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Activities to boost the **WARRIOR** in you!

1 Make a list of 10 things that you love about yourself. Hang the list where you can see it.

2 Design and color a picture of what your outfit would be if you were a superhero.

3 Make a list of 10 qualities you have that make you a good friend.

4 Make a list of as many emotions as you can think of. Design an emoji for each one. Circle 3 that tell how you are feeling about not going back to school this year

5 Find a joke that you think is funny and email it to your counselor at: house.susan@lebanonschools.org

6 Get a deck of cards and play a card game with someone. (War, Go Fish, Crazy 8's)

7 Choose a favorite song and enjoy a dance party.

8 Write a note to someone you miss at school. Send it to your counselor, and she will send a surprise email to that person! Send the note to: house.susan@lebanonschools.org

9 Make an Acrostic poem of your full name. Brainstorm positive traits that describe YOU. The first letter of every line should list a word or phrase that describes something POSITIVE about you. Send your poem to your counselor: house.susan@lebanonschools.org

10 Go outside and write an encouraging message/design for people either in chalk on the sidewalk or on paper. If you can, have your parents take a picture and send it to your counselor at: house.susan@lebanonschools.org