

Whale Breath Journal

Take 10 slow, deep whale breaths. Breathe into with your nose, then gently exhaling through your mouth (like the whales do with their blow hole). Go slow and pay attention to the air that comes in and out of your nose. When done, answer:

How do I feel today? (Choose one or more, or draw your own!)



Happy
Excited



Sad



Angry



Calm

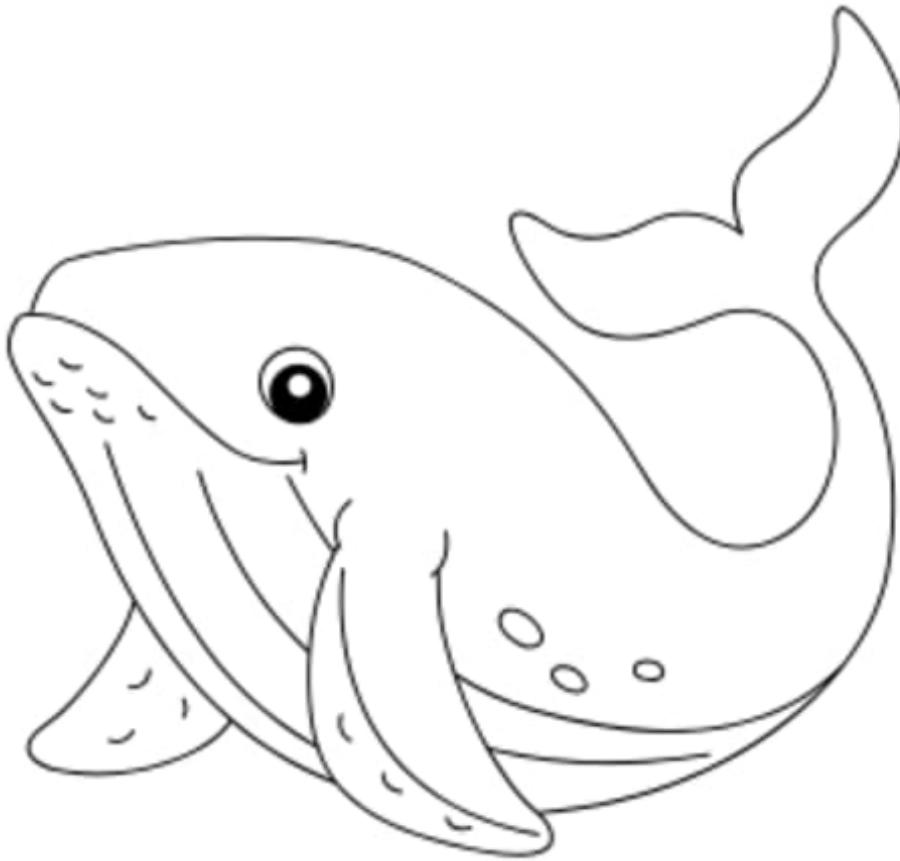


Tired



Color of your mood using your whale image.

Choose a color that represents your emotions today. Where did you feel that emotion in your body (face, arms, body, stomach, etc.)?



My Magic Thought

What is one nice thing I can tell myself today?

"I am..."

(Examples: I am strong. I am kind. I can do hard things!)