

A walk



Time
outside

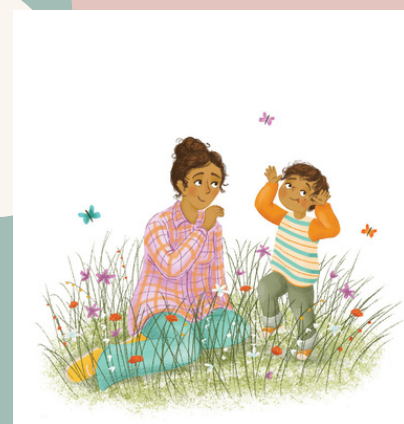


DAILY CHECK-IN

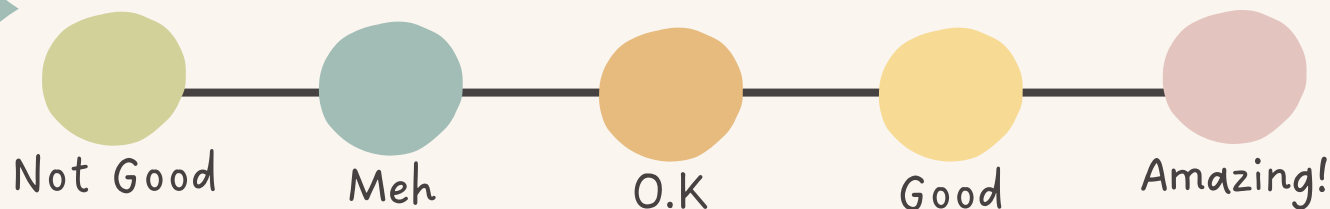
A snuggle



A little
laughter



How are you feeling today?



A hug



A dance
party



What do you
need right now?

Art by Nanette Regan
Beaming Books
www.LaurenKerstein.net