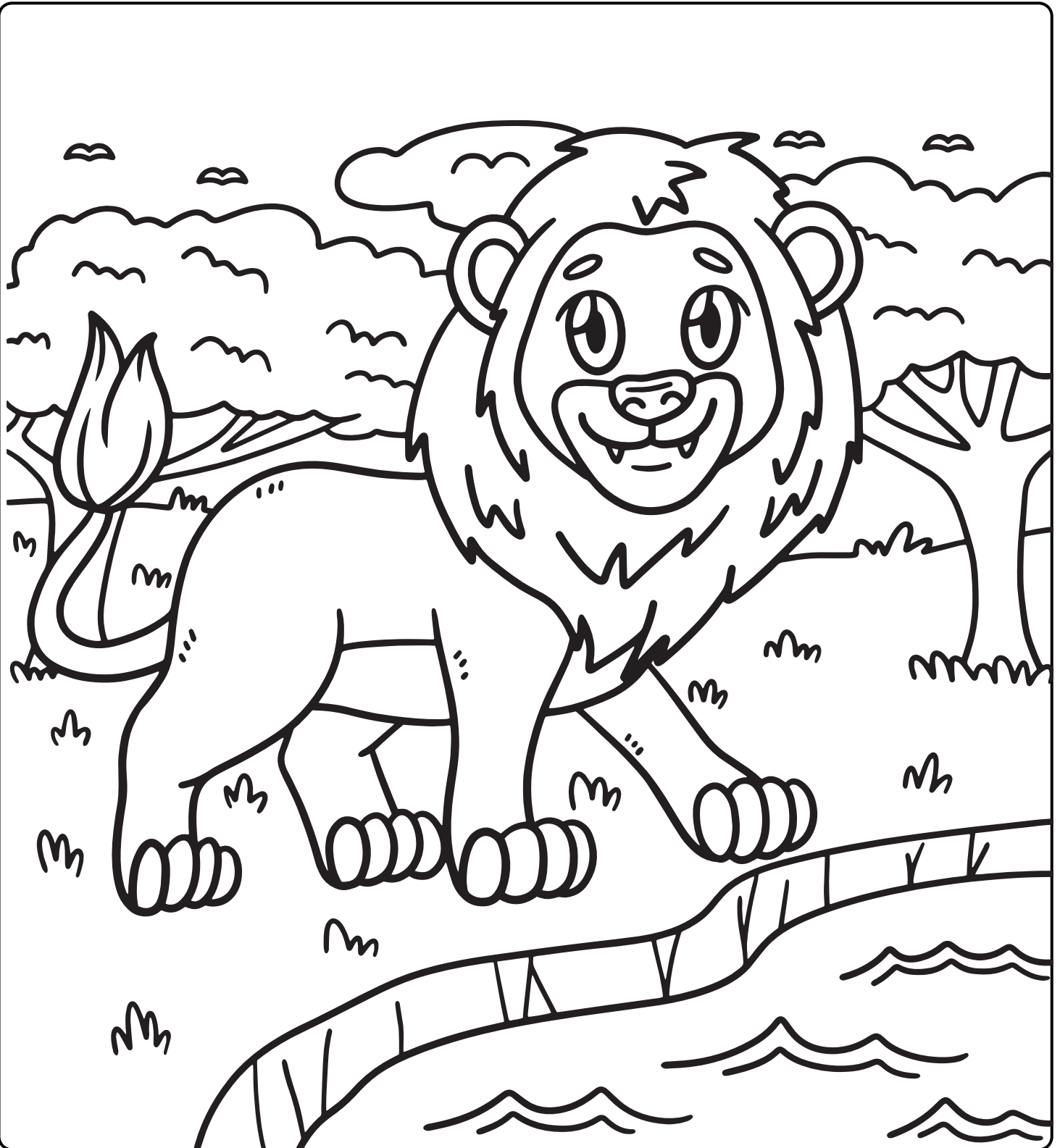
First select a number and then apply it to a sudoku cell.

	4	2	
		4	



# Coloring Fun!

Choose your favorite colors to complete this picture.





## Sudoku 6x6

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

		6	2		4
4	2	3	5		1
3		5	4	1	2
2	4	1	3		6
1	5	2	6	4	3



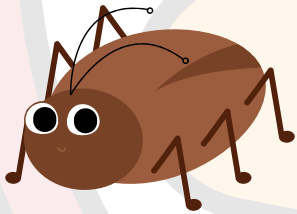
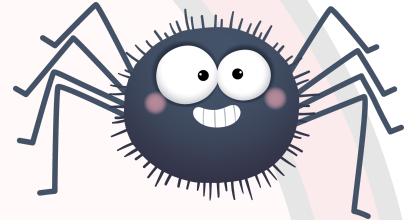
# Drugs Bug Me

Drugs can be harmful to your health! What are some of the ways drugs can bug you, your loved ones or your community?  
Write about the dangers of harmful drugs on the lines below.



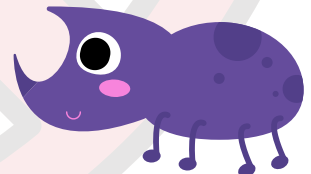
\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_





# My Emotions

Write your name on the line to complete the title above. Keep track of how you feel for a week.

-----'s face

Sun



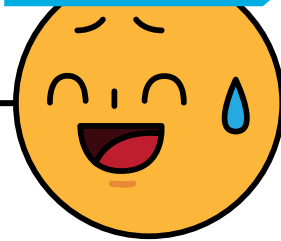
Happy

Mon



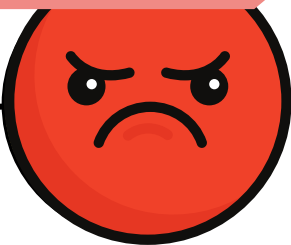
Cool

Tue



Excited

Wed



Angry

Thu



Sad

Fri



Silly



## It's Better to Give! Word Search

Find the words given in the word bank.

J F P F O O D Z T V O L X M Q K L C L R A H Z F D  
Y U G R I D X L H N Y C S T S V C O A X K E J N S  
Q W Q W H I A S H V E O E L E A G A K S M L A D M  
C L U G Y T U J M J M L R V R F B R M K H P B S G  
B O K E U O Y L T Q B L V G V Z I S A K Q I B Z H  
P X X E X W T Y W Z B E I F E E S K T Z A N L J P  
G K I J J W H K A H H C C R F R N J M O E X H C I  
L M J V A D A O X N F T E L I Q G F W K K I I C T  
N C V M O N E Y W W Q Z B R O A V C O A I D Q N W  
S O W Q Q B B O S N V O D S Z E I Z Q K G H G P Q  
V M A U E S W C Y X I L O T H Q A L U Q V C K D D  
Z M S P L O G Z W A G O N R U E E G J J H N I A J  
Q U Y W U K Z F R P H Y A A I G L G Q T B O P T K  
I N R O N E U K S Q G K T K K X M T I H Y I P Q I  
P I A H S G G B G D I U E F L Y D V E G Q A M W N  
K T P T G R H A L Q V G Y O I L M H S R T V R G A  
G Y K U Z W C F P W E S W Y O G C N V V O W Z D W  
L Y P V N I J X A Y P L E A D E R H I J Y U K K U  
L J Y B G A N F G Z T W F G M Y J U T R W W K S X  
O R J H G S Y C G R L K E O W Q O R Z G O R M H A

### Word Bank

Community

Leader

Food

Service

Donate

Cash

Give

Collect

Money

Serve

Shelter

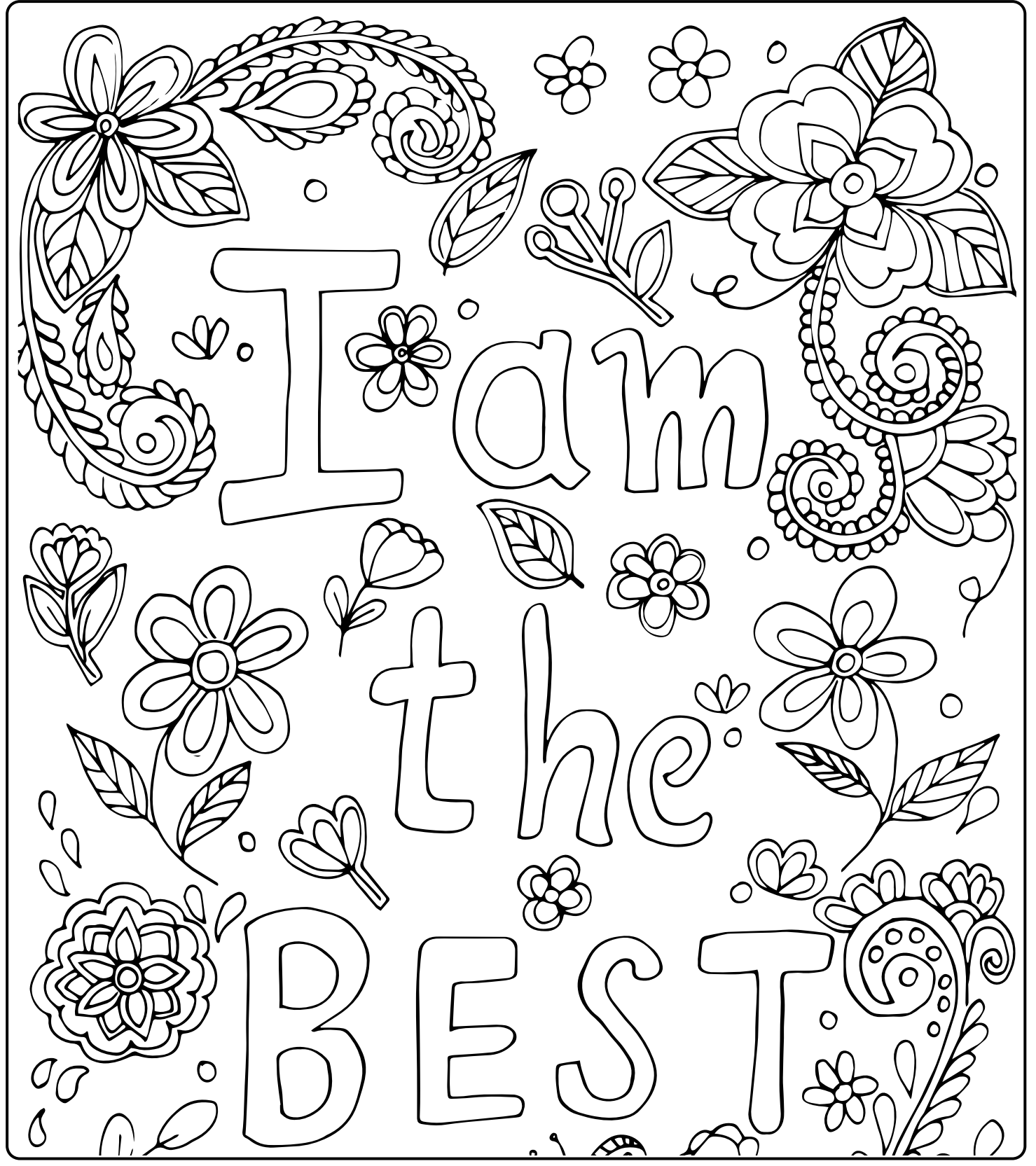
Help





# Coloring Fun!

Choose your favorite colors to complete this picture.





# A Perfect Day

Some may say there is no such thing as perfect, but this is what a perfect day for me looks like...



Who would join you or would you be alone?

---

What would you eat?

---

Where would you be?

---

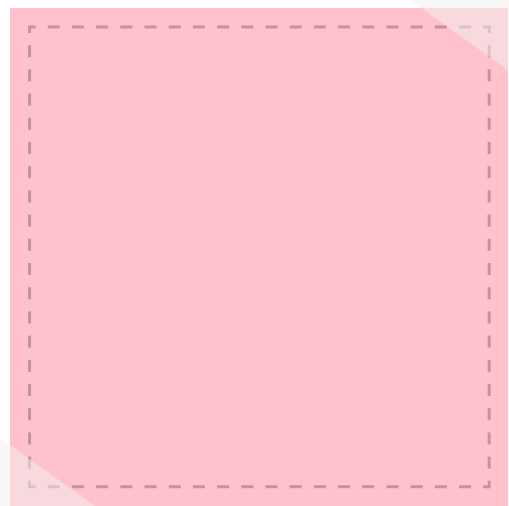
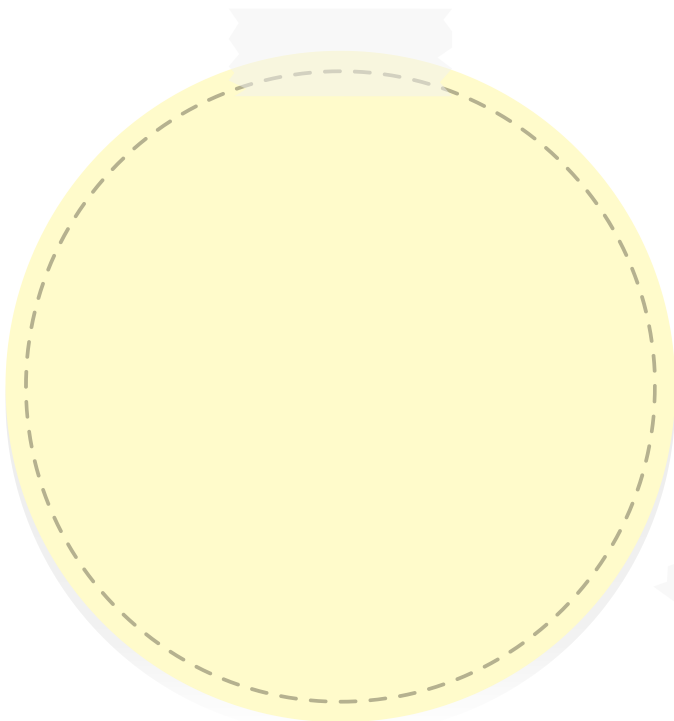
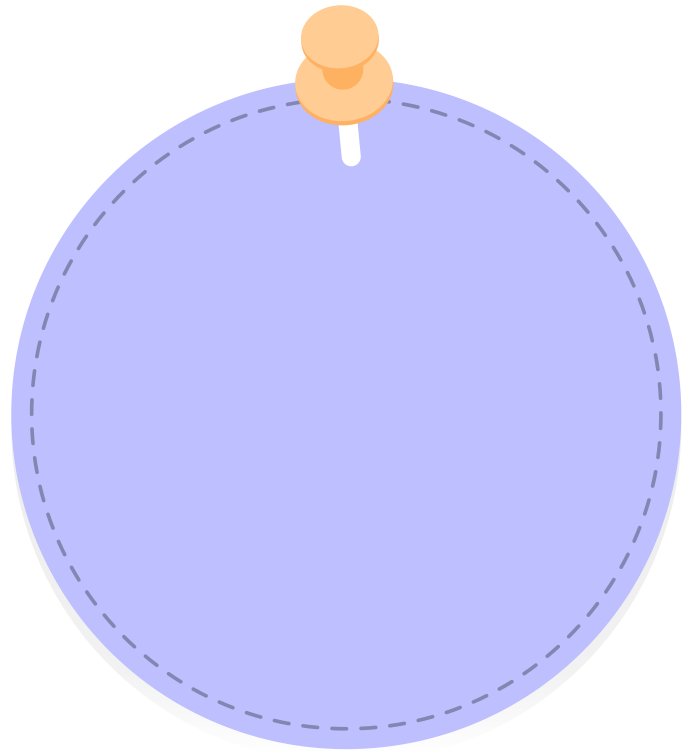
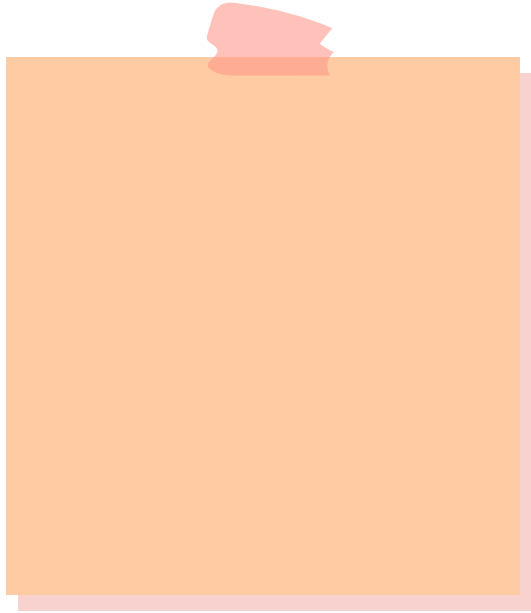
What would you be doing?

---



# Can We be Friends?

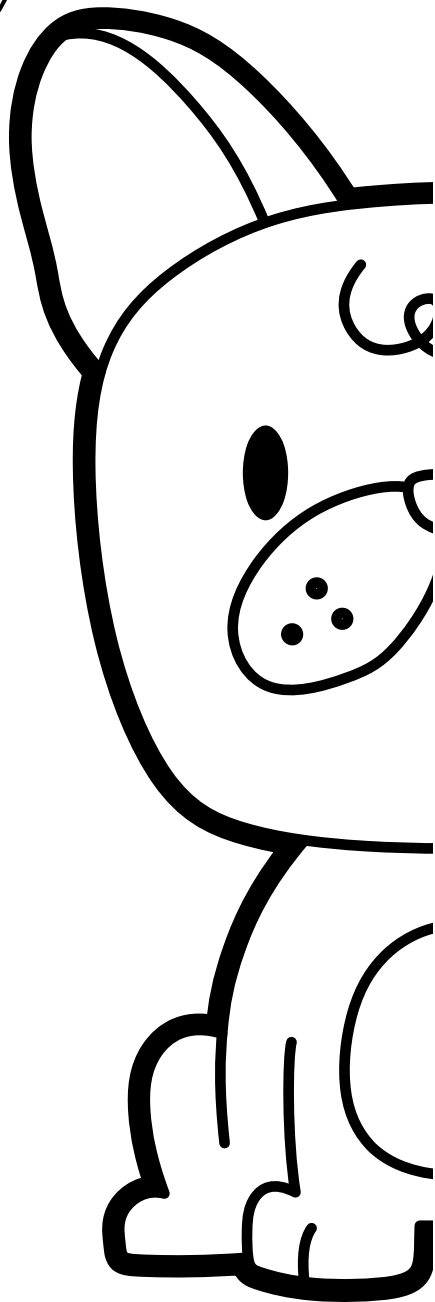
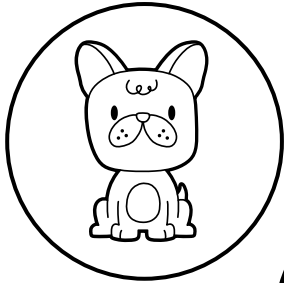
Draw pictures of things you like to do with your friends in each of the spaces. Think of the people you call your friends. Are they the right friends for you?





# Draw and Color

Draw and color the other half of the picture.

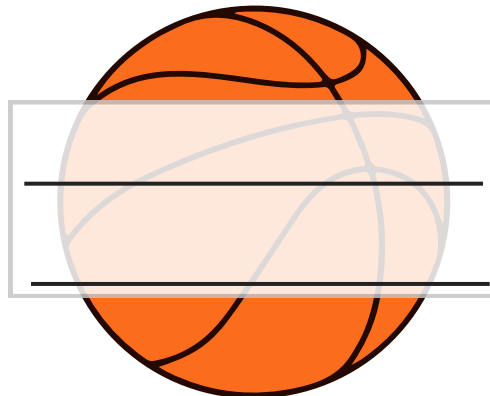
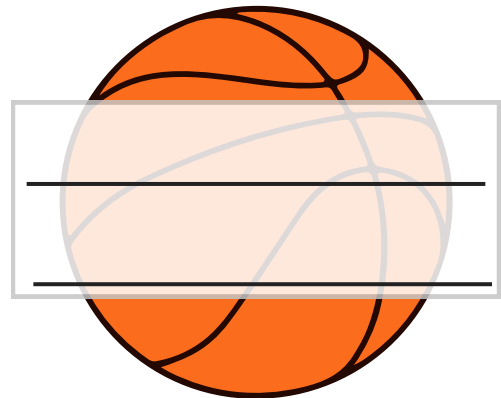
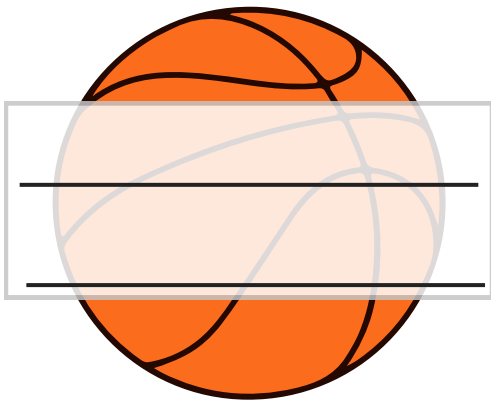
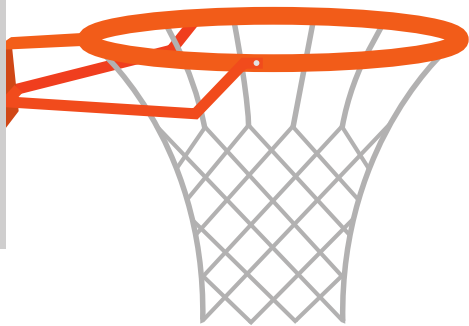






# Basketball!

Write or draw a picture of a goal. Starting with the ball the farthest from the basketball goal, add the steps needed to help you achieve your goal. Create a social media post on the importance of goal setting using your personal example. Have an adult share it on their social media pages. Check back in one week to see what people thought.





# Money In the Bank

You are a junior in high school. You find a job making \$2,000.00 a month after taxes are taken out. Create an expense and savings budget.



How much more money do you need to make to be able to afford to live on your own? How does what you learned impact your remaining elementary, middle and high school years?



## Expenses

Date	Description	Amount
TOTAL:		



## Savings

Date	Description	Amount
TOTAL:		

Are you moving out or staying with your parents a little longer? Why?

---

---





# Journaling

I want to be a

---

---

What are some things I can do now to help me reach my goal?

---

---

---

---

---

---

Steps I will take to meet my goal:

---

---

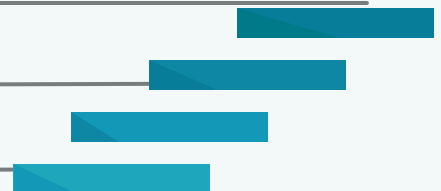
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---

Who can I get to help me with my goal?







# “Goal” Star

Use the template below to organize the steps needed to reach your overall goal. Remember to be as detailed as possible when identifying the steps in your process. PROCESS leads to the PRODUCT!



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Overall Goal : \_\_\_\_\_

<b>S</b> <b>Specific:</b> Clearly state your goal!	
<b>M</b> <b>Measurable:</b> Make sure you can measure your success!	
<b>A</b> <b>Achievable:</b> Set goals you know you can achieve!	
<b>R</b> <b>Relevant:</b> Set goals relevant to your overall health and wellbeing!	
<b>T</b> <b>Time-bound:</b> Set a deadline for completion!	



## Sudoku 4x4

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

		3	
	1		
	4	1	3
1		4	2



# My Emotions

Write your name on the line to complete the title above. Keep track of how you feel for a week.

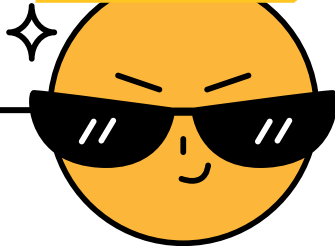
-----'s face

Sun



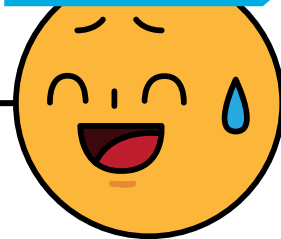
Happy

Mon



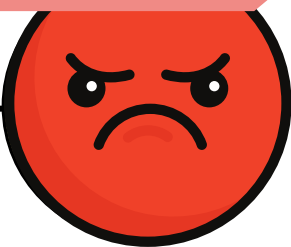
Cool

Tue



Excited

Wed



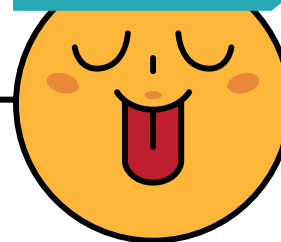
Angry

Thu



Sad

Fri



Silly



# Joy Juice

Lots of ingredients can go into making a great juice. Lots of "ingredients" can go into making a joyful life! Who do you need in your life? What do you need in your life? Create a recipe for a joyful life.



## Recipe for a Joyful Life

ingredients

---

---

---

---



Steps

1.

2.

3.

4.

5.

---

---

---

---

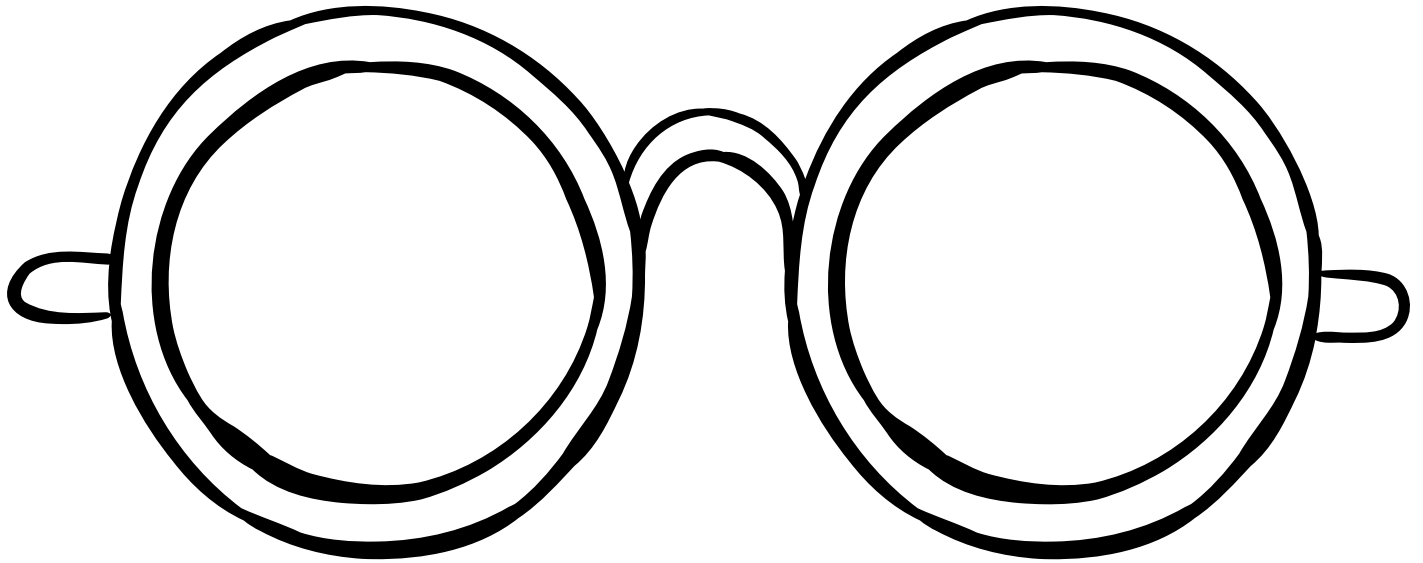
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# Moving Forward

Goal #1

Goal #2



Things I am really good at/Things I really enjoy

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---

Things others have told me I am good at

---

---

---

---

---

---

---

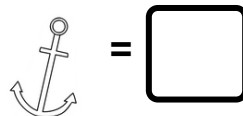
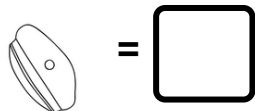
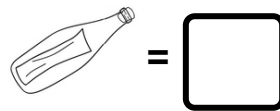
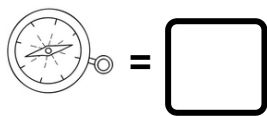
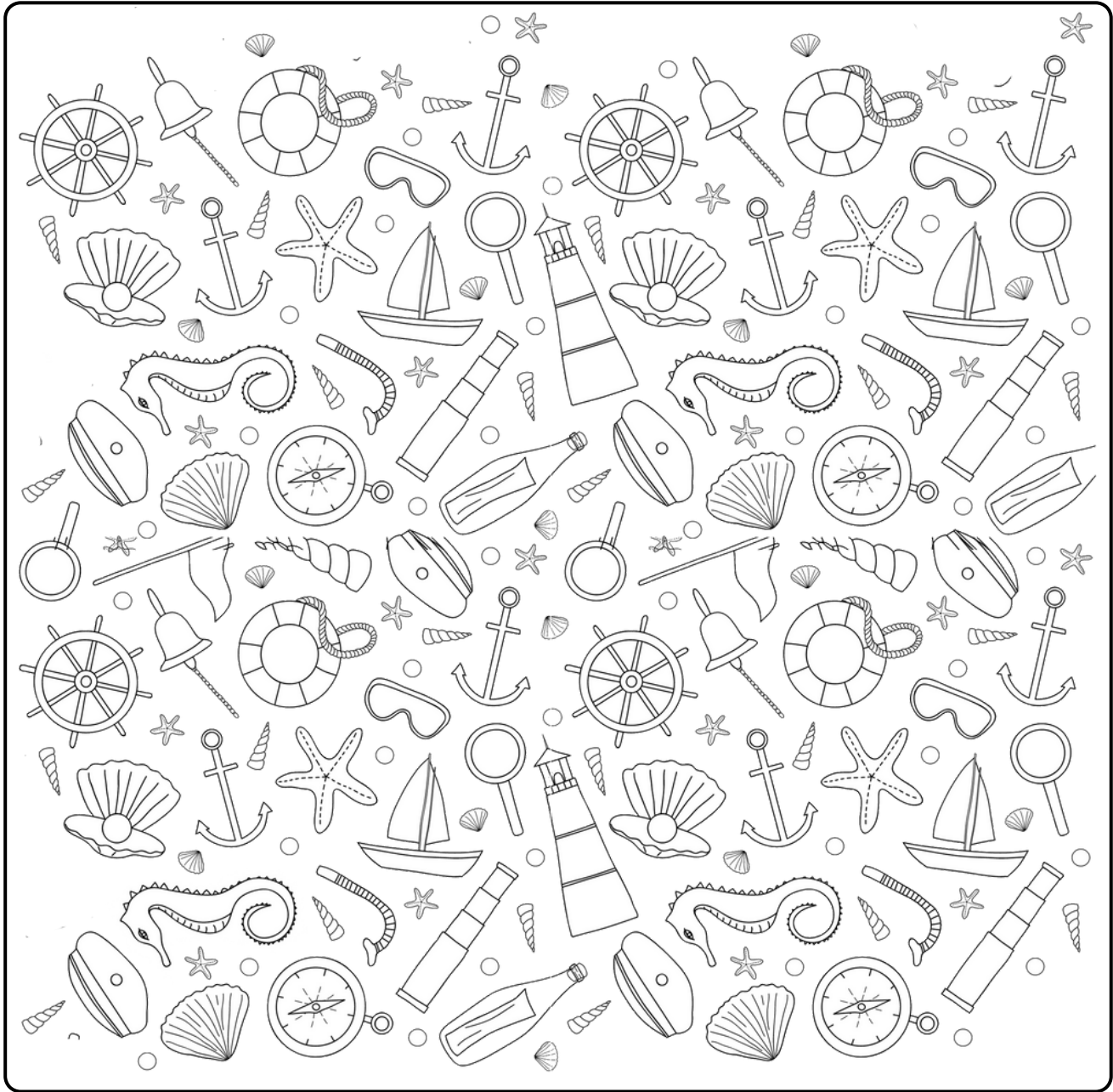
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# A Cruise I Spy

Look at the images at the bottom of the page. How many of each can you spy?





# Draw and Color















Draw and color the other half of the picture.





# Healthy Eating Food Tracker

Make a list of everything you eat and drink in one week. Are you eating enough fruits and vegetables? Are you drinking enough water? Create a plan to improve the following week.

	Breakfast	Lunch	Dinner	Fruits and Vegetables
Monday				 <input type="checkbox"/>  <input type="checkbox"/>
Tuesday				 <input type="checkbox"/>  <input type="checkbox"/>
Wednesday				 <input type="checkbox"/>  <input type="checkbox"/>
Thursday				 <input type="checkbox"/>  <input type="checkbox"/>
Friday				 <input type="checkbox"/>  <input type="checkbox"/>
Saturday				 <input type="checkbox"/>  <input type="checkbox"/>
Sunday				 <input type="checkbox"/>  <input type="checkbox"/>



# Gratitude Tree

What are you grateful for? Try not to include things like phones, games and shoes or clothes.



I am grateful for

I am grateful for

I am grateful for

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

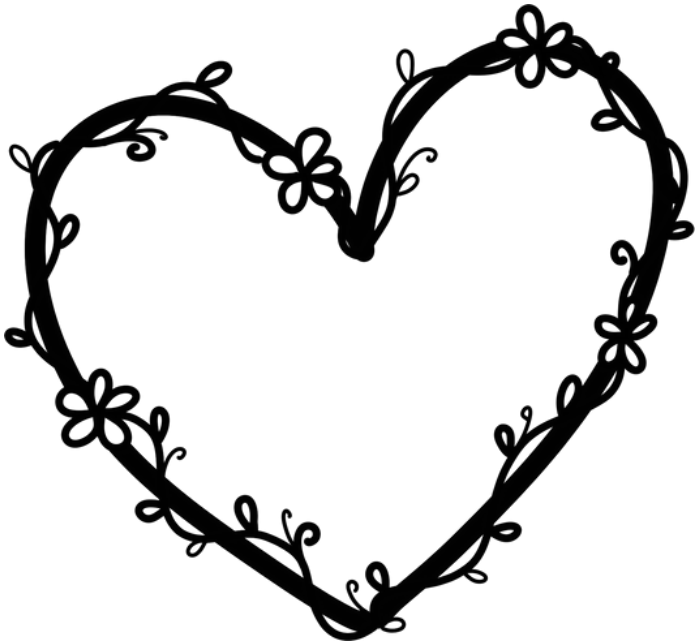


# Kindness Campaign

Plan to commit random acts of kindness throughout the week and make it a part of your daily life.



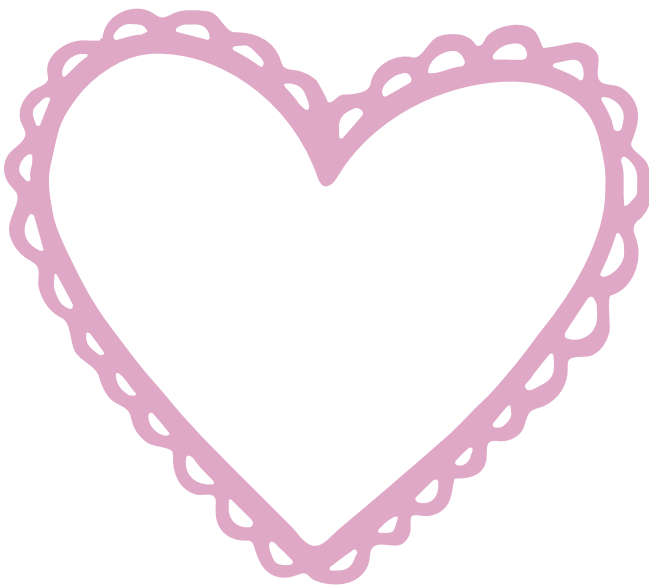
Random Act 1



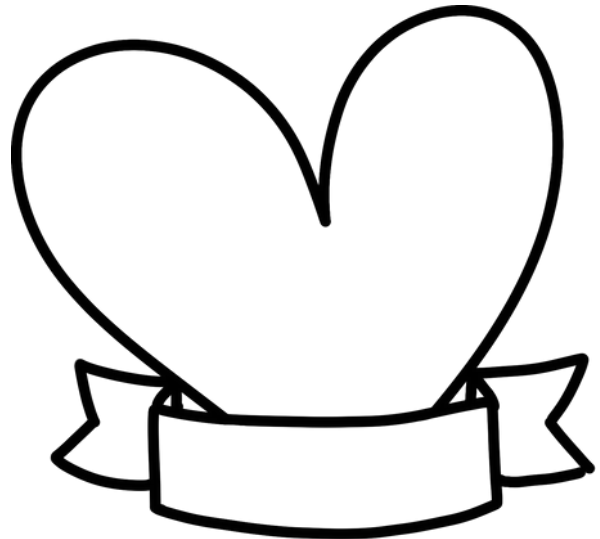
Random Act 2



Random Act 3



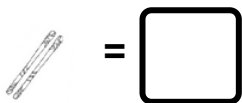
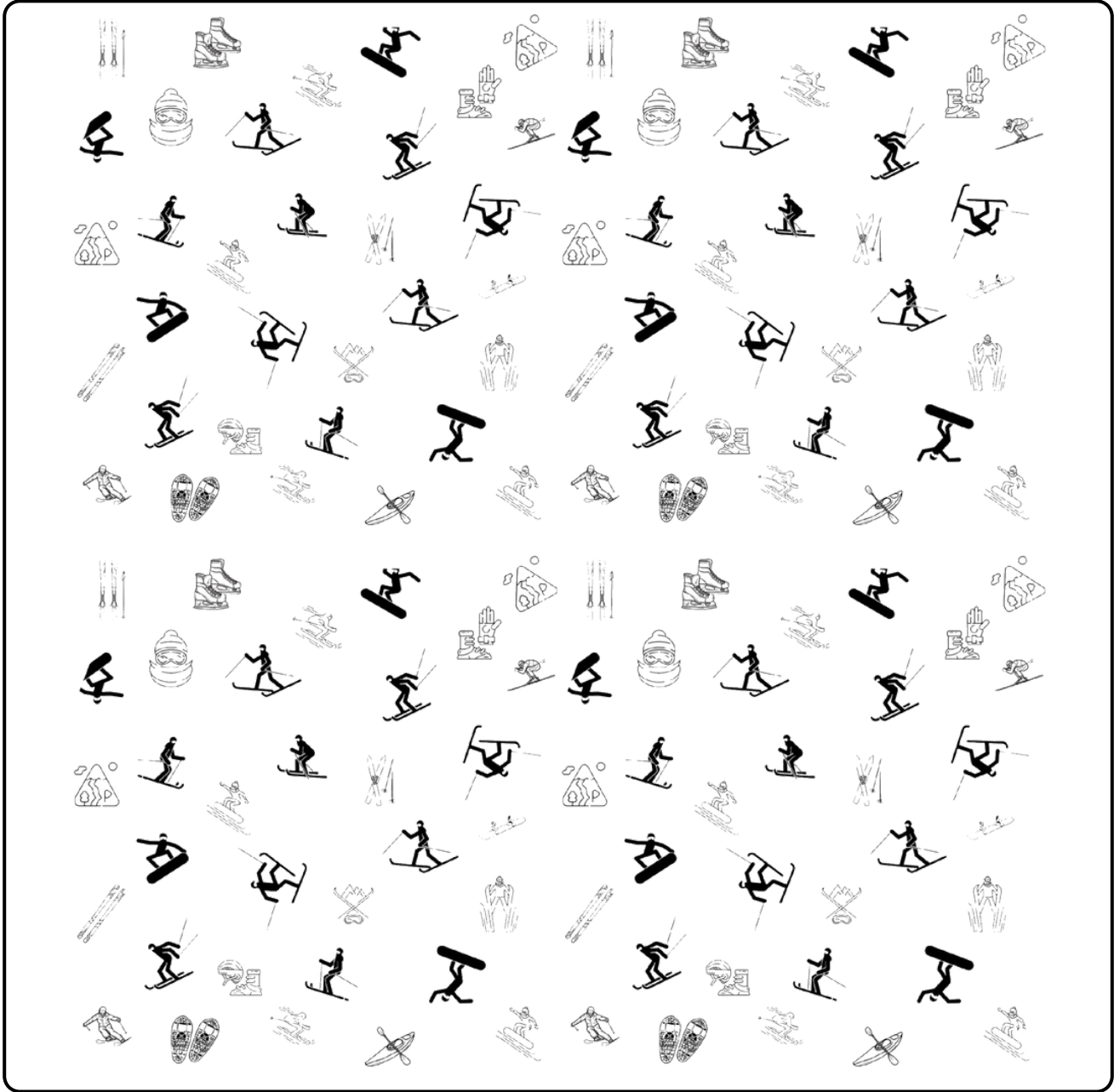
Random Act 4





# A Ski Trip I Spy

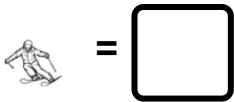
Look at the images at the bottom of the page. How many of each can you spy?



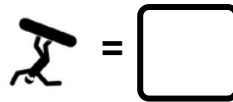
=



=



=



=





# My Life as a Movie

Imagine your life as a movie. What type of movie would it be? Who would you want to play you? Draw a picture to represent the opening scene below.



Genre: \_\_\_\_\_

Who would you want to play you?  
\_\_\_\_\_

Script:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Answer Keys





# The Perfect Summer Picnic Word Search

Find the words given in the word bank.



## Word Bank

Sandwich

Balls

Plates

Forks

Napkins

Cookies

Cups

Spoon

Blanket

Basket

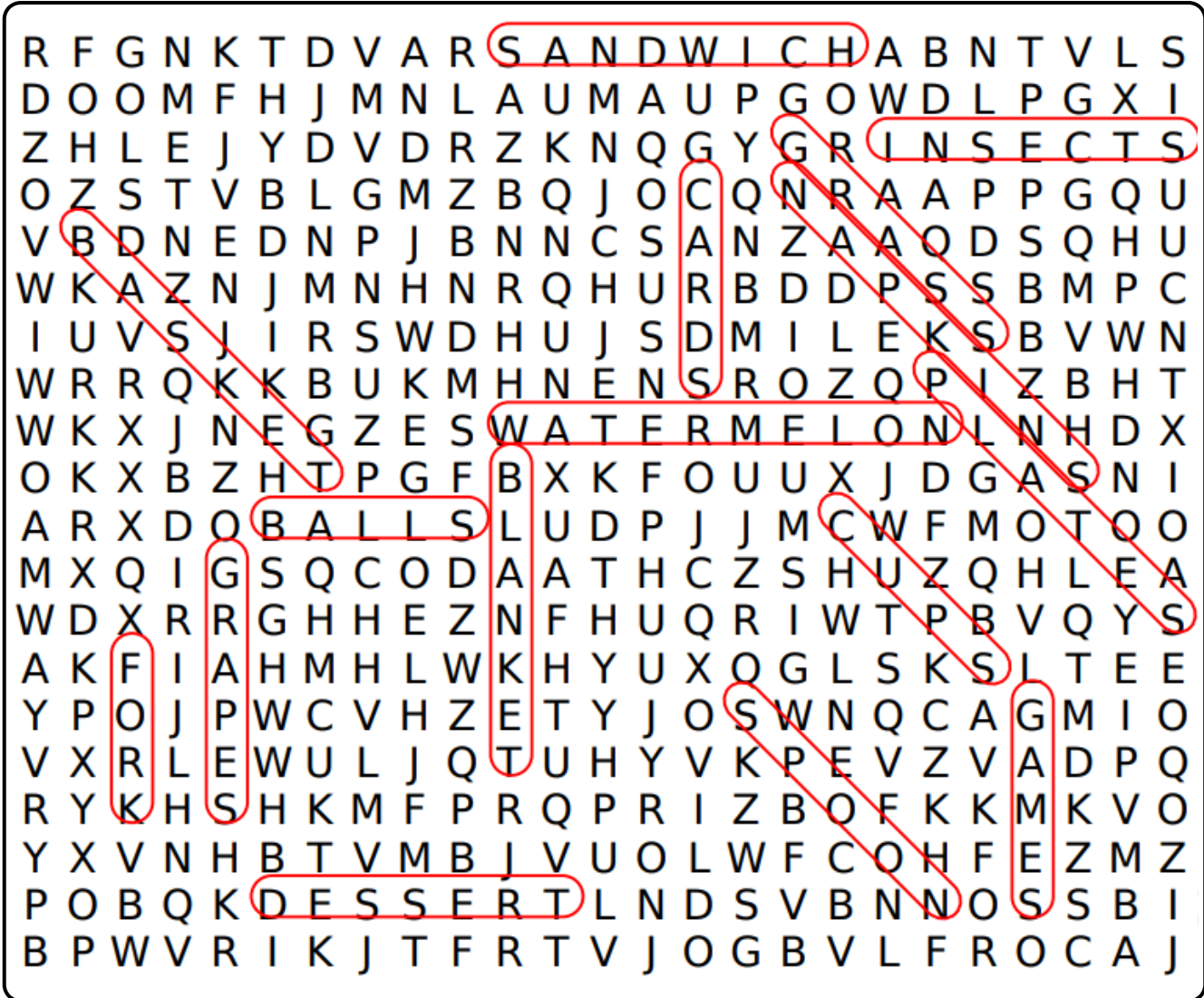
Grapes

Chips



# The Perfect Summer Picnic Word Search

Find the words given in the word bank.



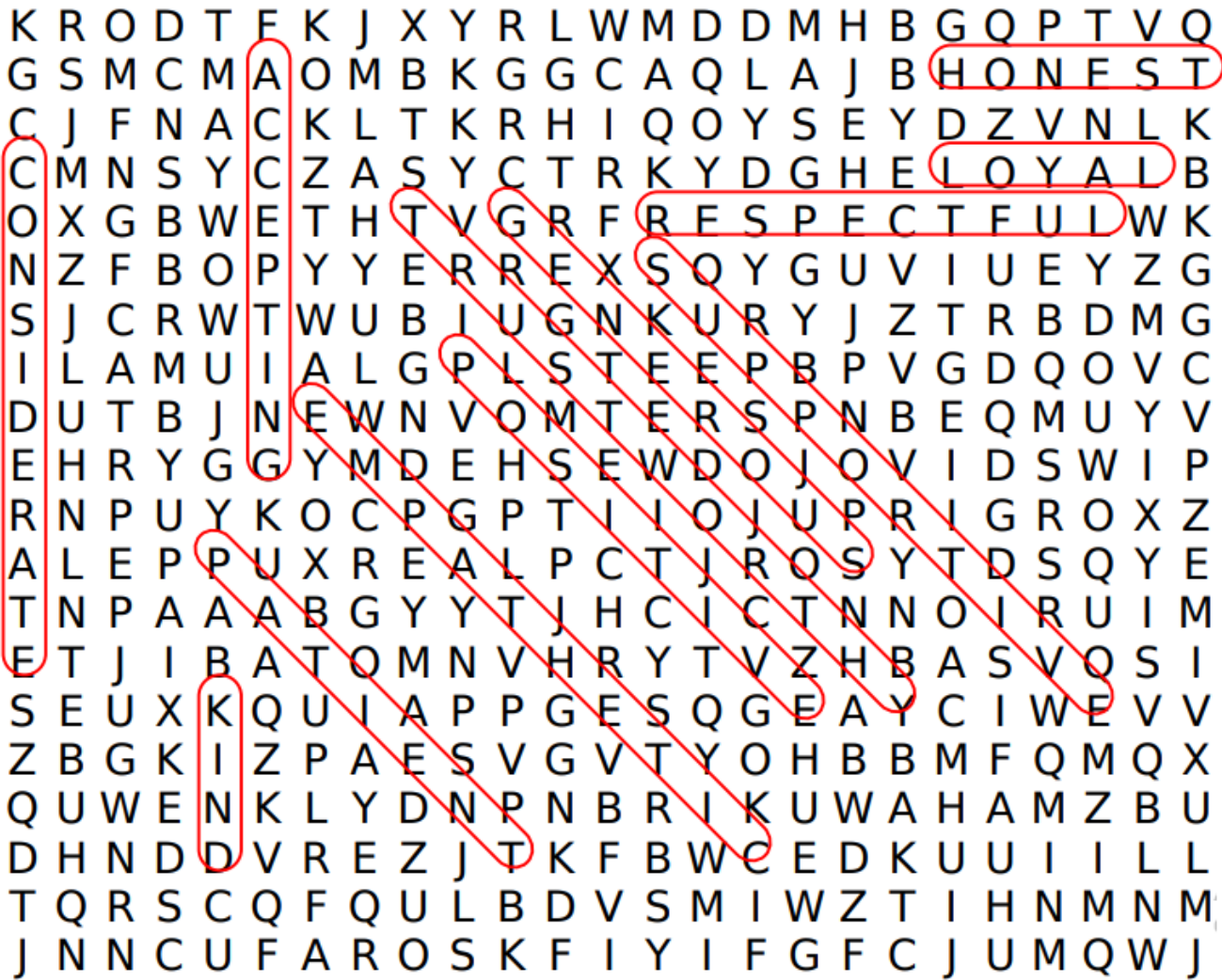
## Word Bank

Balls	Blanket	Dessert	Basket
Watermelon	Cups	Fork	Spoon
Sandwich	Insects	Plates	Grass
Napkins	Games	Grapes	Cards



## What's in a Friend Word Search

Find the words given in the word bank.



### Word Bank

Trustworthy

Respectful

Generous

Considerate

Supportive

Positive

Empathetic

Accepting

Loyal

Kind

Patient

Honest



# Make Money Word Search

Find the words given in the word bank.

Q S R T X X W Y Y S E S Z D S Z A U W X D S X P E  
 B P O Q E R K U Q Z D F R T G N T T B N X U U F L  
 G B V S H M O P R T G S I H Y R L N U K H P W Y G  
 O J U N D R J P F S O H H N J O Y Z D N W P L G E  
 Z W F J S G Y P Q K N O Q T A S H C G E X L S V A  
 O F K E S O B S U S W D N L C N O I E E M Y Y L T  
 D X O D C R E D I T S E O W C O C Y T D B H R O K  
 Y P D S O O X U W T N B G S E J N E E S H M D J S  
 J J K U F I N C K V X T O A Q Z C S L U J L I Q A  
 L E P P E G H W Y J C M B V U B H E U L V U N G N  
 Z A Q N N I R D A F L J Y I U H K K A M L R V D L  
 N L Q G D A F S D N Z K U N C Y I N E K E D E L I  
 I D C R E F L V Z R T J M G Y A Z A D C G R S L C  
 S V D V M H V Q Y K F S E S T T P J P D G X T C Z  
 H Q T T A T T L X W C C O S T A W I M V I D Y X B  
 E G R Y N F P S G S D I K S T O Y G T U Y I K R N  
 D Y I Z D Q U J P A Q T H C W O H P O A C L D U U  
 Q P Q P E S L M H G W W V E U W C O Z O L O B A M  
 V C I Y W F J F Y V F A R O K U C K O A D H R Y H  
 Q C X B H H T B U N L Q N L M V N D S X L S K M Z

## Word Bank

Consumer  
 Capital  
 Savings  
 Cost  
 Demand

Finance  
 Supply  
 Debt  
 Budget  
 Credit

Invest  
 Wants  
 Goods  
 Needs  
 Stocks





## It's Better to Give! Word Search

Find the words given in the word bank.

J F P **FOOD** Z T V O L X M O K L C L R A H Z F D  
Y U G R I D X L H N Y C S T S V C O A X K E J N S  
Q W Q W H I A S H V E O E L E A G A K S M L A D M  
C L U G Y T U J M J M L R V R F B R M K H P B S G  
B O K E U O Y L T Q B L V G V Z I S A K Q I B Z H  
P X X E X W T Y W Z B E I F E S K T Z A N L J P  
G K I J J W H K A H H C C R F R N J M O E X H C I  
L M J V A D A O X N F T E L I Q G F W K K I I C T  
N C V **MONEY** W W Q Z B R O A V C O A I D Q N W  
S O W Q Q B B O S N V O D S Z E I Z Q K G H G P Q  
V M A U E S W C Y X I L O T H O A L U Q V C K D D  
Z M S P L O G Z W A G O N R U E E G J J H N I A J  
Q U Y W U K Z F R P H Y A A I G L G Q T B O P T K  
I N R O N E U K S Q G K T K K X M T I H Y I P Q I  
P I A H S G G B G D I U E F L Y D V E G Q A M W N  
K T P T G R H A L Q V G Y O I L M H S R T V R G A  
G Y K U Z W C F P W F S W Y O G C N V V O W Z D W  
L Y P V N I J X A Y P **LEADER** H I J Y U K K U  
L J Y B G A N F G Z T W F G M Y J U T R W W K S X  
O R J H G S Y C G R L K E O W Q O R Z G O R M H A

### Word Bank

Community

Leader

Food

Service

Donate

Cash

Give

Collect

Money

Serve

Shelter

Help



# It's Better to Give! Word Search

Find the words given in the word bank.



## Word Bank

Community

Service

Volunteer

Give

Serve

Leader

Donate

Drive

Collect

Clothing

Shelter

Food

Cash

Assist

Suport





## Sudoku 6x6

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

4	6	3	2	5	1
2	5	1	4	6	3
3	2	4	5	1	6
5	1	6	3	2	4
1	4	5	6	3	2
6	3	2	1	4	5



## Sudoku 4x4

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

3	4	2	1
2	1	4	3
4	3	1	2
1	2	3	4



## Sudoku 6x6

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

5	1	6	2	3	4
4	2	3	5	6	1
3	6	5	4	1	2
2	4	1	3	5	6
6	3	4	1	2	5
1	5	2	6	4	3



## Sudoku 4x4

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

4	3	2	1
1	2	3	4
3	4	1	2
2	1	4	3



## Sudoku 4x4

Fill in the missing numbers to solve the sudoku puzzle.

First select a number and then apply it to a sudoku cell.

4	2	3	1
3	1	2	4
2	4	1	3
1	3	4	2

