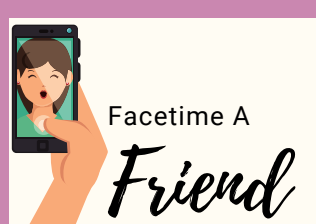


# Grown Up Time Out

We encourage you to take a Grown Up time Out as a form of self care. Just 2-5 minutes of time to think about yourself and recharge can ensure that a bad moment does not become a bad day, week or month.

Below are simple things you can do to help you take a mindful few minutes to yourself



# MINDFUL WORD SEARCH

Look for the words listed below.

H	R	E	A	D	C	O	T	F
S	A	J	O	U	R	N	A	L
R	U	I	W	A	N	P	U	Y
U	S	B	A	P	I	L	E	O
N	A	P	G	W	C	A	O	G
B	E	N	E	U	S	Y	C	A
L	N	W	A	T	E	R	I	N
O	L	A	B	O	T	E	J	F
V	I	M	B	G	P	S	H	U
E	H	W	A	L	K	T	C	N
P	S	U	N	S	H	I	N	E

Love

Sunshine

Play

Rest

Nap

Run

Fun

Journal

Read

Yoga

Water

Walk



# A PEEK INSIDE MY MIND

In these clouds, write down all of the thoughts and feelings that you are having. They can be happy thoughts, sad thoughts, worried thoughts, and even excited thoughts!



# HOW'S IT GOING?

Awesome!! :)

Good!

Okay.

Not so good.

Awful :(

Color in the boxes on the left with 5 different colors you want to represent your week. Each day, think about how you feel and color in that day's balloon with the color that matches your feelings.

