

## What's **NOT** CANCELED?

Lots of things have been canceled lately. But there are many things that are not canceled. Think of some things that you like that you can still enjoy. What are they? Examples: smiling, petting your dog, talking to a friend.



WRITE YOUR LIST

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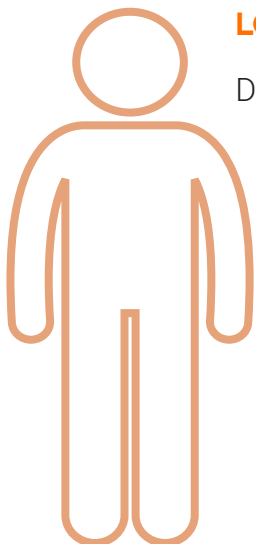
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DRAW ONE OR TWO OF YOUR IDEAS HERE



### LOOK AT YOUR DRAWING

Do you notice any pleasant or neutral sensations (feelings in your body)?

Where are these feelings? Color the body part where you feel something.



### TODAY'S CHALLENGE

See if you can notice a few more things that **AREN'T CANCELED**.

WRITE YOUR LIST

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