


DAY 1



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Look in the mirror for 10 minutes (yes, that long) and write down things that you value about yourself. Don't limit it to physical traits. Think about and write down anything about yourself that you value.

When you get a chance TODAY, read it to an adult in your home.

OR

Draw a picture of yourself and label the things you value about yourself. For example, write down "I'm fast" and draw a line from the words to the feet of the picture, or "I'm funny" and draw a line to the smiling face.

When you get a chance TODAY, share your picture with an adult in your home.