

# KEEP ON GROWING

REFLECTING ON HOW WE FEEL AND OUR THOUGHTS HELPS OUR WELLBEING.  
IF WE FEEL ANXIOUS OR NERVOUS, THIS CAN STOP US FROM GROWING.



HOW DO YOU FEEL TODAY?

A large, empty rectangular box with rounded corners, intended for writing a response to the question 'HOW DO YOU FEEL TODAY?'.



WHAT ARE YOU THANKFUL FOR?

A large, empty rectangular box with rounded corners, intended for writing a response to the question 'WHAT ARE YOU THANKFUL FOR?'.



WHAT ARE YOU EXCITED FOR IN THE FUTURE?

A large, empty rectangular box with rounded corners, intended for writing a response to the question 'WHAT ARE YOU EXCITED FOR IN THE FUTURE?'.