



DBHDD

# Red Ribbon 365's

## RELAXATION STATION

For Middle 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 portrait

My name

My birthday

My school

My family

My pet

My friends

My city

My favorite food

My favorite subject

My hobbies

# Planning to Be My Best Self!



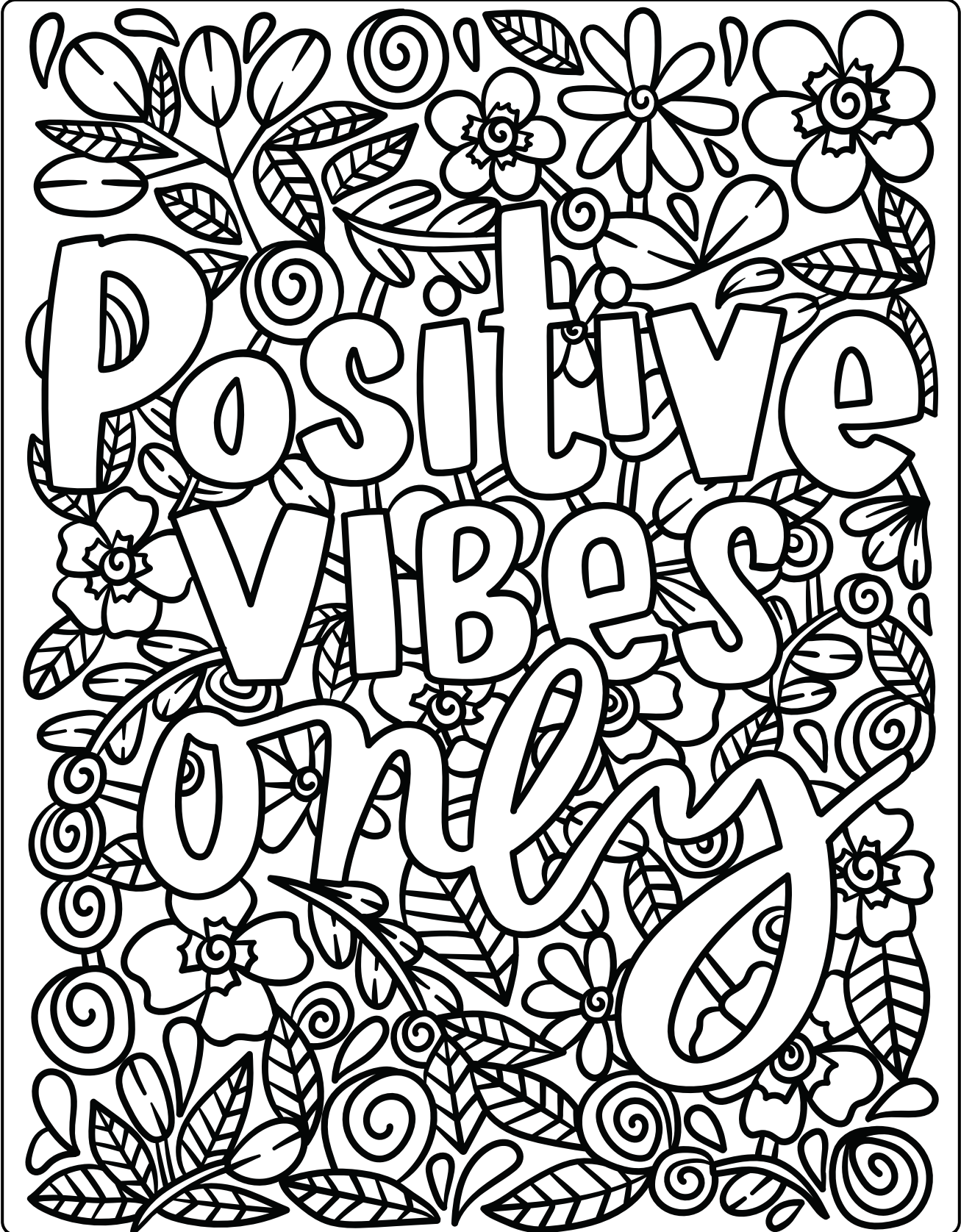
Write and illustrate all about your goals!

Personal Goals	Actions to Take
Behavior Goals	Actions to Take
Financial Goals	

# Coloring Fun!



Choose your favorite colors to complete this picture.



# Planning to Be My Best Self!



Write and illustrate all about your goals!

## School Goals

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## Actions to Take

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## Actions to Take

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## Family Goals

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## Potential Problems

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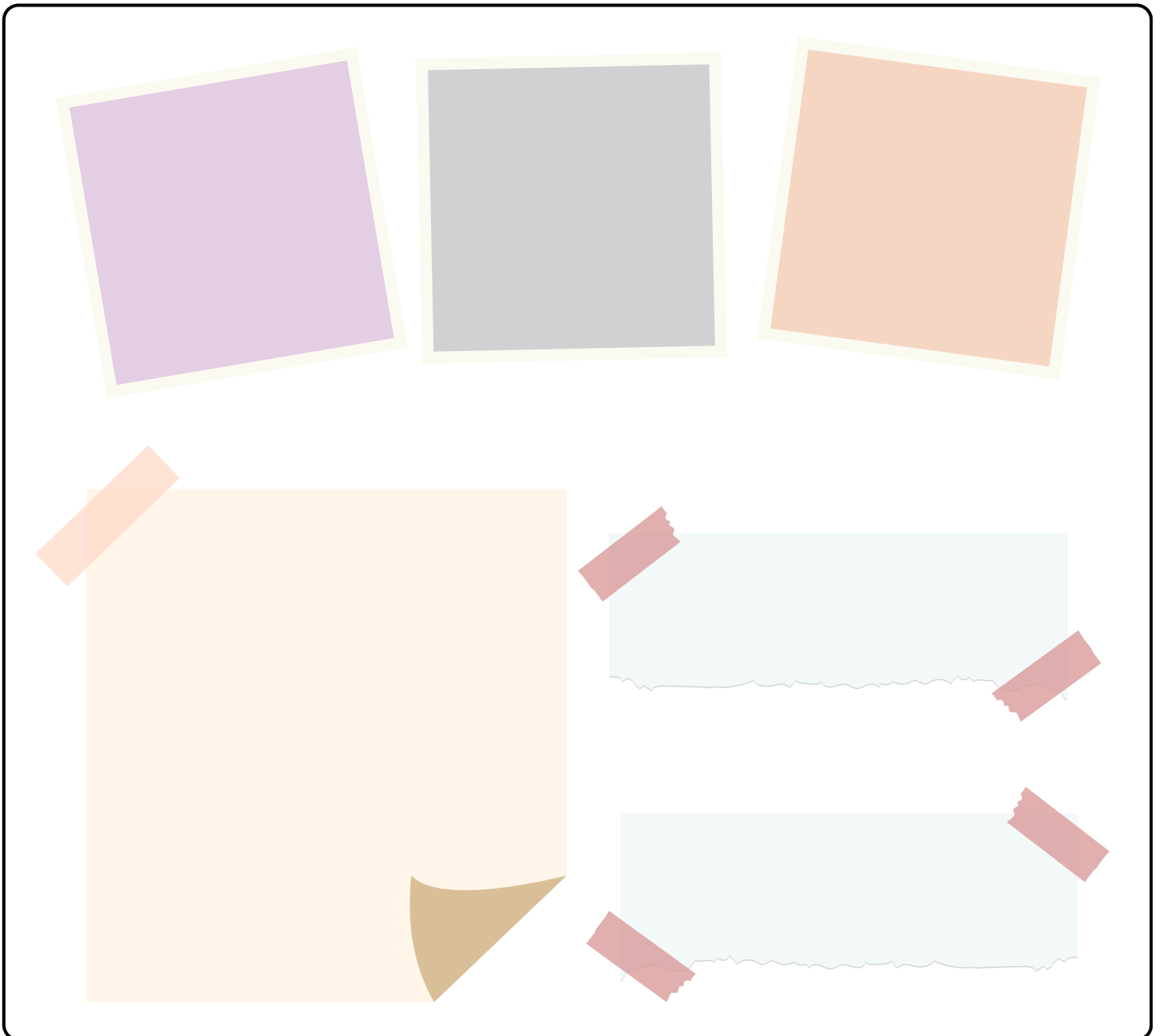
## Health Goals

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# Vision Board



Now that you have set some goals for yourself, let's make them even easier to see by creating a vision board. You will need magazines, glue, scissors, and a poster board of any size. Place your board somewhere close to keep you focused.



## Tea Time



Make a cup of your favorite hot beverage. While you are enjoying it, take some time to create an acrostic poem that gives advice on anything related to building a healthy future. The example below uses the letters in the word tea. You might prefer coffee or cocoa. Feel free to use the letters in your favorite beverage. Try creating a video to spread your message to your friends and family as you sip!

**T**

hink before you speak or act when you are angry.

**E**

ncourage those around you by being a good example.

**A**

sk a trusted adult for advice when you are faced with making a difficult decision.

# Tea Time



Make a cup of your favorite hot beverage. While you are enjoying it, take some time to create an acrostic poem that gives advice on anything related to building a healthy future. Feel free to use the letters in your favorite beverage. Try creating a video to spread your message to your friends and family as you sip!

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# 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.





# 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



The Perfect  
Summer Picnic



Let's have a

PICNIC  
PARTY









# The Perfect Summer Picnic



- August is National Picnic Month! Plan the perfect picnic for your friends or family.
- 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 invitation of your choice to see if they would like to join you. You could write or record your invitation.
- Does the person you want to invite live out of town? No worries! Include a virtual option to connect from wherever you are!



**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 

# Summer Picnic Planning



Location / Date / Time

Items for setup

Games/Ideas

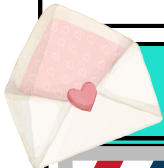
Picnic Supplies

# Summer Picnic Planning



## Food and Beverages Menu

Menu



## Invitation



# 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.

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



# The Perfect Summer Picnic Word Search



Find the words given in the word bank.

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

## Word Bank

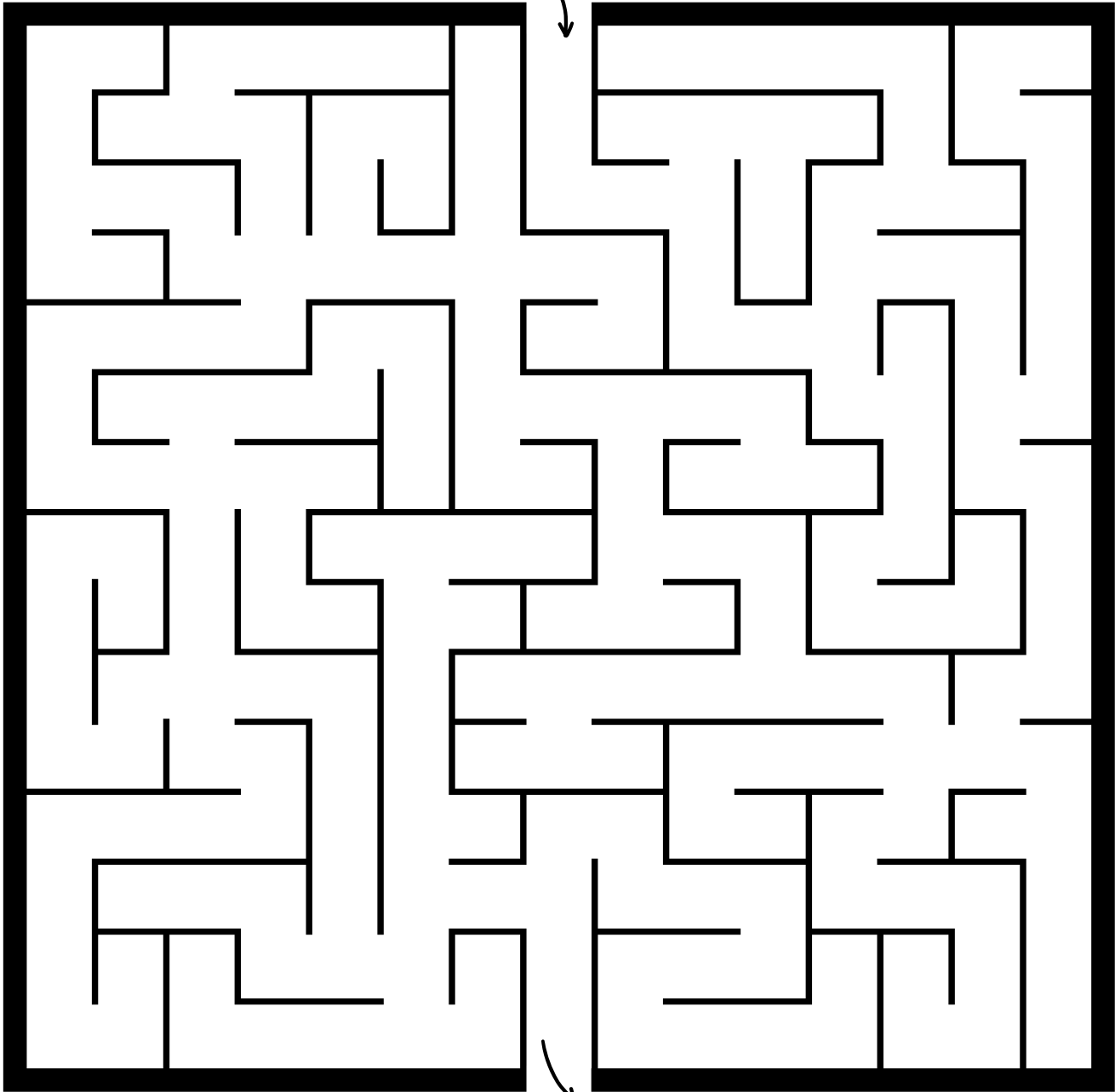
Basket	Fork	Tablecloth	Grass
Blanket	Plates	Sandwich	Balls
Watermelon	Spoon	Potato Chips	Cards
Grapes	Napkins	Potato Salad	Games
Knife	Cups	Insects	Dessert



# Bright Future Maze Fun!



Could you assist Ace in finding his way out of this maze?



# Trash Talk



Having healthy relationships with others begins with having a healthy relationship with yourself. 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!*

# 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	5	3
		3		2	1
				3	
2			1	4	
	1				4
5			3		

# What's in a Friend Word Search



All friends are not good friends. We've chosen some words to describe a good friend. Look vertically, horizontally, and diagonally to find our descriptors. Once you've found all the words listed, add three more words of your own to the last column. Once you're done, send a text to, write a note to, or create a social media post about a friend worth having.

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

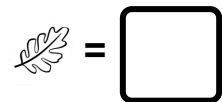
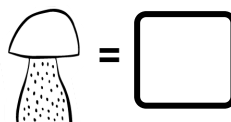
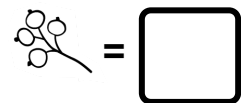
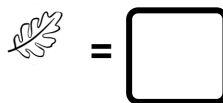
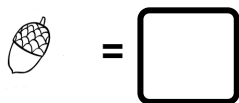
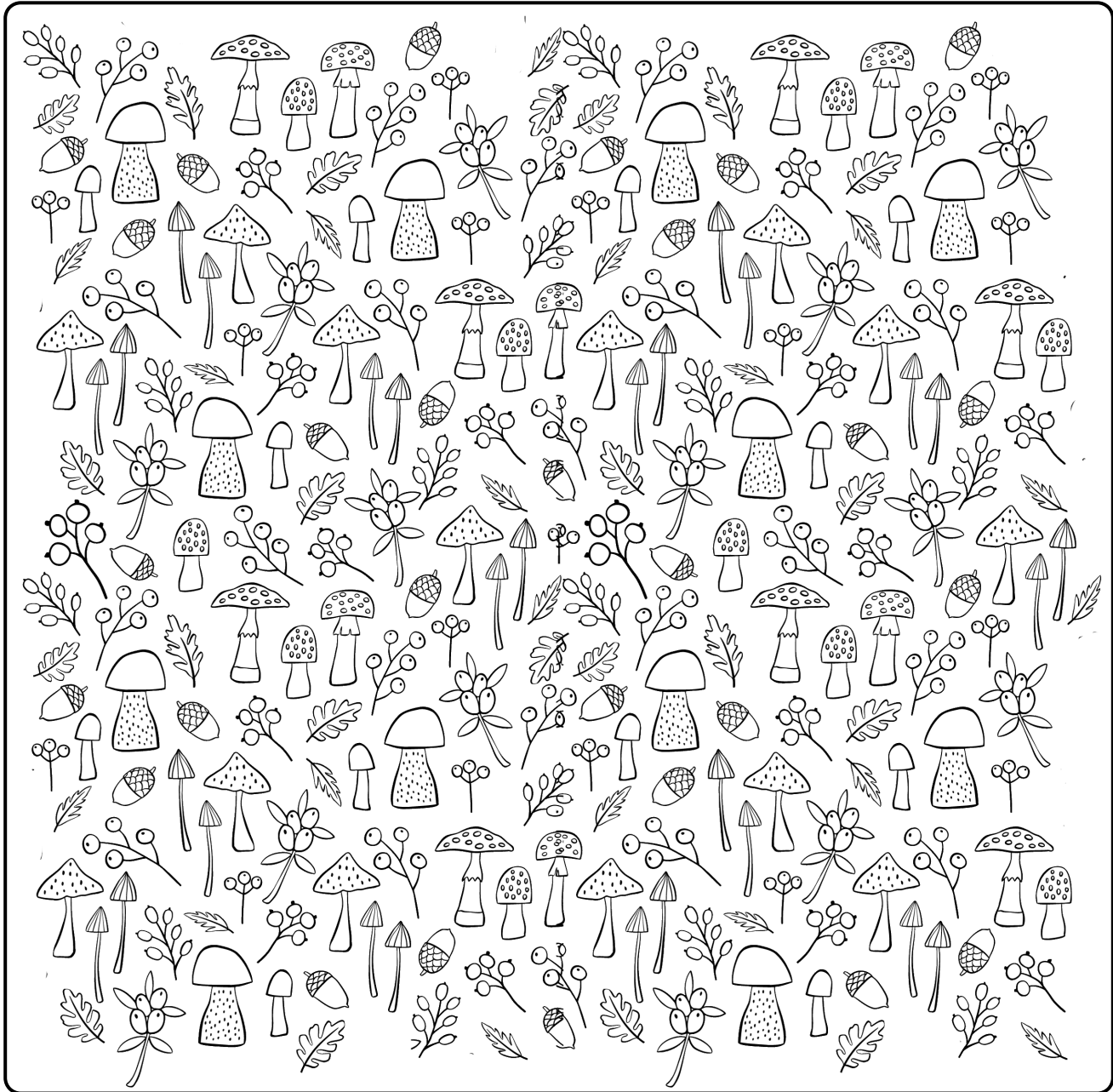
## Word Bank

Compassionate	Positive	Encouraging	
Good Listener	Empathetic	Respectful	-----
Trustworthy	Accepting	Generous	-----
Considerate	Honest	Supportive	
Patient	Loyal	Kind	-----

# A Rainforest Trip I Spy



Find the items and write the number under each section.



# Coloring Fun!



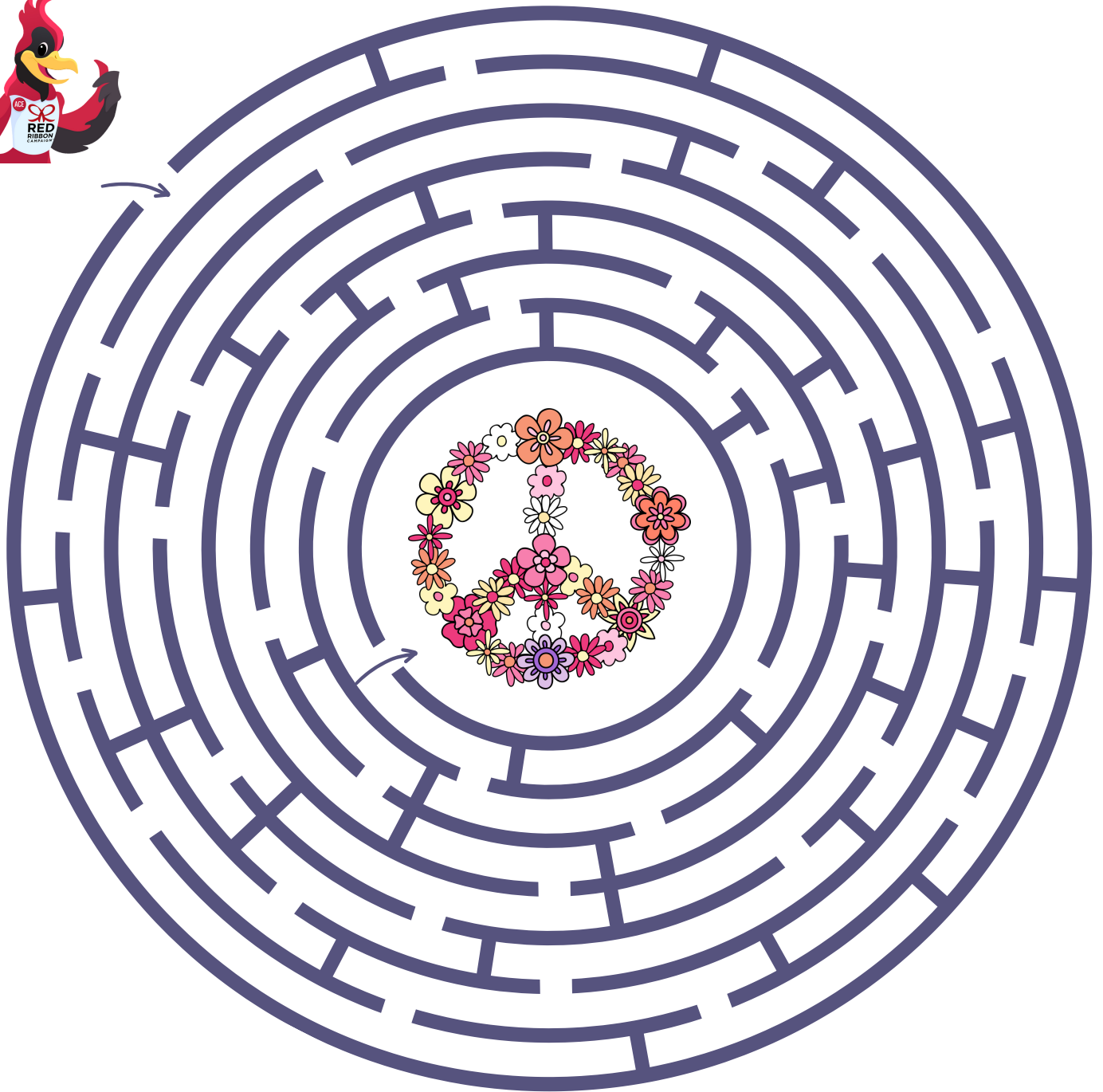
Choose your favorite colors to complete this picture.



# Peace Maze Fun!



Help Ace find his peace.





## Not Your Average Skittles



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! Having healthy relationships AND a healthy diet are a part of that! 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!**





**Make Money...  
Don't let money  
make you!**



Find the words given in the word bank.

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

**Word Bank**

Cost	Wants	Credit	Interest
Free market	Needs	Debt	Invest
Capital	Consumer	Finance	Deficit
Demand	Supply	Savings	Finance
Goods	Budget	Stocks	Economics

# 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	3		5	1
	4	2			3
		4		1	2
3	2	1		4	
5			1	2	4
		5	2		

# 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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Why is this important for me to do?

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Strengths:

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Weaknesses:

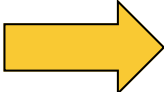
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Reward:

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## 30 Day Tracker

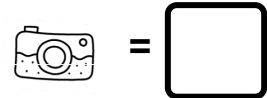
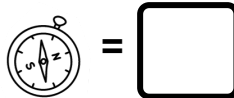
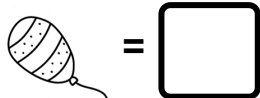
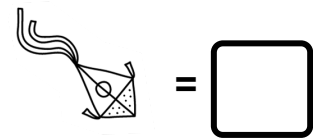
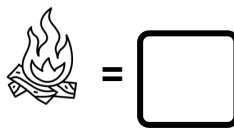
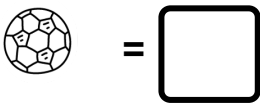
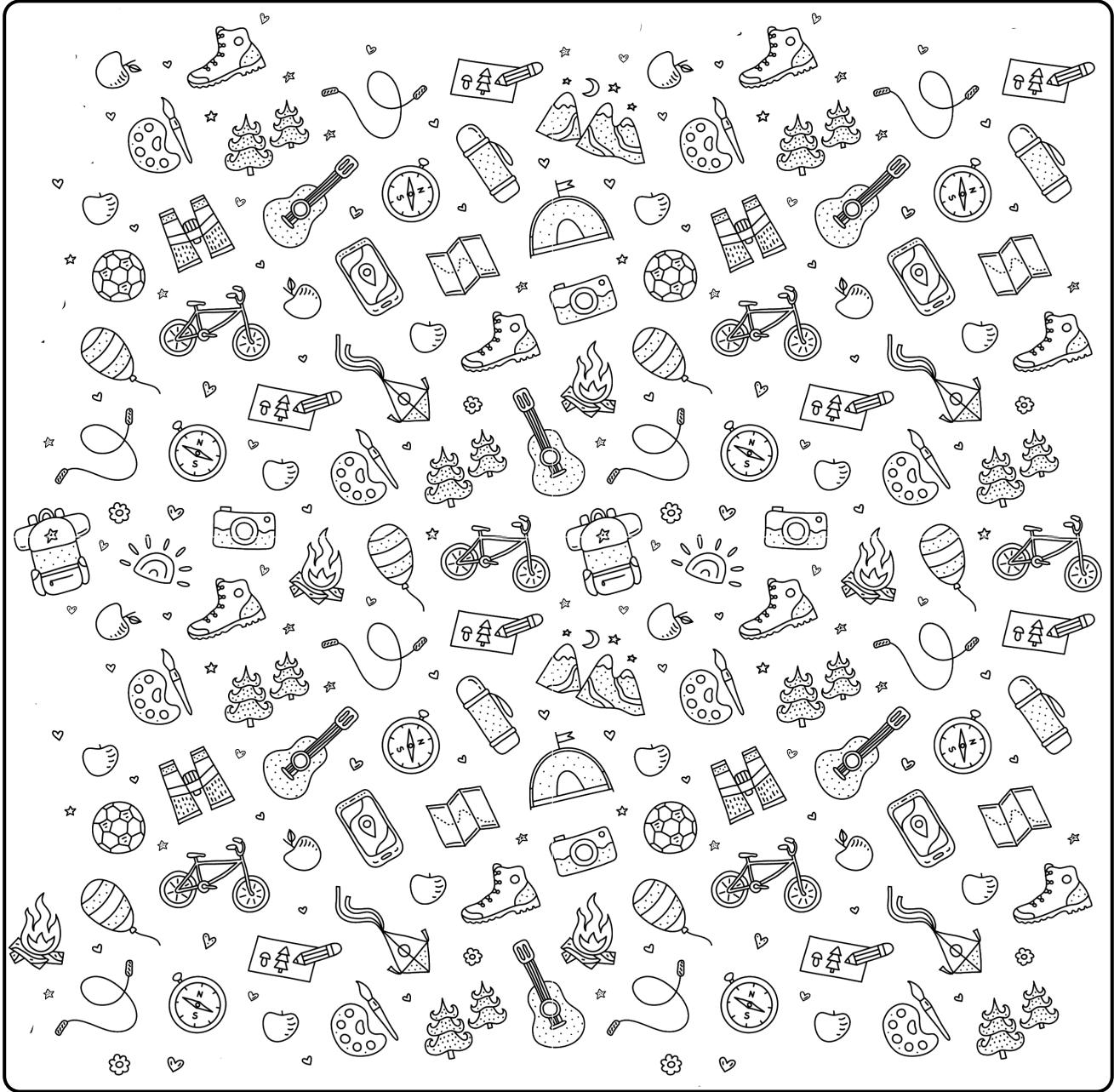
Color each circle when you achieve your daily target.

	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○

# A Safari Trip I Spy



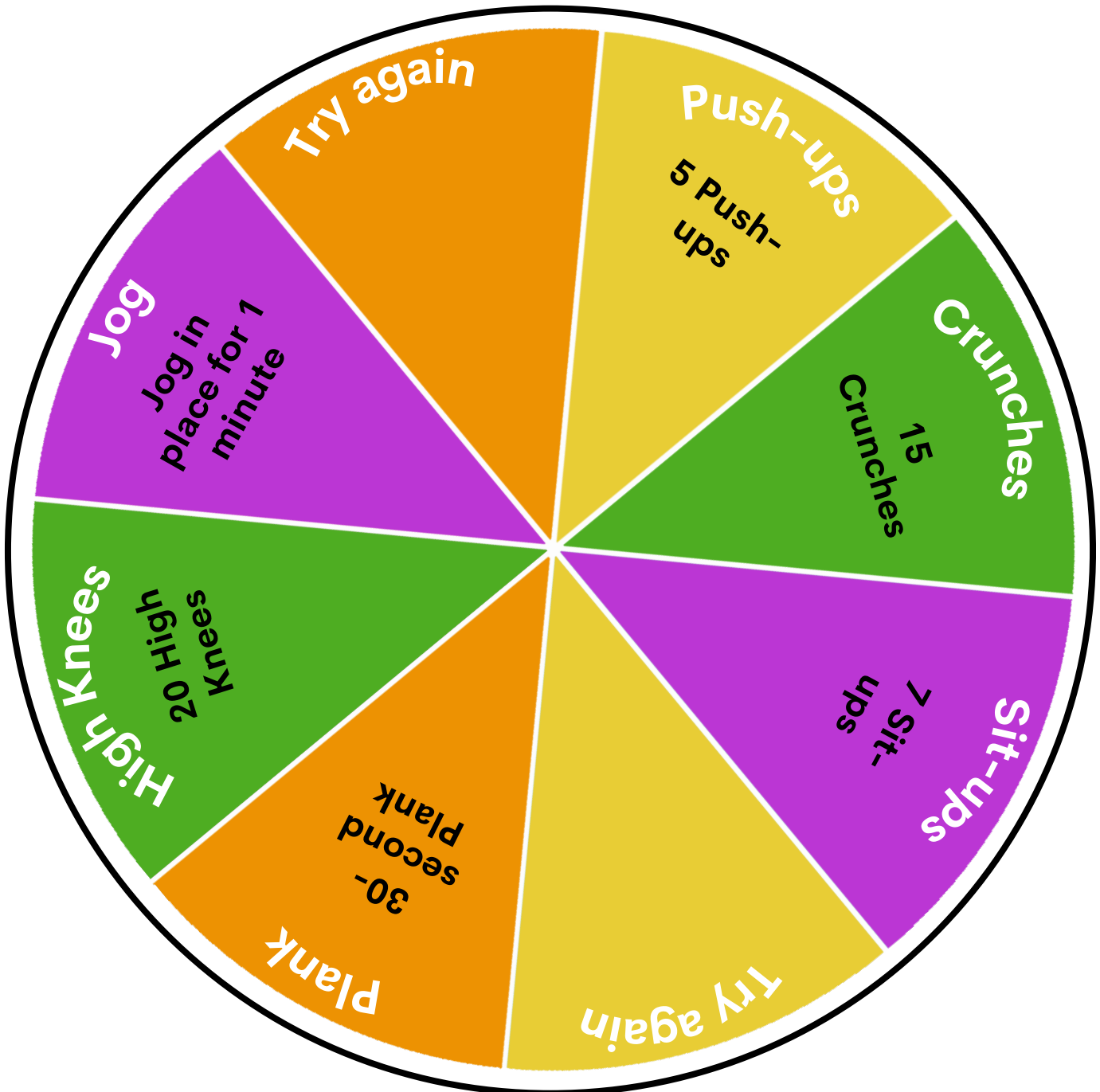
Find the items and write the number under each section.



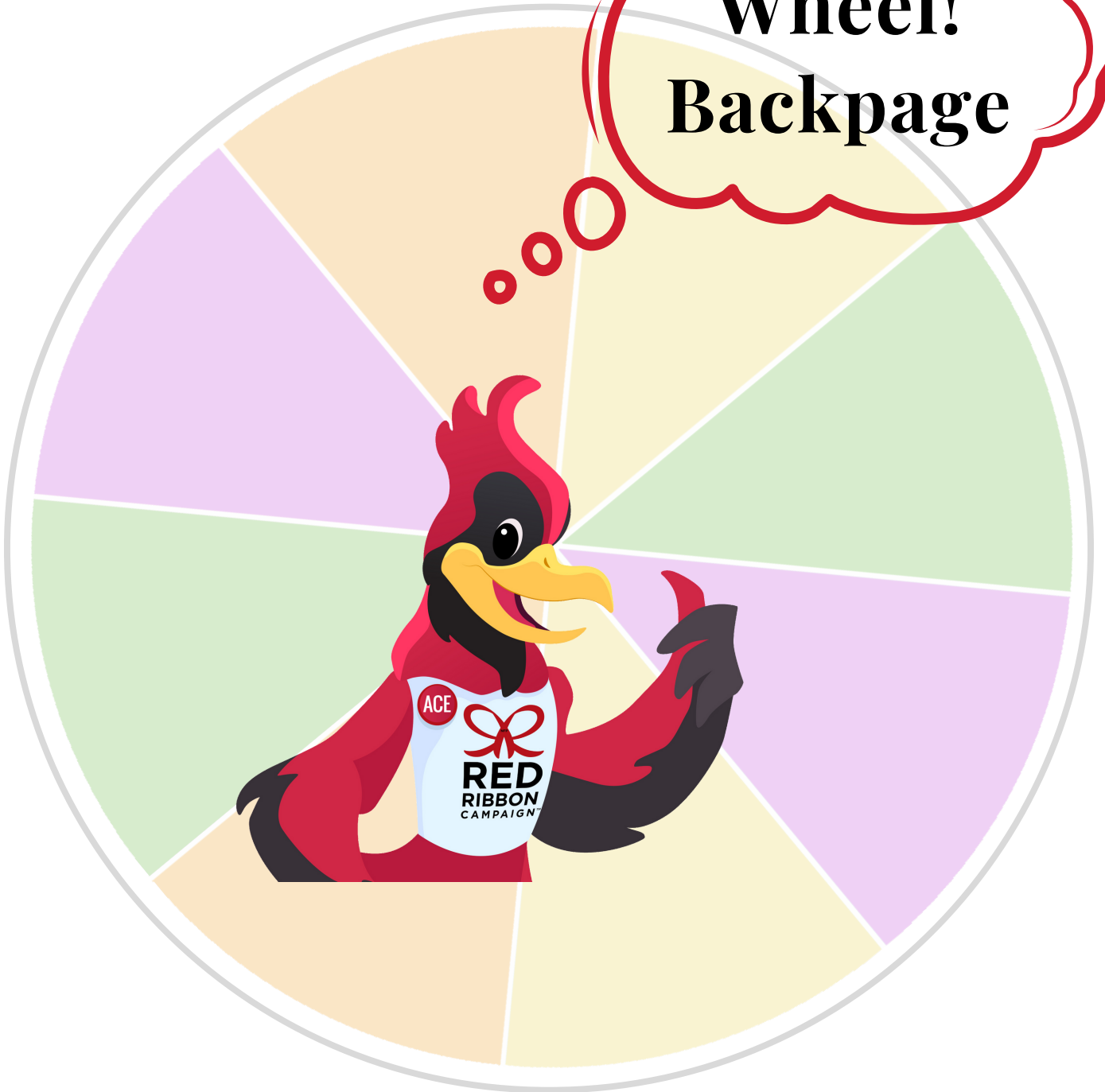
# Spin the Wheel!



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!  
Backpage**



# Coloring Fun!



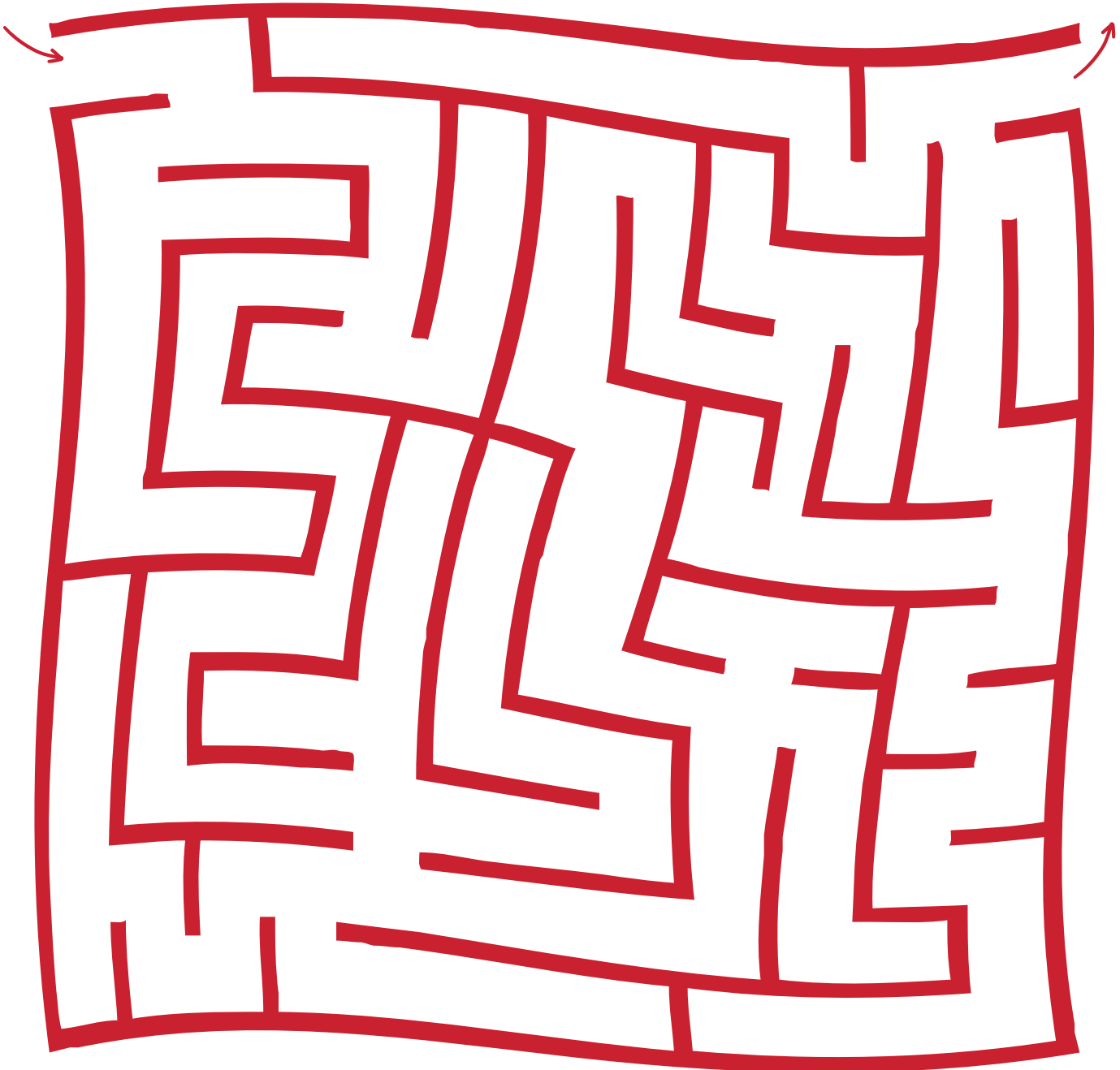
Choose your favorite colors to complete this picture.



# Drug Free Life Maze Fun!



Help Ace find his way to a Drug Free Life!



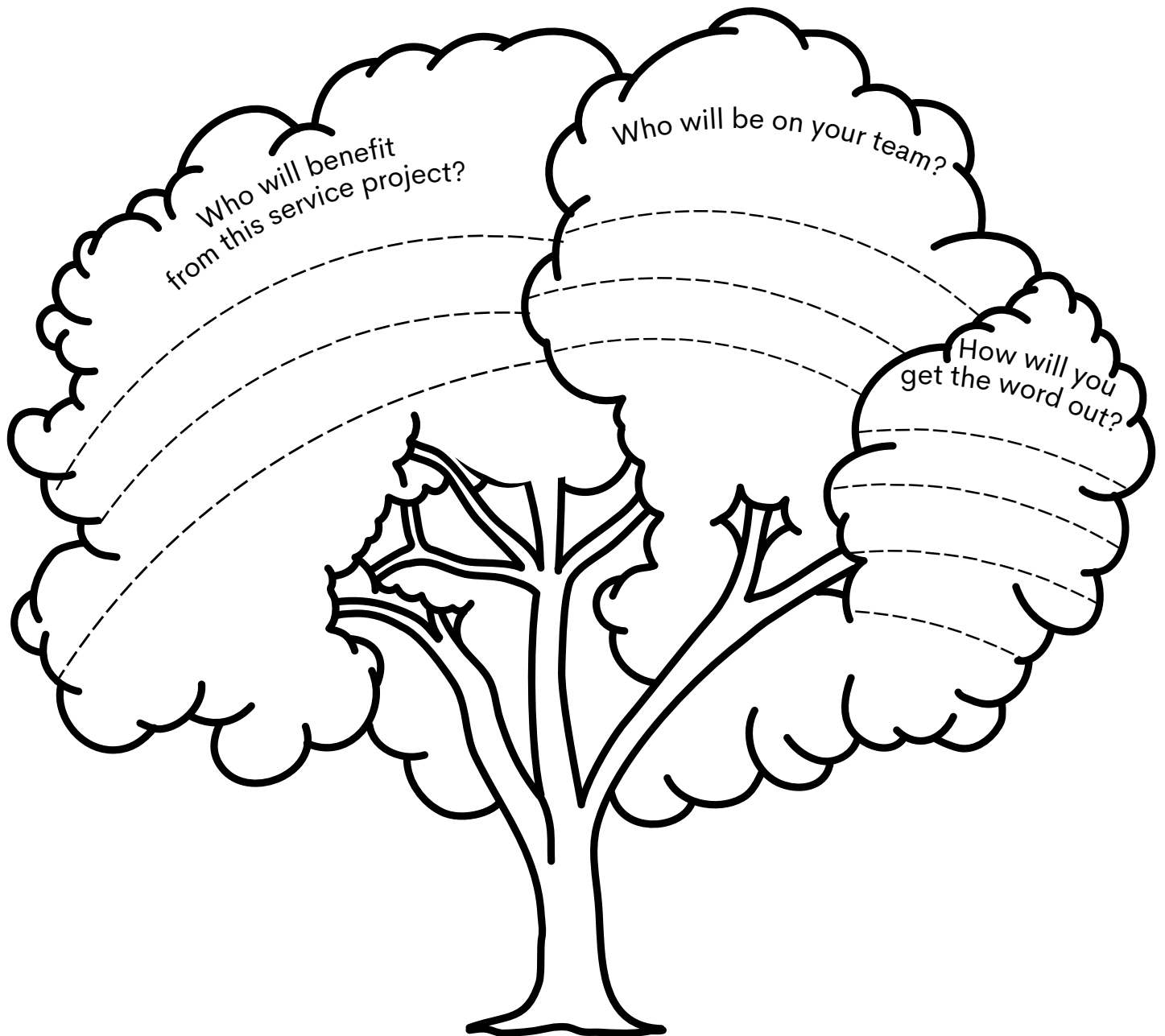


# The Giving Tree



Marian Wright Edelman said, "Service is the rent we pay for being. It is the very purpose of life and not something you do in your spare time."

**Plan a community service project that you can be proud of.**



# Sudoku 9x9



Fill in the missing numbers to solve the sudoku puzzle.

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

5		6			4			
2				8		4		
	4		6		5		1	9
1	8		3	5	9		2	4
3		5	4	6	7		9	
	9	4		1	8	5	3	7
7			8		2	9		6
4		8		7	1	3	5	
				4	6			8

# It's Better to Give! Word Search



Find the words given in the word bank.

QRVAEOHXKGZSERVICESZXWMQY CQZZK  
 TTNDSQGHRVDVJLNFLLEGBCLOTHINGW  
 ZFLQPYGWXXWTNNEOBHHRVRORENXJEG  
 MIZDHDKWQJECGPUOIEUTWZQKF XEHS  
 OSCIIJCOLLECTRSDALTXMPFFLHMWXQ  
 SZCILXDOPQLGGDCXJPUZGDYKENBSRR  
 XJYGAGDYNRECRLOECMIAMPHFYKKLAS  
 KHEKNFGWZAWXZLODRIVEOTFDWCBMFO  
 PDSZTTBIDNESLUOMNECESSITIE SOGS  
 AZWEHBYVHORKIBLIPNLVWHOKAUNNZ  
 SRKPRCQHRENCHARITYIUGCMA CBIEHE  
 SSKCOVLAQBOGIBHME LTIHBQRMKHYKC  
 IVOHPXAZISELFLLESSWEAEHV PJZPPNF  
 OUJLIYHNBMOFSZJNGMHBVGVVDUDDCE  
 NNCVSDMVTJZJNHRPJIPUVOLUNTEERP  
 LANUTOTLSLSSDWEJYXTAMQACRRTQLG  
 OTQSGNKGUTEVPPBLMENORADUSIIPZ  
 KBCQLALAJTQASCYTMZJVENXQBHWRG  
 OBWSFTDITIMGDKGRXEKLT FIIAAQBDL  
 GERCWIDYOF AWEEXROFRHRBQDTIRHEB  
 JYMBPOGNOAUF CQRAOKOFJVLHLAGBVS  
 YLTHONRCOMMUNITYOWIDWWLSLZR VFE  
 WELHASHDPWAMGPIBDVTYFCMBZRNIEK  
 MJLRMDVGHSJALUXFACCHK NKKNHVAK  
 QCTUKGIUMRKM KQOIKPXPGFMPYZDNRN

## Word Bank

Community	Philanthropist	Clothing	Passion
Service	Donations	Shelter	Charity
Volunteer	Drive	Food	Selfless
Give	Collect	Necessities	Growth
Servant Leader	Humanitarian	Money	Help



# My Home Maze Fun!



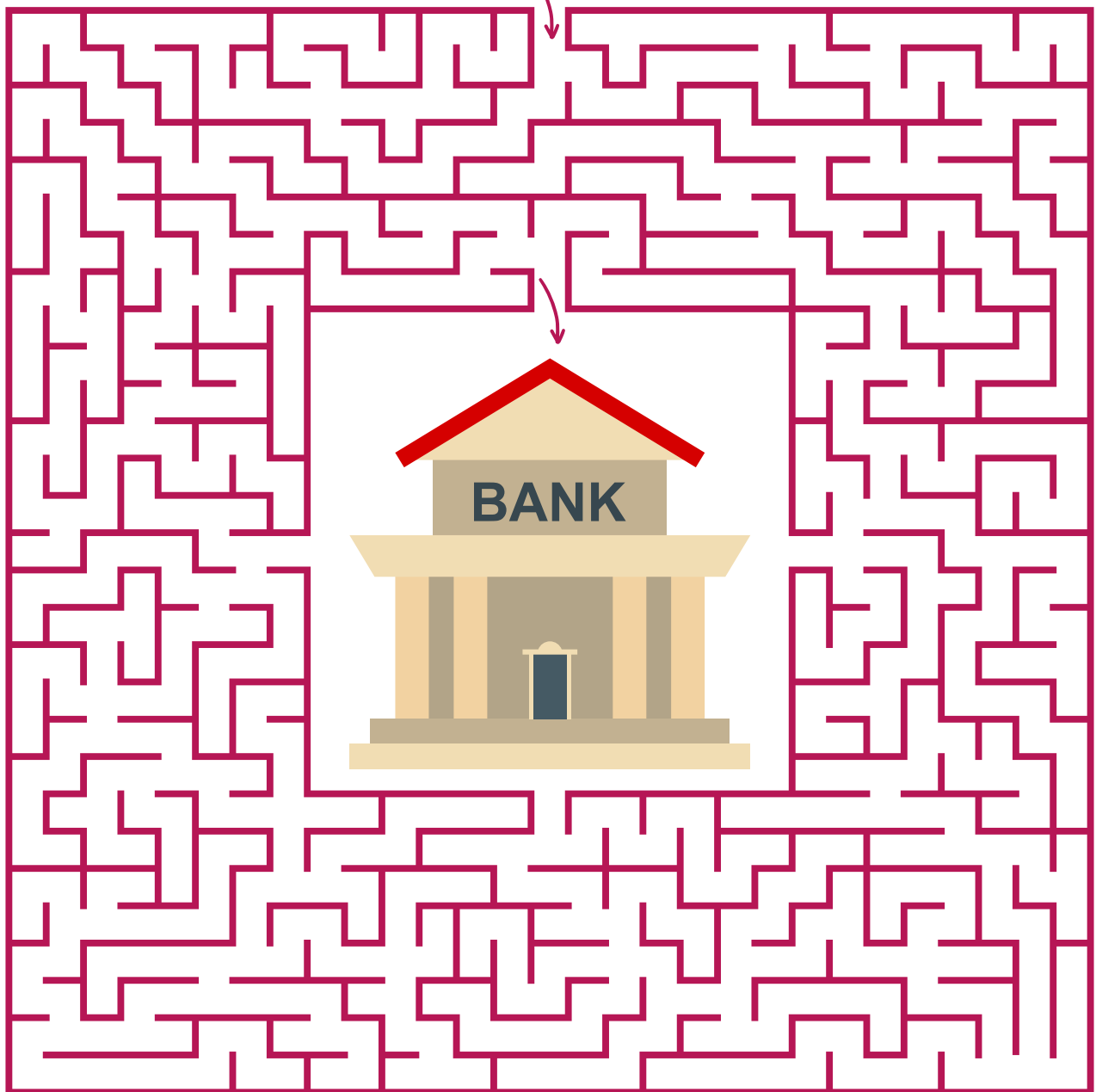
Help Ace find his way home.



# Bank Maze Fun!



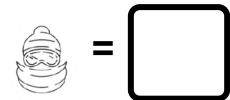
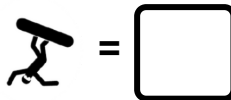
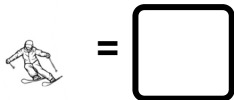
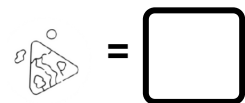
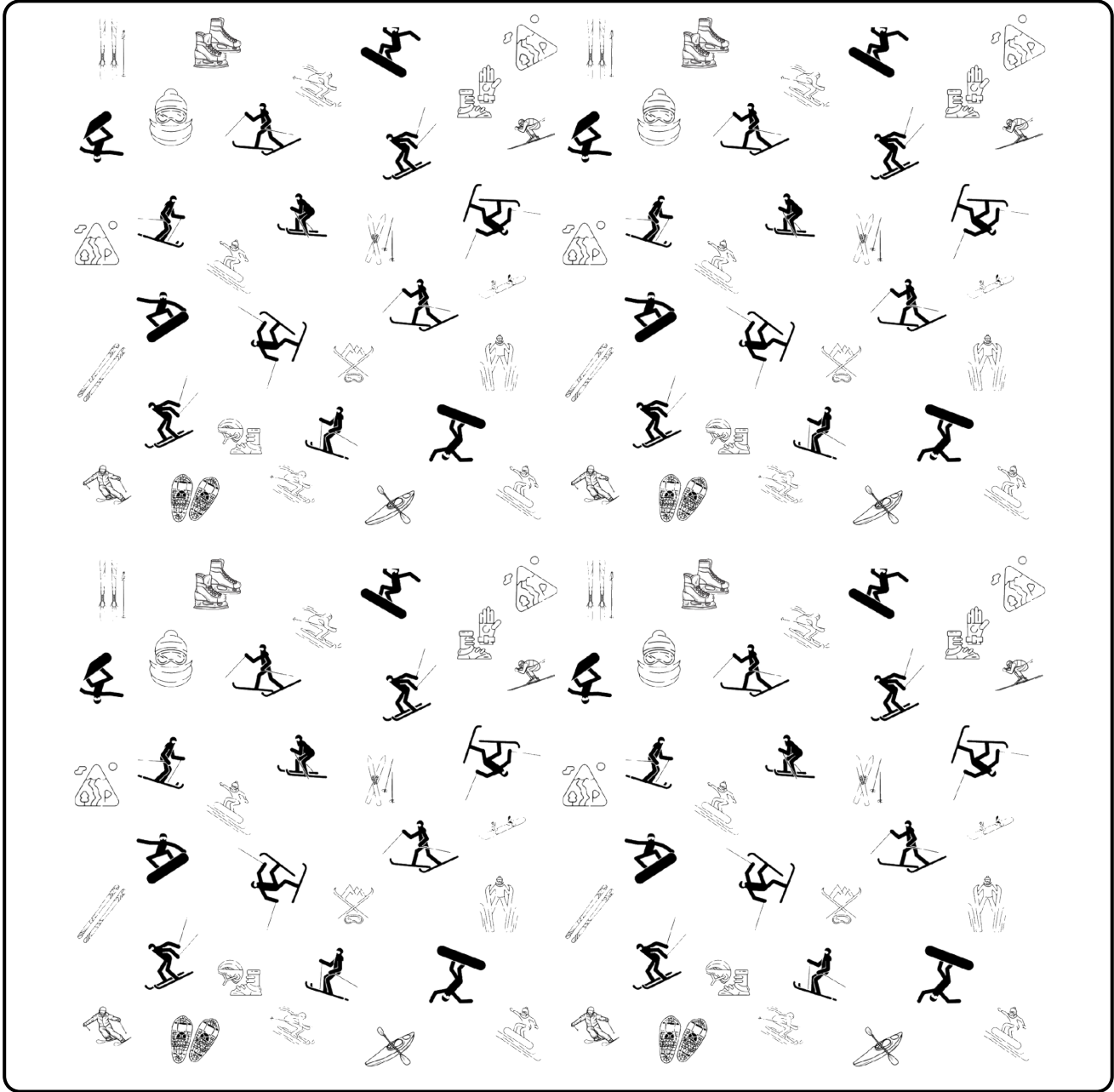
Ace has earned more money and needs to make a deposit. Can you help him find his way to the bank?



# A Ski Trip I Spy



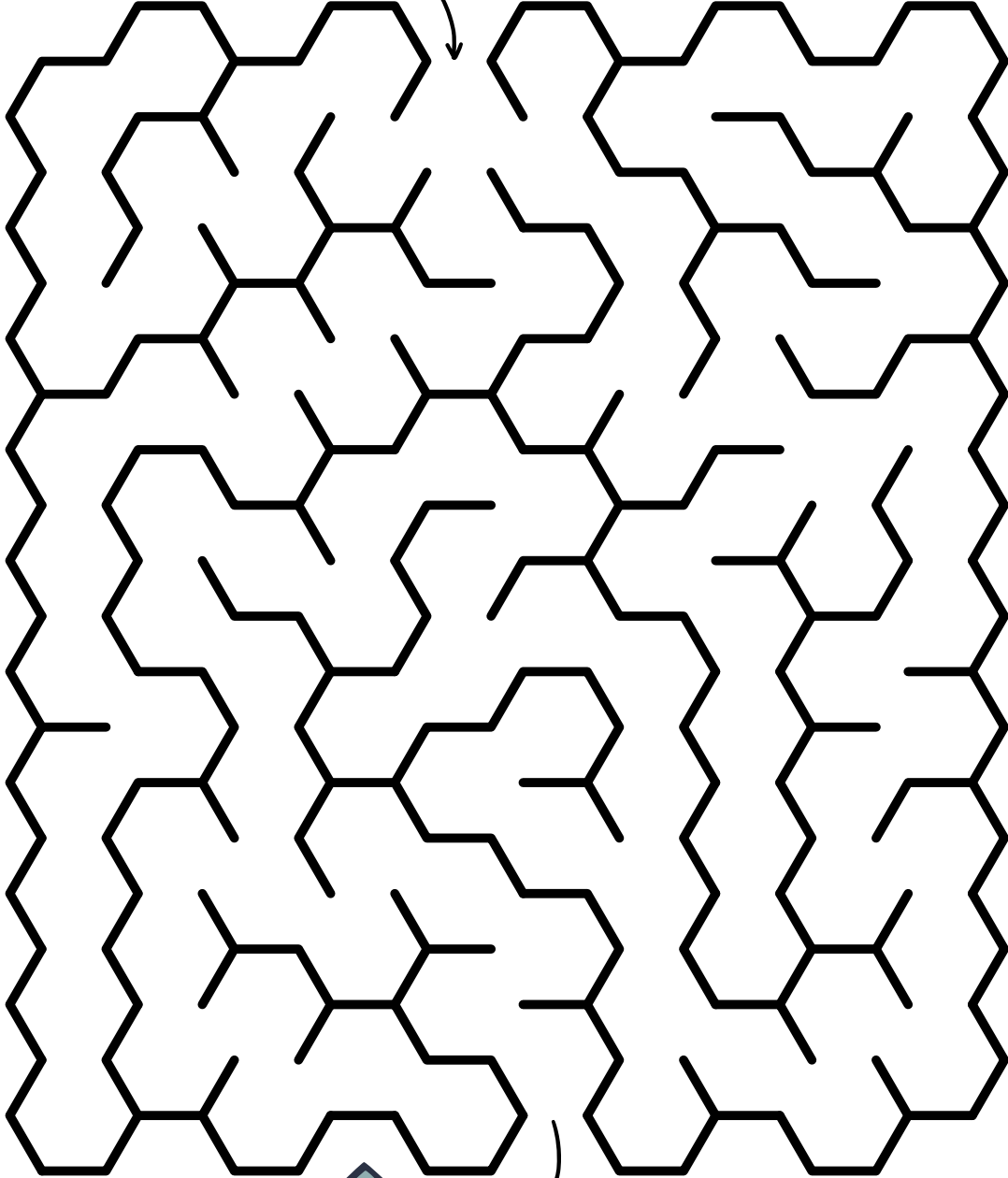
Find the items and write the number under each section.



# School Maze Fun!



Can you help Ace get to school?





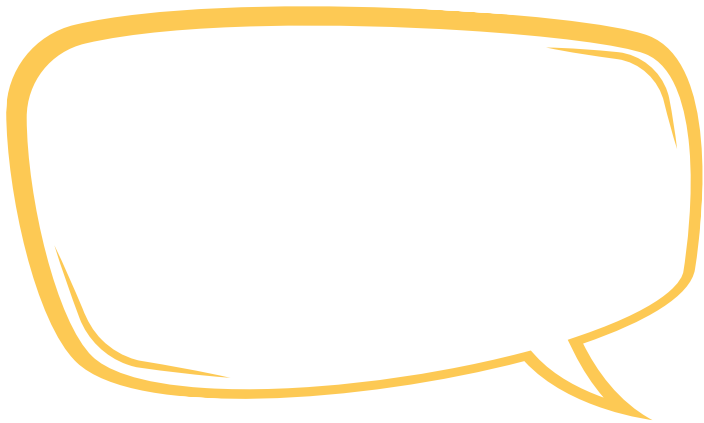
# A Perfect Day



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



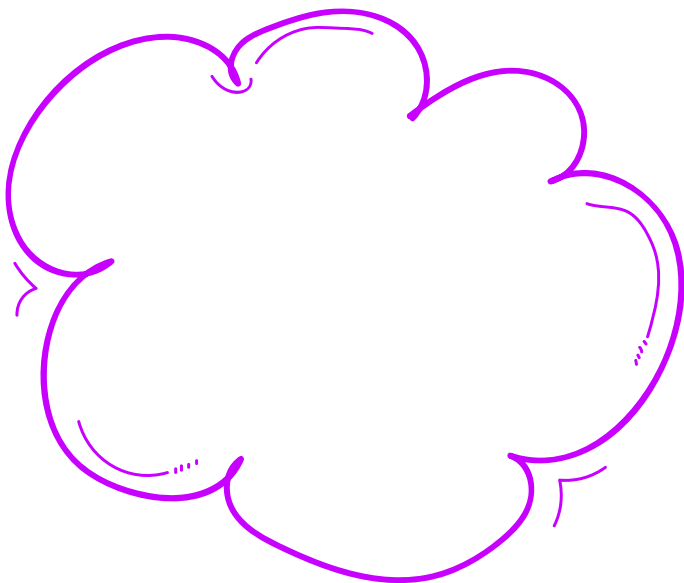
Who would join you or would you be alone?



What would you eat?



Where would you be?



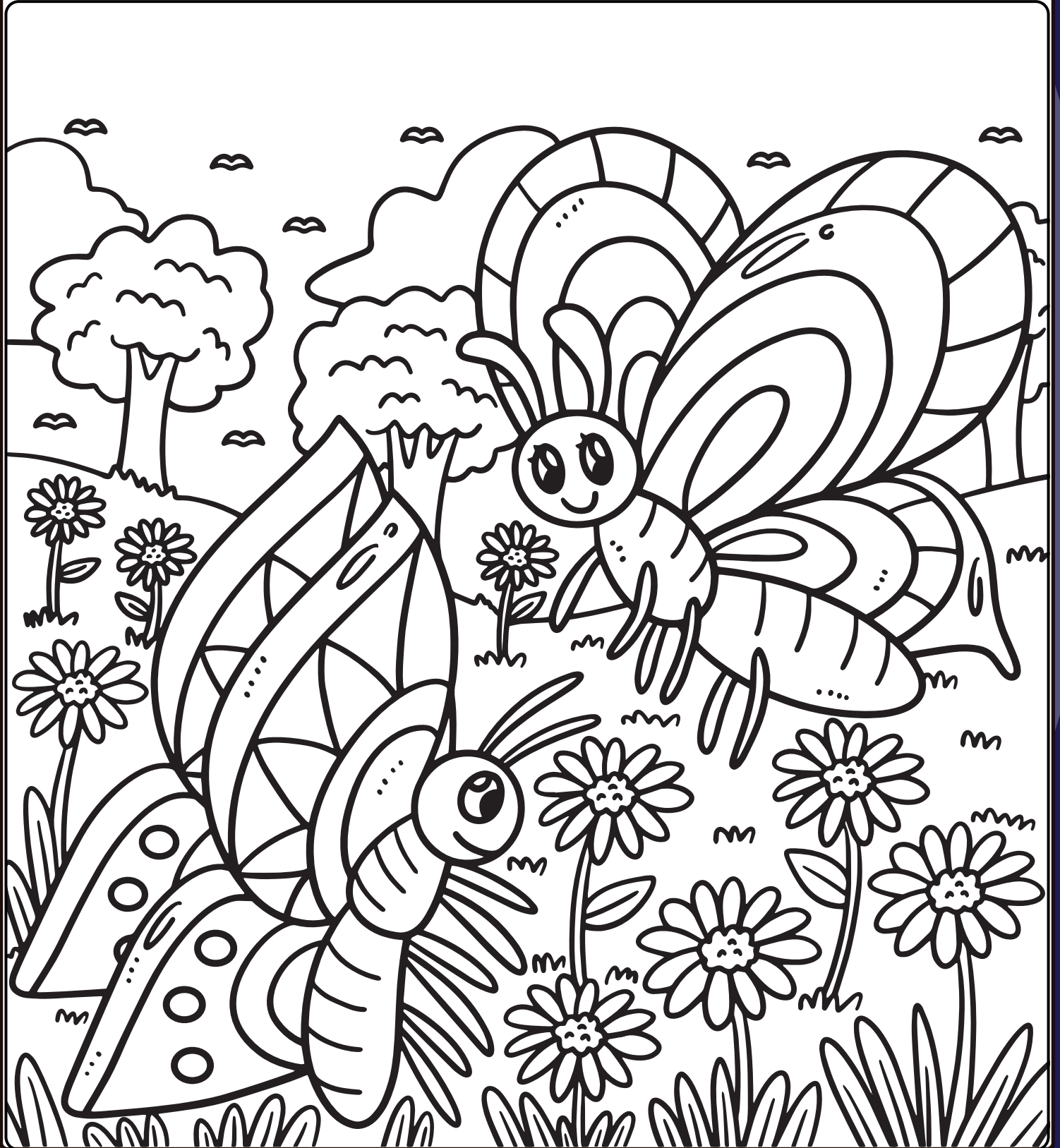
What would you be doing?



# Coloring Fun!



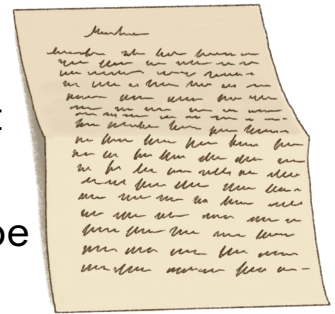
Choose your favorite colors to complete this picture.



# Could We be Friends Again?



Write a letter or create a text to someone you feel has wronged you. Discuss what they did and how it made you feel. After you are done, read it to yourself at least once. Do you feel better now that you've gotten your feelings out? Is this something that actually needs to be discussed with the person or maybe a trusted adult?



Ask yourself if you can forgive the person and continue your relationship or are you better off not communicating anymore. Regardless of the answers to these questions, decide what you need to do to heal and move on.

# Draw and Color



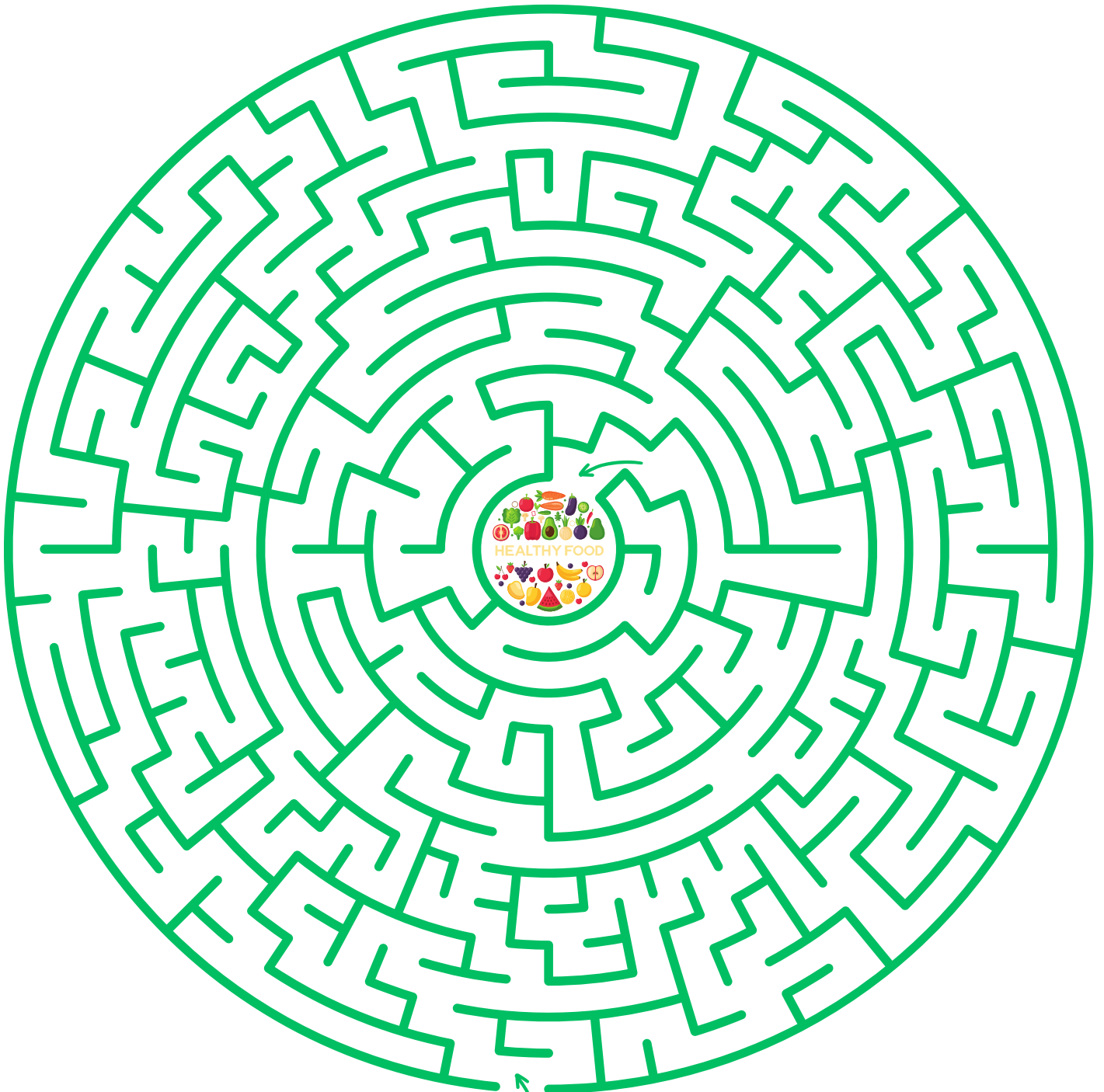
Draw and color the other half of the picture.



# Healthy Food Maze Fun!



Help Ace find some healthy food options.



# Building for Your Future



For an architect to build a home, there must be a blueprint. A blueprint is a drawing or sketch of the final product. It also symbolizes there must be a process. What is the danger of not using a blueprint to build your home? How can we relate this to building a healthy future for ourselves?

Draw a house below. (Do your best. This isn't an art contest.) Label the parts of your house with those things you feel are needed to have a healthy future. Be thoughtful when labeling. From the foundation to the roof, consider the purpose each part of the house serves.



# Sudoku 9x9



Fill in the missing numbers to solve the sudoku puzzle.

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

2	7		8	5		9		1
9				7	1			
	3	8		2	9			
4	6	9					1	8
	1	2	6		8	5		
	8	7				6		
			2		5	1		9
		5	7	1	4			2
7		1					6	5



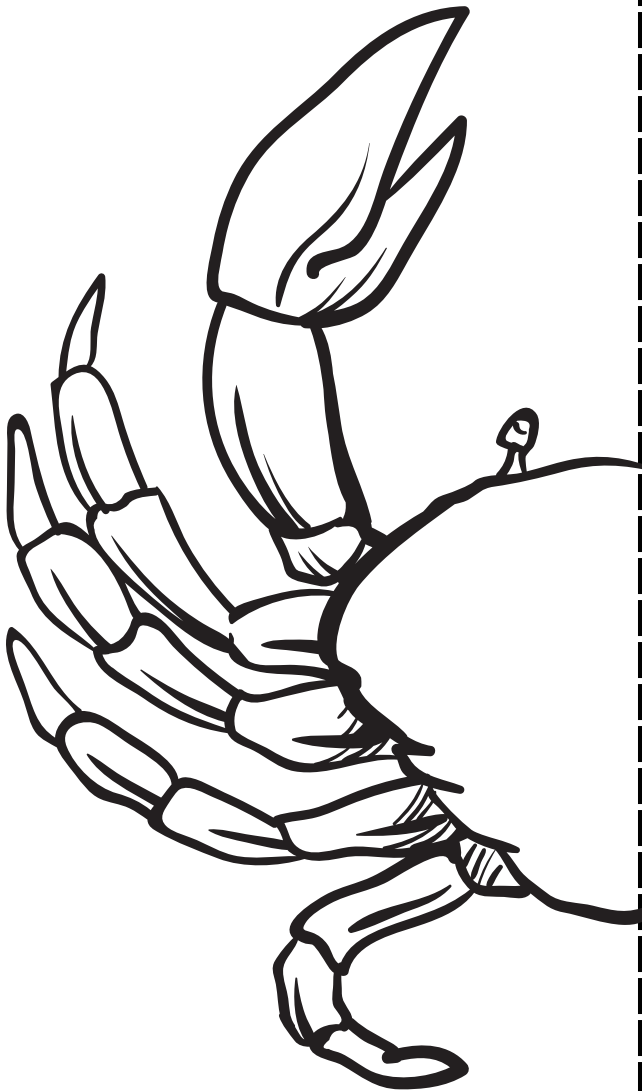
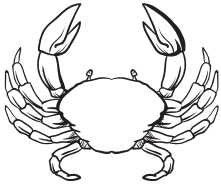




# Draw and Color



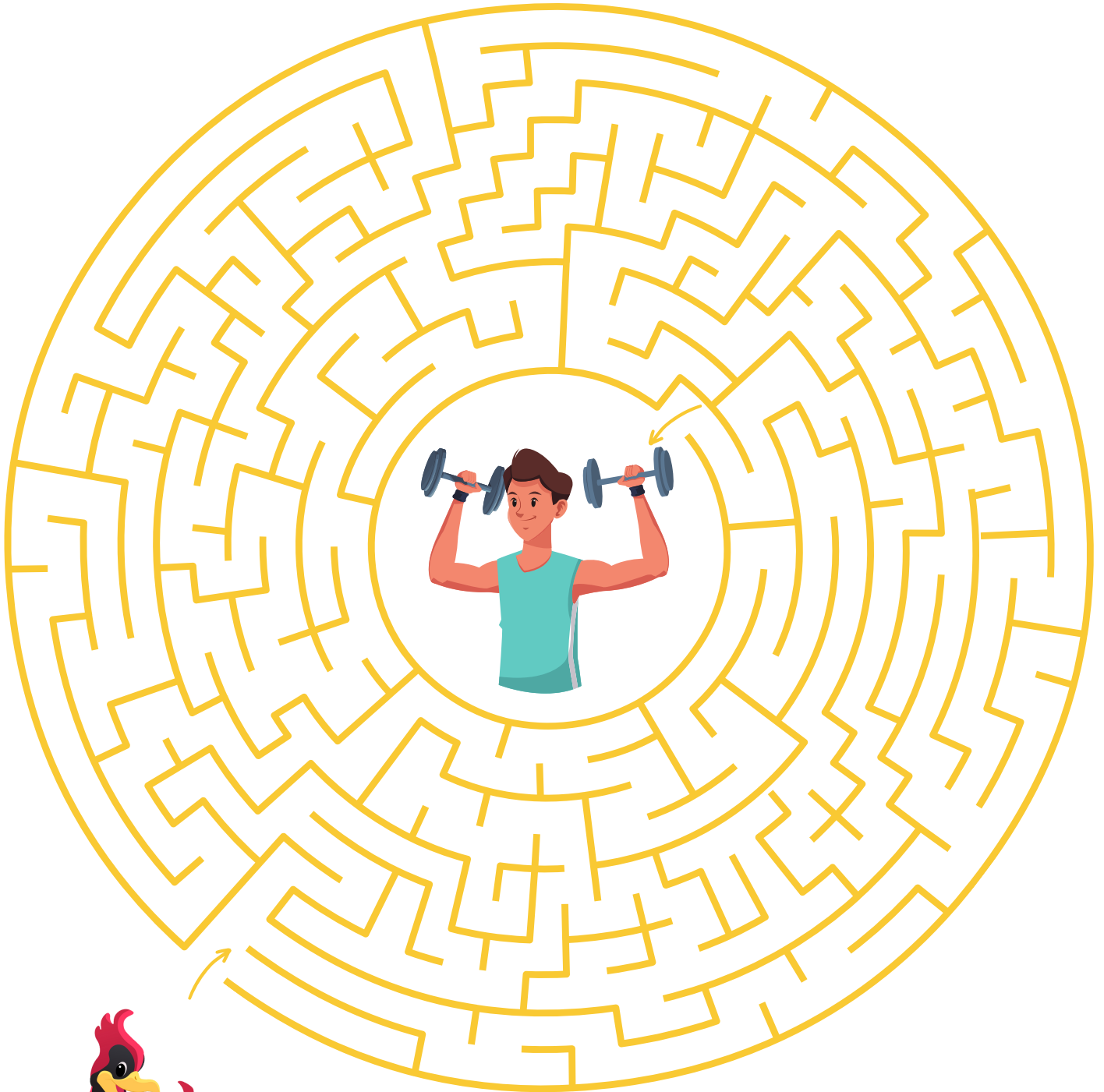
Draw and color the other half of the picture.



# Pump It UP! Maze Fun!



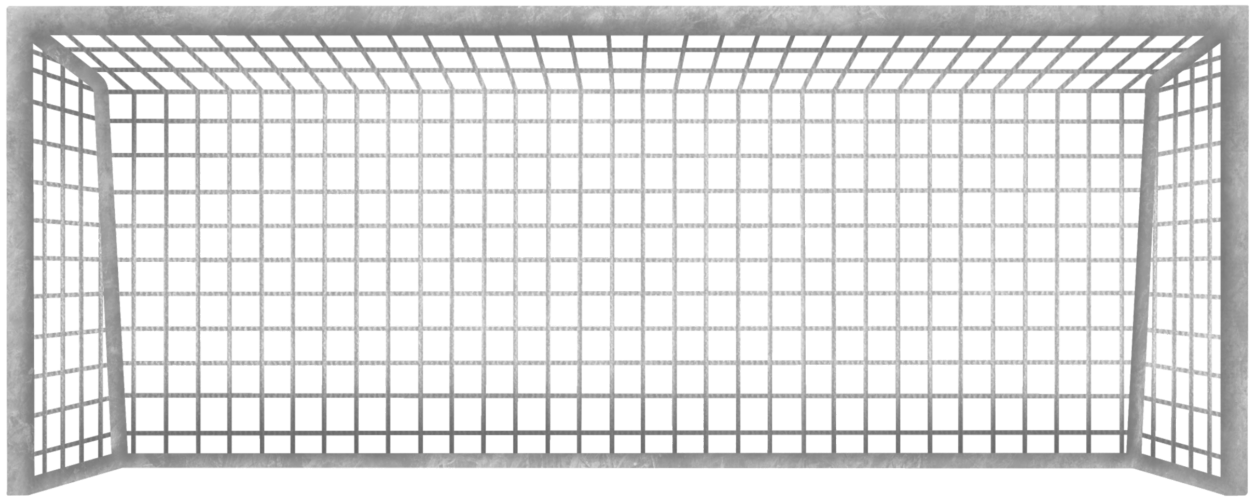
Help Ace find his way to training camp!



# Score!



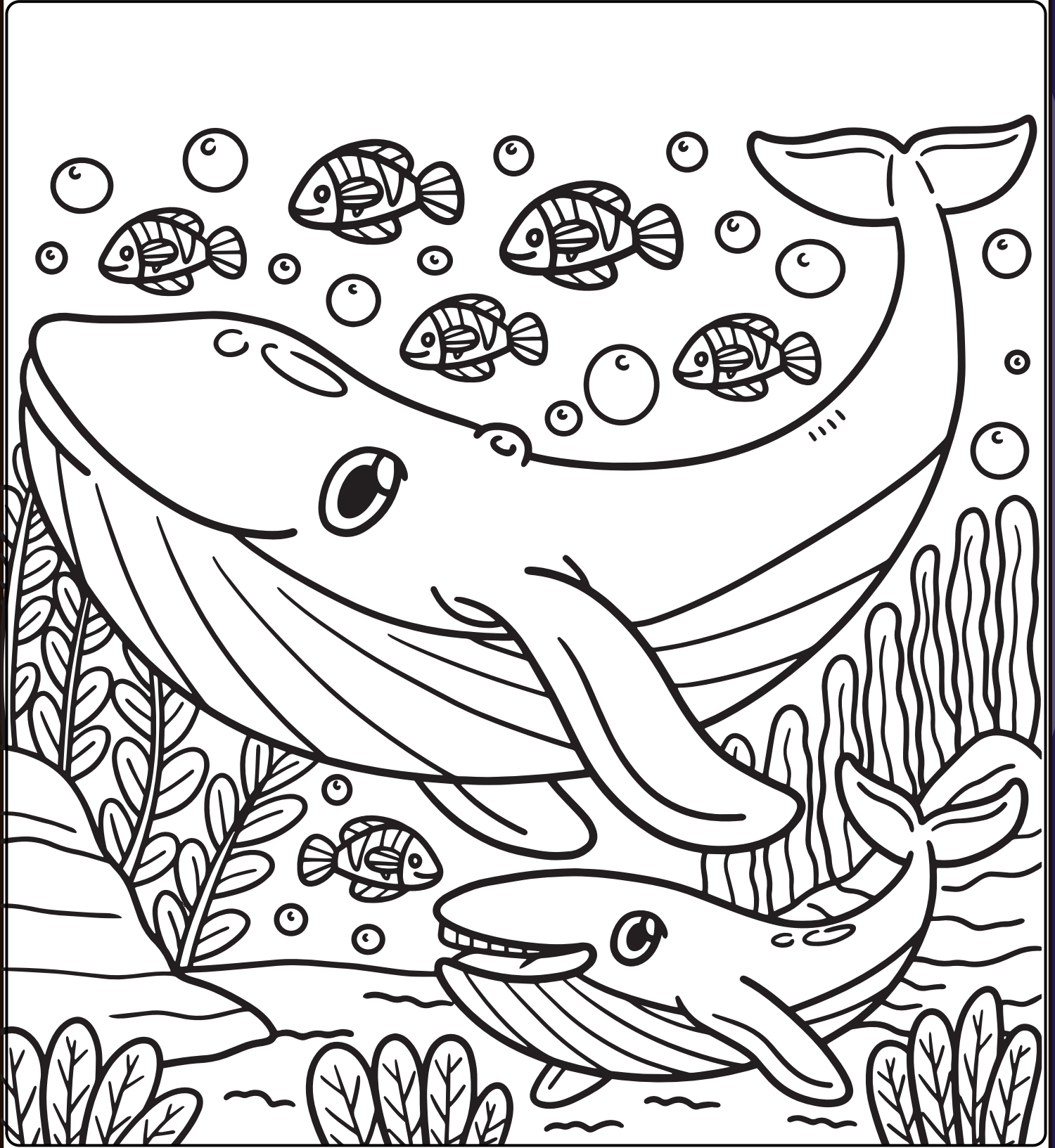
Most athletes do not just become great with no plan. They have playbooks that include the steps needed to score the points that will allow them to win the game. The same is needed in the game of life. Write a goal in the goalpost. Starting with the ball the farthest from the goalpost, add the steps needed to help you achieve your goal. Create a PSA or positive social media post on the importance of goal setting using your personal example.



# Coloring Fun!



Choose your favorite colors to complete this picture.

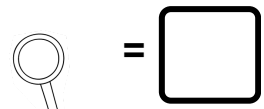
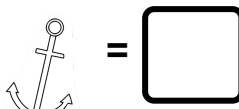
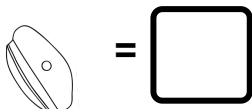
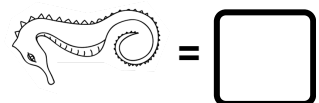
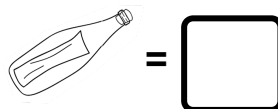
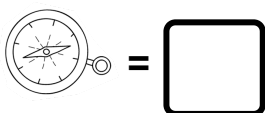
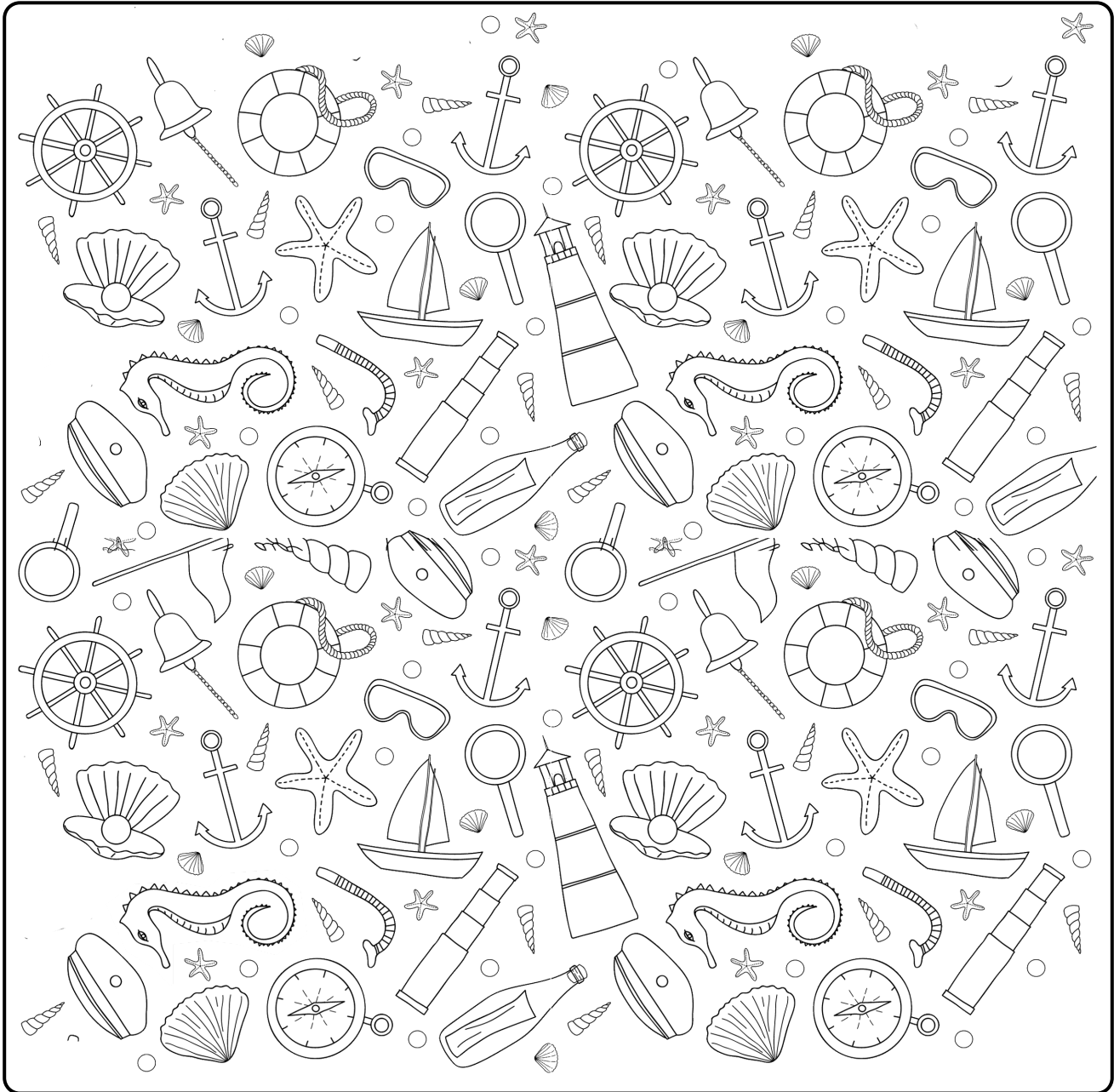




# A Cruise I Spy



Find the items and write the number under each section.



# Journaling



**I want to be a**

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## **Self-Reflection:**

What do you enjoy doing in your free time?  
What subjects in school interest you the most?  
List your strengths and weaknesses.

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## **Steps to Your Career Door:**

Write something you can do this week to move closer to your goal.

Describe a small achievement you can target in the next month.

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Outline a significant action you will take in the next six months.

Envision your final step before reaching your career goal.

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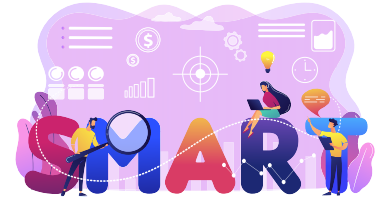




# “Goal” Star



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!	

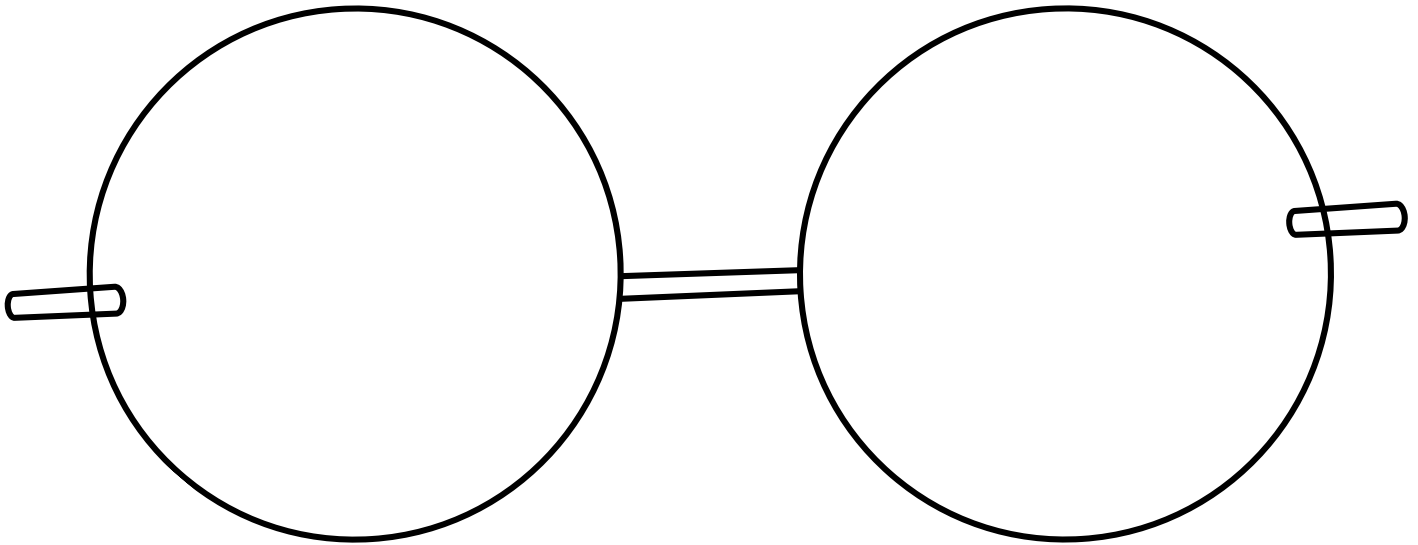


# Moving Forward



Goal #1

Goal #1



Things I am really good at/Things I really enjoy

Things others have told me I am good at

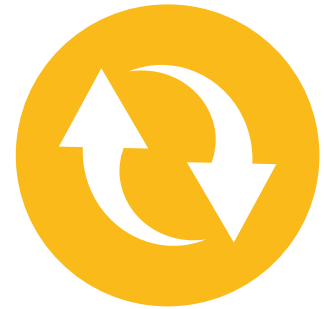
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# Setbacks and Snapbacks



A setback is something that delays or reverses your progress. A snapback is a type of hat, but it is also a sudden rebound or recovery. It is important to understand that there is an opportunity to snap back from most setbacks! Make a list of setbacks you've had. How did you respond to them?



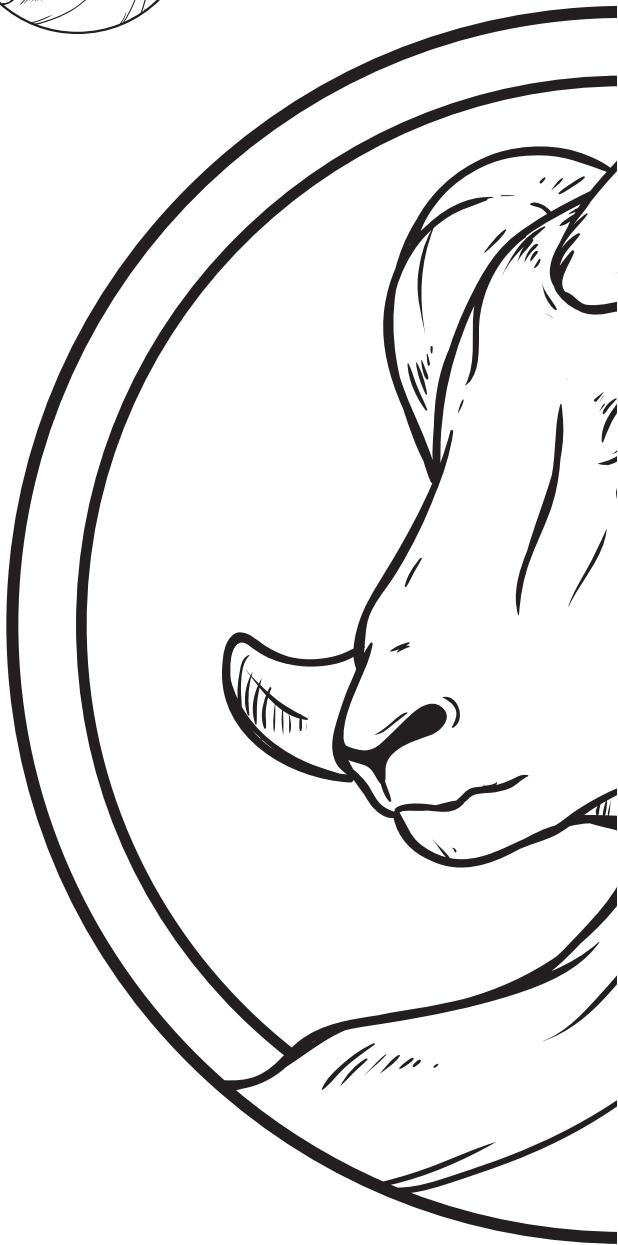
What would you do differently if faced with the same setback again?

Setback	How I responded?	How I would respond in the future?

# Draw and Color



Draw and color the other half of the picture.



# Healthy Eating Food Tracker



The best way to make sure something happens is to plan it. Make a list of everything you eat in one week, and make a plan to improve the following week.



Monday	Breakfast	Lunch	Dinner	Snack
Tuesday	Breakfast	Lunch	Dinner	Snack
Wednesday	Breakfast	Lunch	Dinner	Snack
Thursday	Breakfast	Lunch	Dinner	Snack
Friday	Breakfast	Lunch	Dinner	Snack

# 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 \_\_\_\_\_

I am grateful for \_\_\_\_\_

I am grateful for \_\_\_\_\_

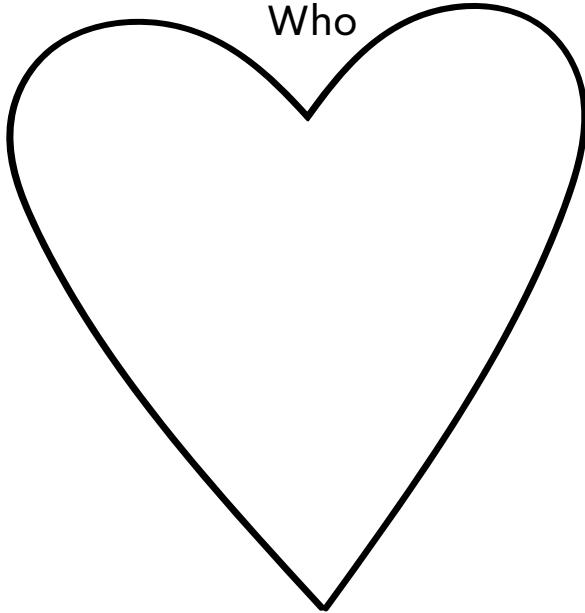
# Kindness Campaign



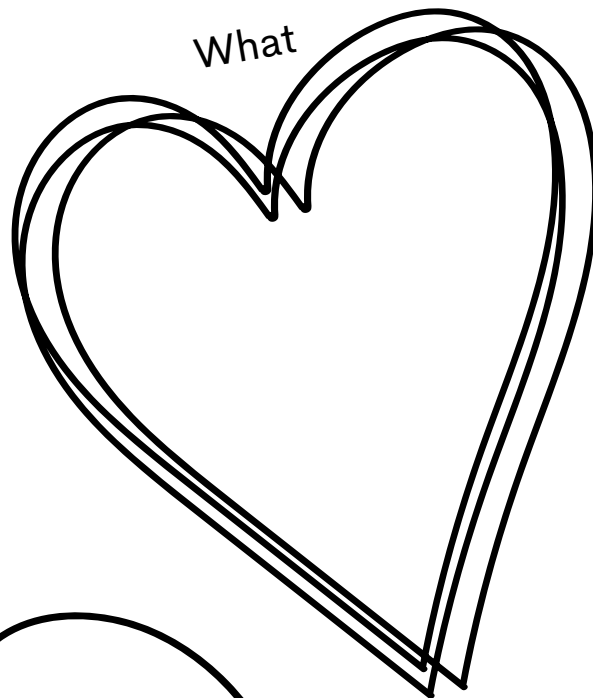
Plan to commit random acts of kindness throughout the week.

Be Kind.

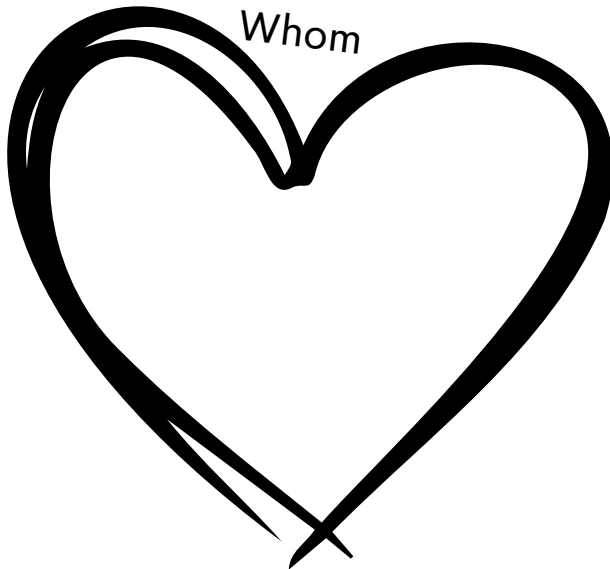
Who



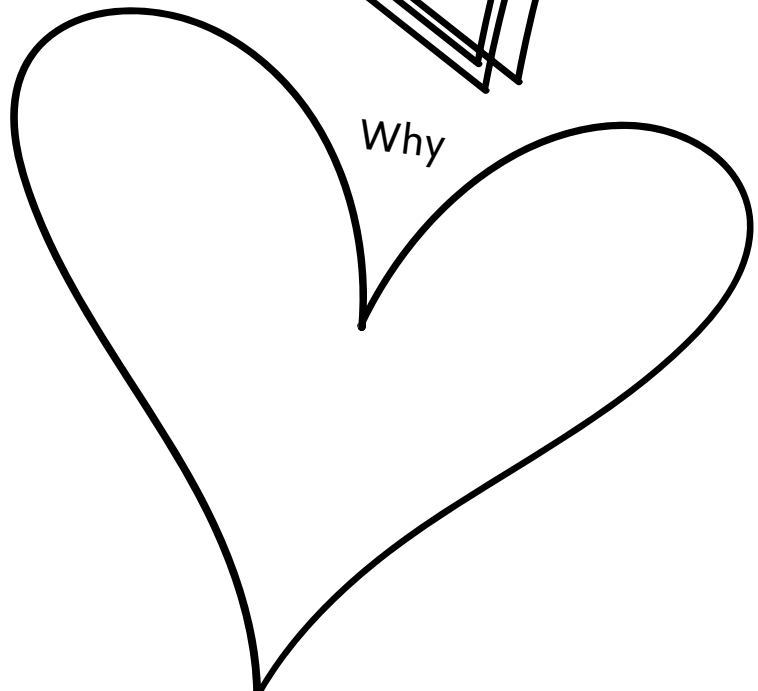
What



Whom



Why





# My Life as a Movie



Imagine your life as a movie. What type of movie would it be? Drama? Comedy? Something else? Who would you want to play you? Write a script for the opening scene below.



Genre:

---

Who would you want to play you?

---

Script:

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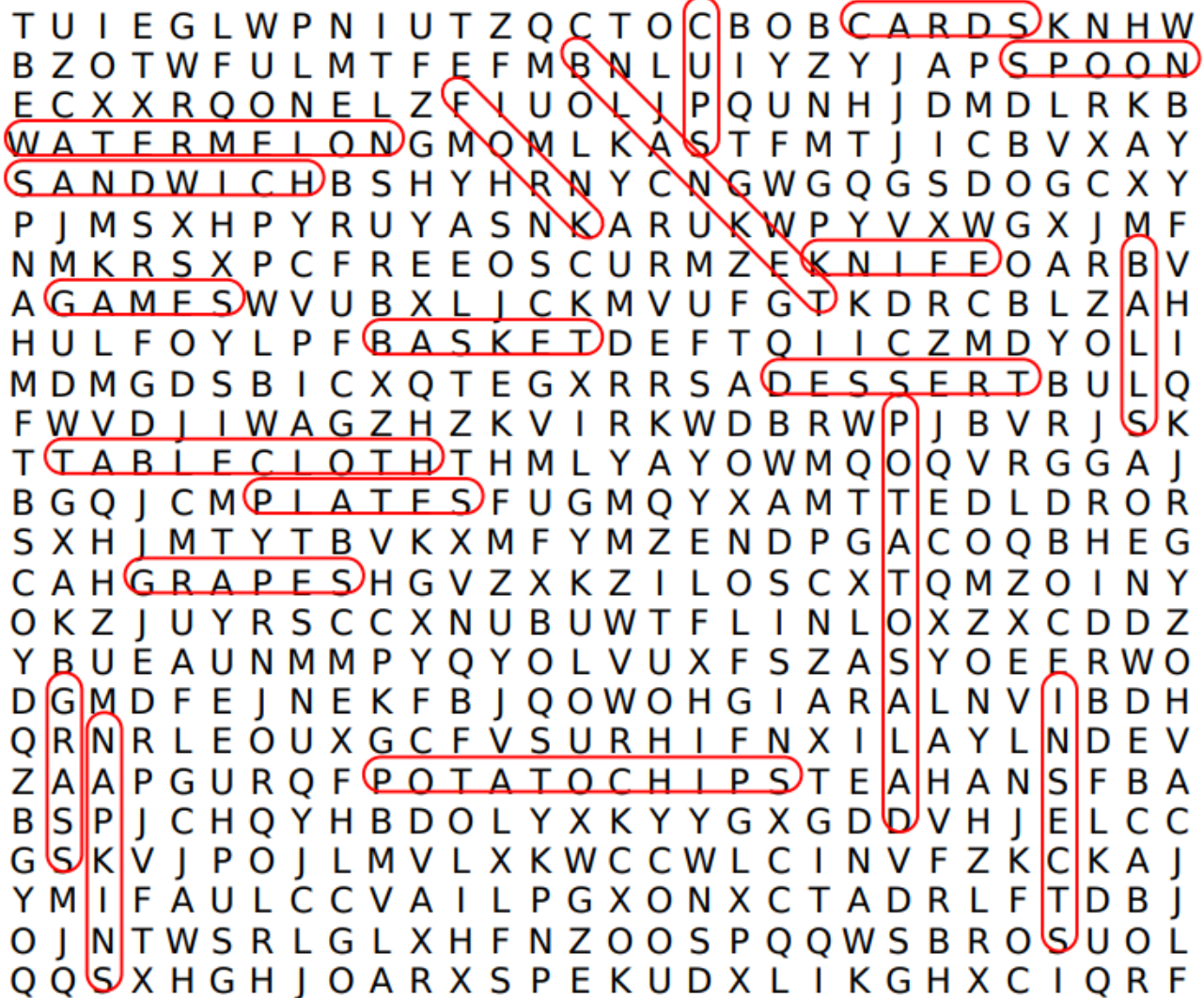
# Answer Keys



# The Perfect Summer Picnic Word Search



Find the words given in the word bank.



## Word Bank

Basket	Fork	Tablecloth	Grass
Blanket	Plates	Sandwich	Balls
Watermelon	Spoon	Potato Chips	Cards
Grapes	Napkins	Potato Salad	Games
Knife	Cups	Insects	Dessert

# What's in a Friend Word Search



All friends are not good friends. We've chosen some words to describe a good friend. Look vertically, horizontally, and diagonally to find our descriptors. Once you've found all the words listed, add three more words of your own to the last column. Once you're done, send a text to, write a note to, or create a social media post about a friend worth having.

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

## Word Bank

Compassionate	Positive	Encouraging	
Good Listener	Empathetic	Respectful	-----
Trustworthy	Accepting	Generous	-----
Considerate	Honest	Supportive	
Patient	Loyal	Kind	-----

**Make Money...  
Don't let money  
make you!**



Find the words given in the word bank.

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

**Word Bank**

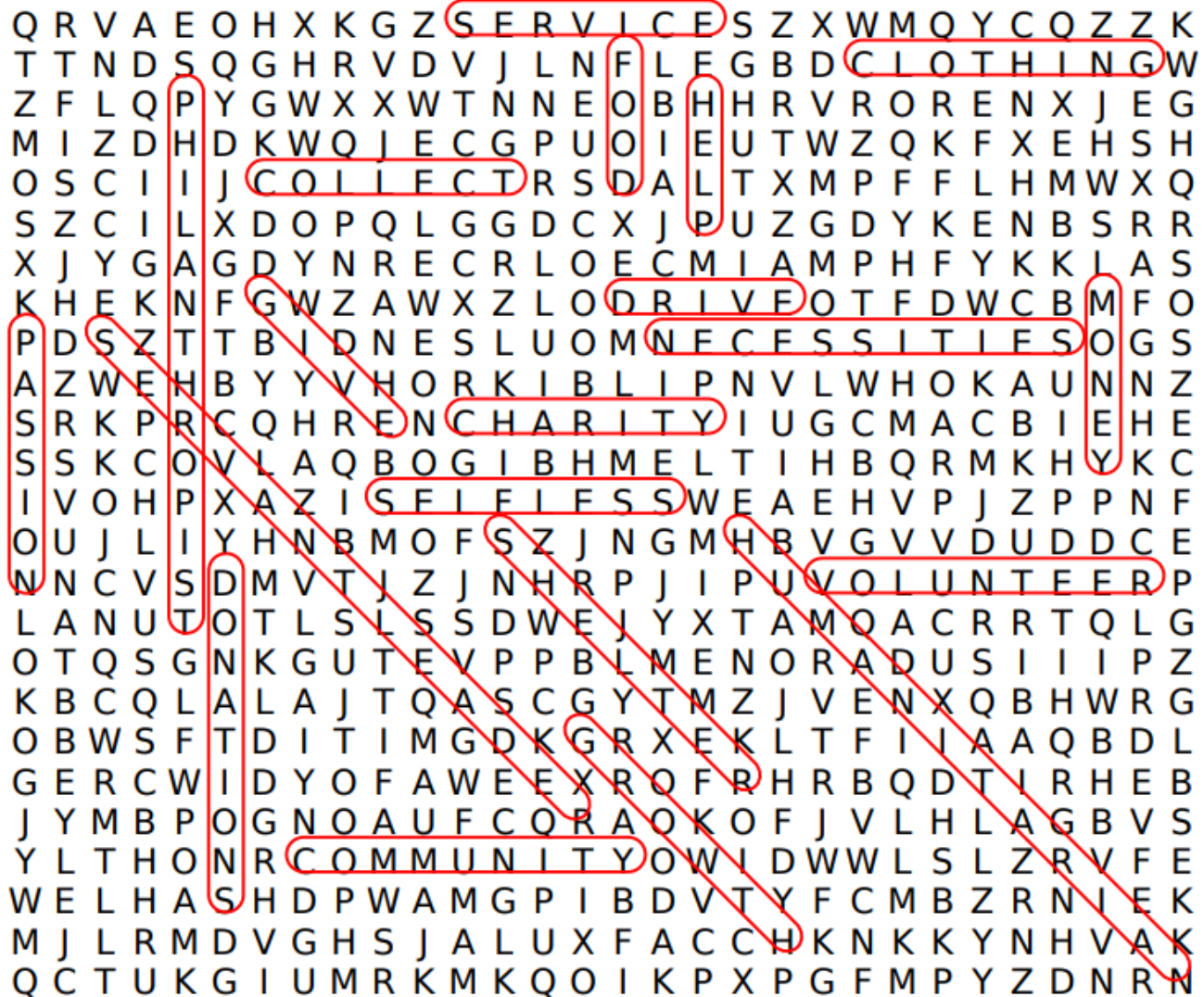
Cost	Wants	Credit	Interest
Free market	Needs	Debt	Invest
Capital	Consumer	Finance	Deficit
Demand	Supply	Savings	Finance
Goods	Budget	Stocks	Economics



# It's Better to Give! Word Search



Find the words given in the word bank.



## Word Bank

Community	Philanthropist	Clothing	Passion
Service	Donations	Shelter	Charity
Volunteer	Drive	Food	Selfless
Give	Collect	Necessities	Growth
Servant Leader	Humanitarian	Money	Help

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

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



# Sudoku 6x6



Fill in the missing numbers to solve the sudoku puzzle.

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

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

# Sudoku 9x9



Fill in the missing numbers to solve the sudoku puzzle.

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

5	7	6	1	9	4	2	8	3
2	1	9	7	8	3	4	6	5
8	4	3	6	2	5	7	1	9
1	8	7	3	5	9	6	2	4
3	2	5	4	6	7	8	9	1
6	9	4	2	1	8	5	3	7
7	5	1	8	3	2	9	4	6
4	6	8	9	7	1	3	5	2
9	3	2	5	4	6	1	7	8

# Sudoku 9x9



Fill in the missing numbers to solve the sudoku puzzle.

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

2	7	4	8	5	6	9	3	1
9	5	6	3	7	1	8	2	4
1	3	8	4	2	9	7	5	6
4	6	9	5	3	7	2	1	8
3	1	2	6	4	8	5	9	7
5	8	7	1	9	2	6	4	3
8	4	3	2	6	5	1	7	9
6	9	5	7	1	4	3	8	2
7	2	1	9	8	3	4	6	5

