

## Stop and Smell the Roses

3C

Think about each of your five senses and write down one of your most favorite sensations related to each of your senses:

Diagram illustrating the five senses (Smell, Sight, Taste, Hearing, Touch) with corresponding boxes for writing favorite sensations.

3D

## Appreciation Replaces Negativism

Write down a couple of things you really appreciate. It could be a person, a place, a memory... something that brings you joy.

Box for writing the first thing you appreciate.

Box for writing the second thing you appreciate.

Five horizontal lines for writing a description of the first thing.

Five horizontal lines for writing a description of the second thing.

Then use the space provided to describe why you feel appreciation for that thing. You'll find that next time you think about or interact with that thing your appreciation has grown.