

MINDFUL FOR MUSEUMS FOR KIDS!

Help your mind today and museums of the future!

Today's Date:

Write a story here about your day! Call someone you don't live with and tell them the story. (You might want to draw a picture instead!)

Something active I have done today:

Something new I have learned today:

Something kind I have done today:

Cut this section off and throw away to get rid of the worries!

Worry monster!
Write things you are worried about here, and the worry monster will eat them all up!

