

# PRINTABLE RESOURCES



# Thankful List

Today is:

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1.

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2.

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3.

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5.

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6.

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7.

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8.

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9.

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10.

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# REST LIST

Choose a way to rest this week! Read from the list and make a happy face in the circle next to the one you will complete this week!



Read a Book



Put My Head Down and  
Close My Eyes



Write in a Journal



Listen to a Song and  
Sit Super Still



Sit at a Table and  
Breath In and Out

# READING LIST

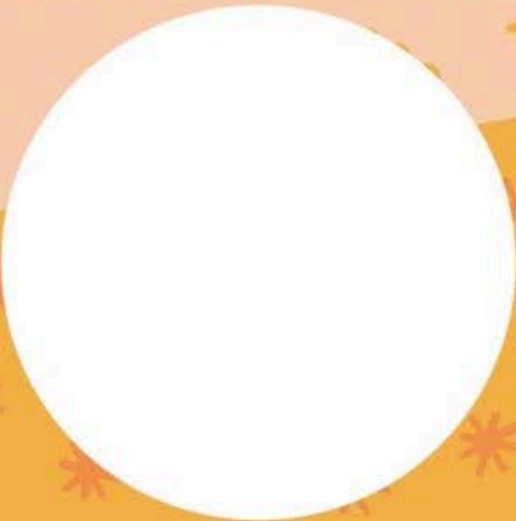
**Book No. 1**



**Book No. 2**



**Book No. 3**



**Book No. 4**

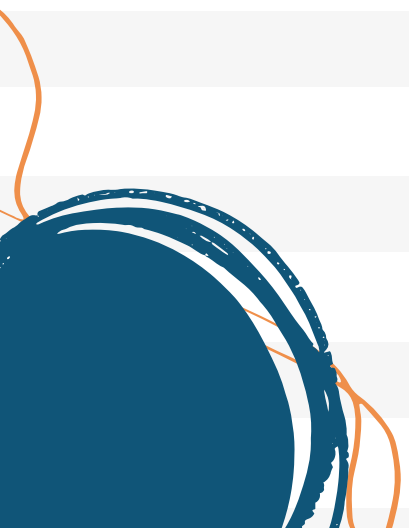




# My Journal



Journal writing area with horizontal lines.



# How are you feeling today?



HAPPY



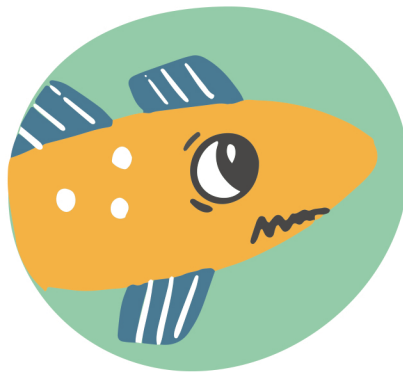
ANGRY



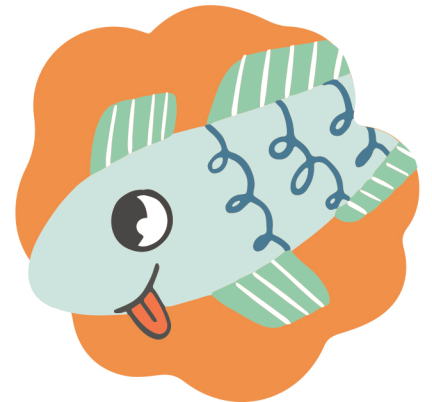
SAD



CALM



WORRIED



SILLY



# My To Do List

Date: .....

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# My To Do List

Date: .....

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_