

Sick Day

Scavenger Hunt

- ☐ Make a list of things that cheer you up
- ☐ Find or photo something cozy
- ☐ Drink some warm fluids
- ☐ Watch your favorite tv show
- ☐ Give 3 friends a compliment.
- ☐ Draw a picture of yourself feeling better
- ☐ Write a poem about how you feel right now
- ☐ Find or photo something bright
- ☐ Watch some funny animal videos
- ☐ Take at least 1 nap
- ☐ List 5 things you are grateful for
- ☐ Listen to your favorite relaxing song
- ☐ Take a bath or relaxing shower
- ☐ Learn a joke, tell it to someone
- ☐ Find or photo something that makes you smile

