

HAPPY



SILLY



SURPRISED

HOW ARE YOU FEELING?

SAD

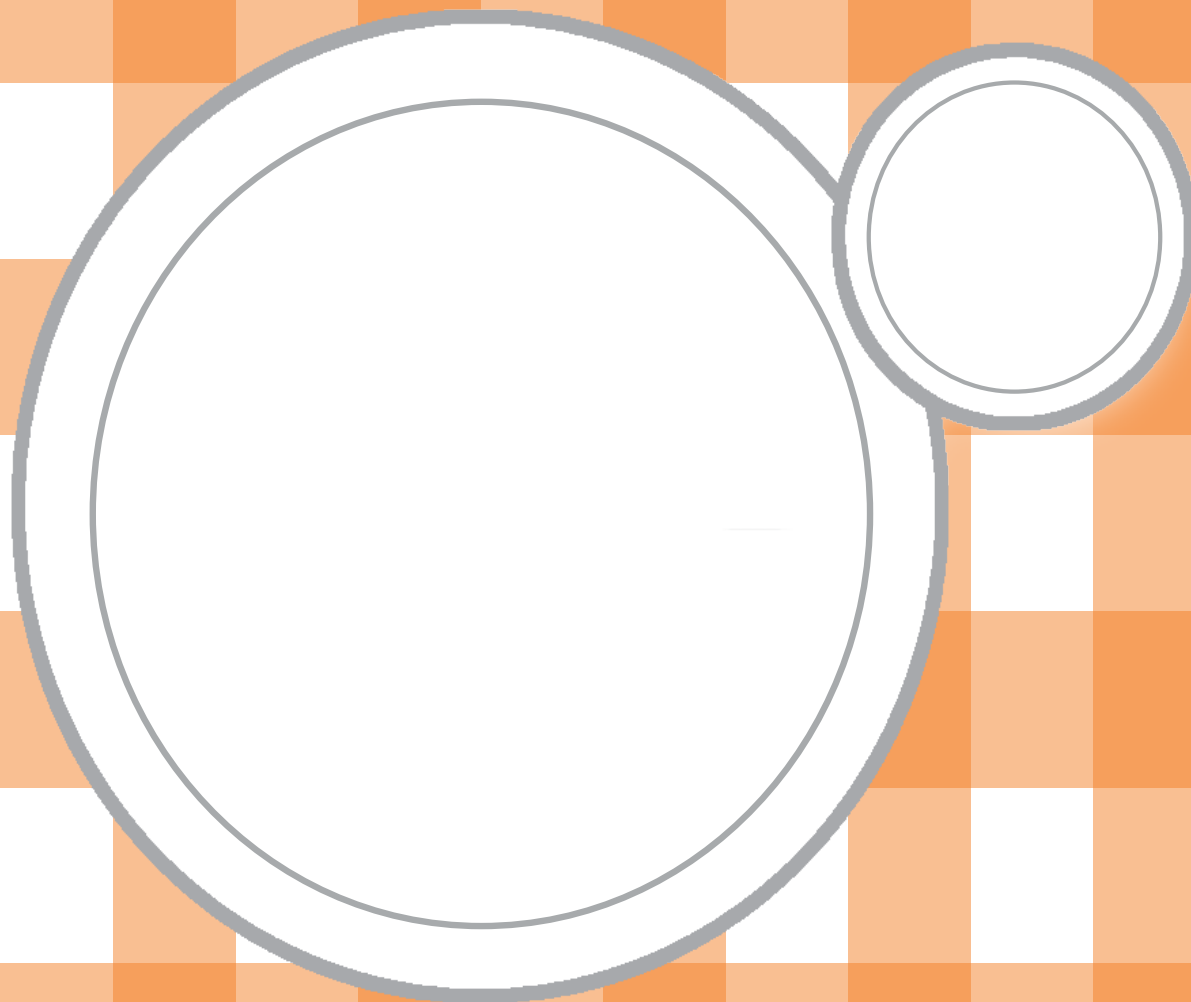


ANGRY

FRUSTRATED

# FILL YOUR PLATE

Being grateful is focusing on the good things in our lives, being thankful for the things we have, and appreciating people for who they are. Use the plate to write or draw what you are grateful for.



## GRAVY FLOW

Unscramble the yoga poses below. Try out the whole flow after your meal!

RETE \_\_\_\_\_



ODWN OGD \_\_\_\_\_



ROFG \_\_\_\_\_



REOH \_\_\_\_\_

