

wonderful week

Monday

Do something helpful for a family member. Give a loved one a hug!

Tuesday

Call a relative who is far away to check in and chat or interview a relative in your family

Wednesday

Be kind to yourself today. Dealing with ANTS- Automatic Negative Thoughts. Check out [ANTS poster](#)

Thursday

Feeling a lot of things...check out this ["I feel...I can poster"](#)

Friday

Write a happy note for someone or to yourself about this time in your life

Saturday

Happy start to Spring Break!
Head to virtual Disneyland and ride Disneyland rides online [here](#)

Be the best version of yourself



Enjoy Spring Break!