



AUGUST

Acknowledgement

_____ 's Reward Calendar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Take one challenge per day! Draw or Write about it!

Challenges

- ★ What helps you feel better when you are upset or stressed? Share with 3 people!
- ★ Who is your best friend and write to them a letter? Or painting!
- ★ What is the best part of your day?

- Have a big smile on my face!
- Take 3 long deep breaths when I am stressed or tired.

My reward when I get 10 points!

