# Healthy Spaces

Last week you explored animal habitats.  This week, you are going to explore your own habitat and how to help take care of it and yourself.

Have a look around your space.
- What do you  see that makes you feel happy?
- What makes you feel good about your space?
- Is there anything about your space that would make you feel better?

For example, pick up your clothes off the floor? Sweep? Dust? Put things away?  These are things that help keep you healthy and make you feel good.

How can you help keep your space healthy? In the chart included in your package, create goals that will help you feel good about yourself and your space.
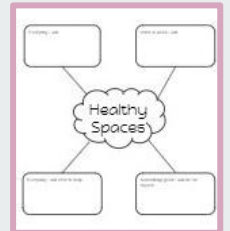
Each day reflect on how you feel after accomplishing your goals. Use the reflection sheets in your package. Maybe there is a trusted adult or sibling that you would like to share your thoughts with.

CBC KIDS NEWS

Read the article in your package.
- Which type of learner do you think you are?
- Are there any ways that you can set up your day to make it work better for you?

Reduce, Recycle & Reuse.
Try building something from recycled items. Take something like a plastic bottle or cereal box and repurpose it to do another job that will organize and improve your space.

Everyday I will...

Once a week I will...

Healthy Spaces

Everyday I will offer to help...

Something good I will do for myself...

# PATHS
PROGRAM

# My Feelings

# Journal!

Picture of me!

Name: _____

Here is a list of feelings words we've been learning about.
Use them to write about how you feel in your *Feelings Journal*
every day. Then draw a picture to help describe how you feel.

| | |
|---|---|
| Ashamed | Happy |
| Bored | Hopeful |
| Calm/Relaxed | Humiliated |
| Confident | Jealous |
| Confused | Kind |
| Content/Satisfied | Lonely |
| Curious/Interested | Mad/Angry |
| Delighted | Malicious |
| Disappointed | Proud |
| Disgusted | Sad |
| Embarrassed | Safe |
| Excited | Scared |
| Fine | Shy |
| Frustrated | Sure |
| Generous | Surprised |
| Greedy/Selfish | Tired |
| Guilty | Worried |

Date: _____

Today I feel...

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Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

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