

wonderful week

Monday

Start the
attached
[Gratitude
Chart](#)

Tuesday

Go outside
and look at
the sky take
3 deep
breathes

Wednesday

Play with
your pet or
watch this
[baby panda
Live Cam!](#)

Thursday

Complete
the
attached
[Happy List](#)

Friday

Notice
5 things you see
4 things you hear
3 things you smell
2 things you feel
1 thing you taste

Saturday

Try
[Star
Breathing](#)

