

HAPPY



SILLY



SURPRISED

# HOW ARE YOU FEELING?

SAD

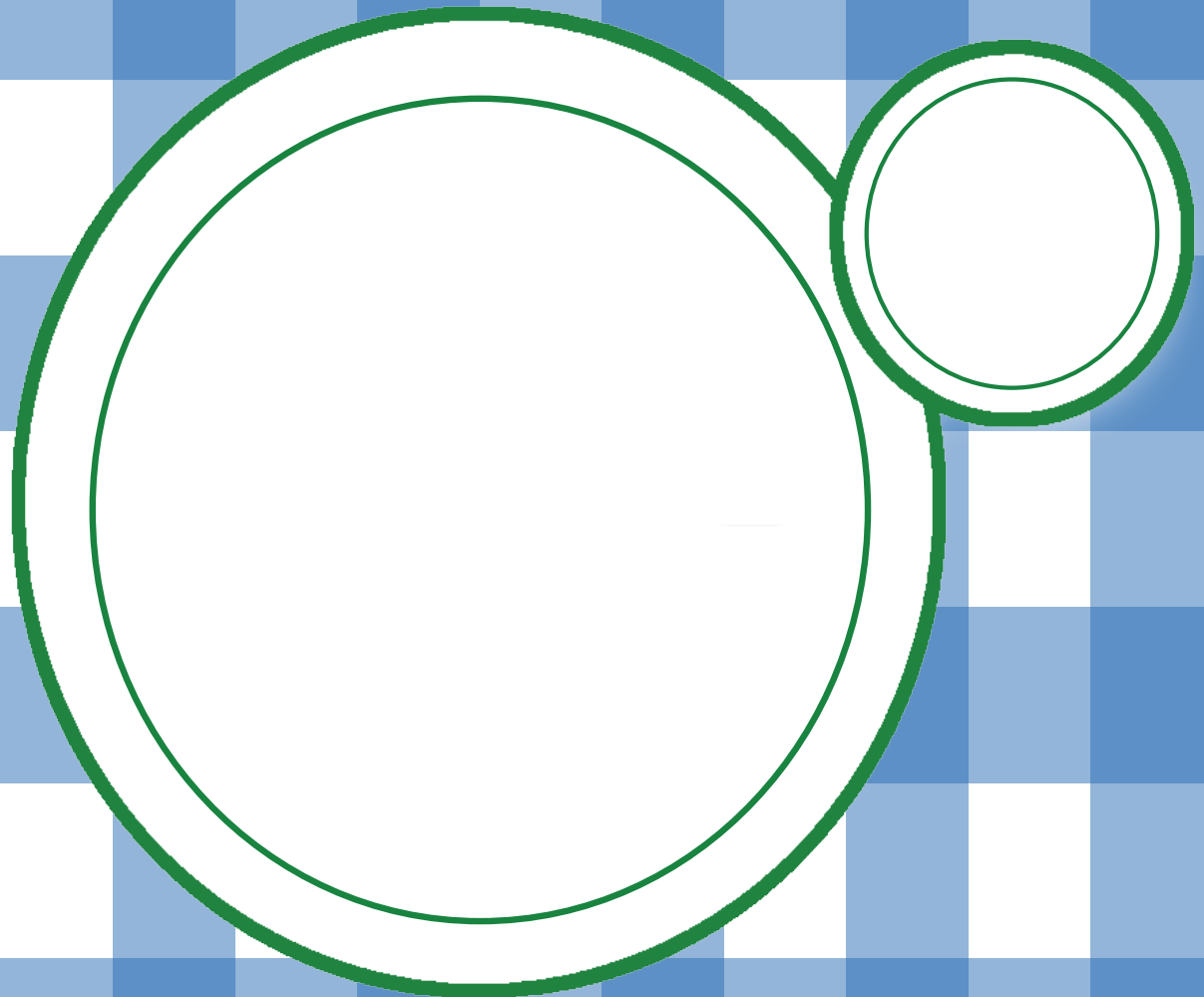
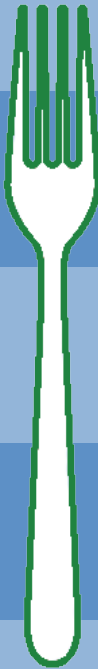


FRUSTRATED

ANGRY

# 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.



# YUMMY YOGA

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

RETE \_\_\_\_\_



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



ROFG \_\_\_\_\_



REOH \_\_\_\_\_

