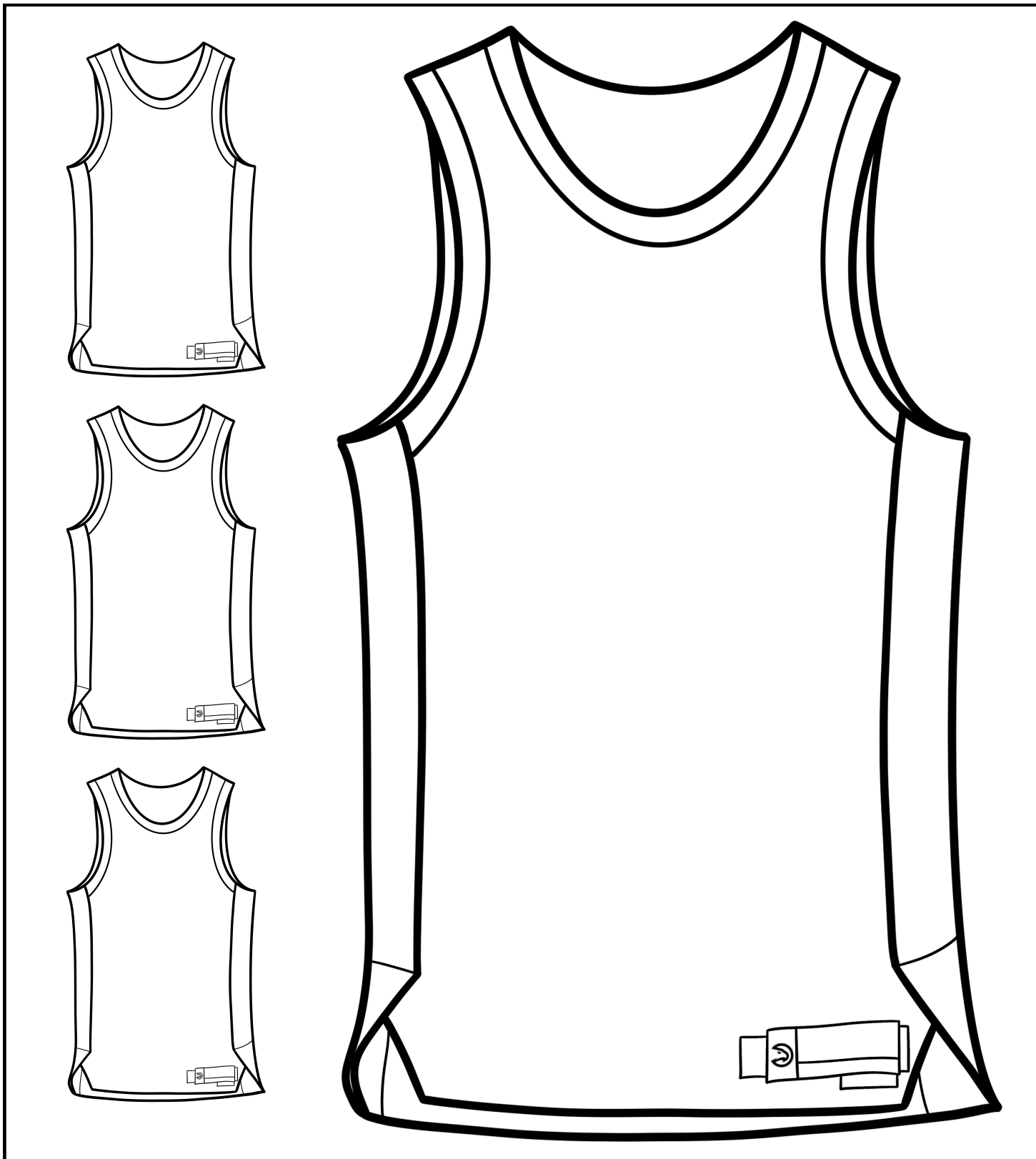


DESIGN YOUR OWN ATLANTA HAWKS JERSEY

BEING CREATIVE IS A GREAT WAY TO PAUSE AND RELAX. TEST YOUR IDEAS ON THE SMALL JERSEYS USING DIFFERENT COLORS AND PATTERNS. THEN USE YOUR FAVORITE IDEAS ON THE LARGE JERSEY FOR YOUR FINAL LOOK.



Remember: Creativity is a process. Experiment before you finalize your design!





WORD SEARCH



TODAY, I AM FEELING...

S	V	U	L	N	E	R	A	B	L	E	S	S	E	D
S	M	I	L	O	R	N	J	O	C	Y	F	U	E	I
E	E	R	O	U	N	D	E	D	U	L	C	N	I	S
C	O	N	T	E	N	C	A	R	I	N	G	D	P	E
T	P	P	P	A	C	J	L	A	E	O	R	E	I	N
A	A	A	E	S	S	O	O	O	E	S	E	R	S	G
P	O	U	S	I	Y	S	U	C	U	C	U	S	C	A
S	S	P	B	S	C	M	S	P	H	Q	S	T	O	G
P	S	B	T	P	I	H	P	L	E	R	H	O	N	E
E	U	E	O	I	U	O	E	A	N	M	O	O	N	D
A	O	A	L	C	R	E	N	E	T	A	C	D	E	E
C	I	T	A	T	S	C	E	A	S	H	K	T	C	R
E	R	I	E	C	S	K	J	I	T	T	E	R	Y	A
F	U	D	J	W	D	E	E	T	O	E	D	T	E	B
U	C	T	C	F	L	Y	R	J	I	M	E	H	I	L
L	S	T	O	P	T	I	M	I	S	T	I	C	A	C

ECSTATIC

UPBEAT

PASSIONATE

SERENE

SPEECHLESS

PEACEFUL

JEALOUS

VULNERABLE

BLESSED

OPTIMISTIC

RESTLESS

CURIOUS

UNDERSTOOD

CARING

SUPPORTED

INCLUDED

JITTERY

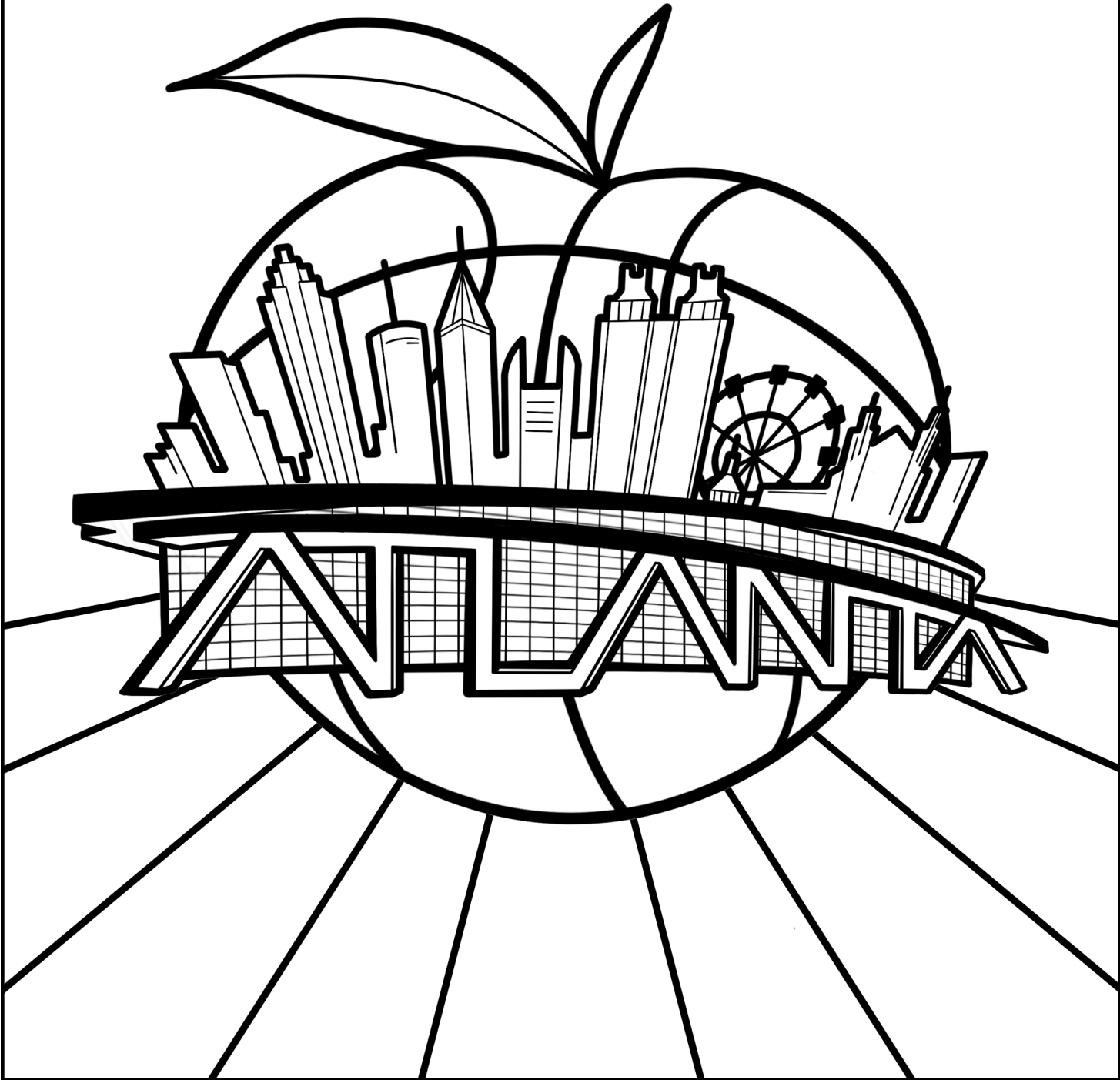
SYMPATHETIC

SHOCKED

DISENGAGED



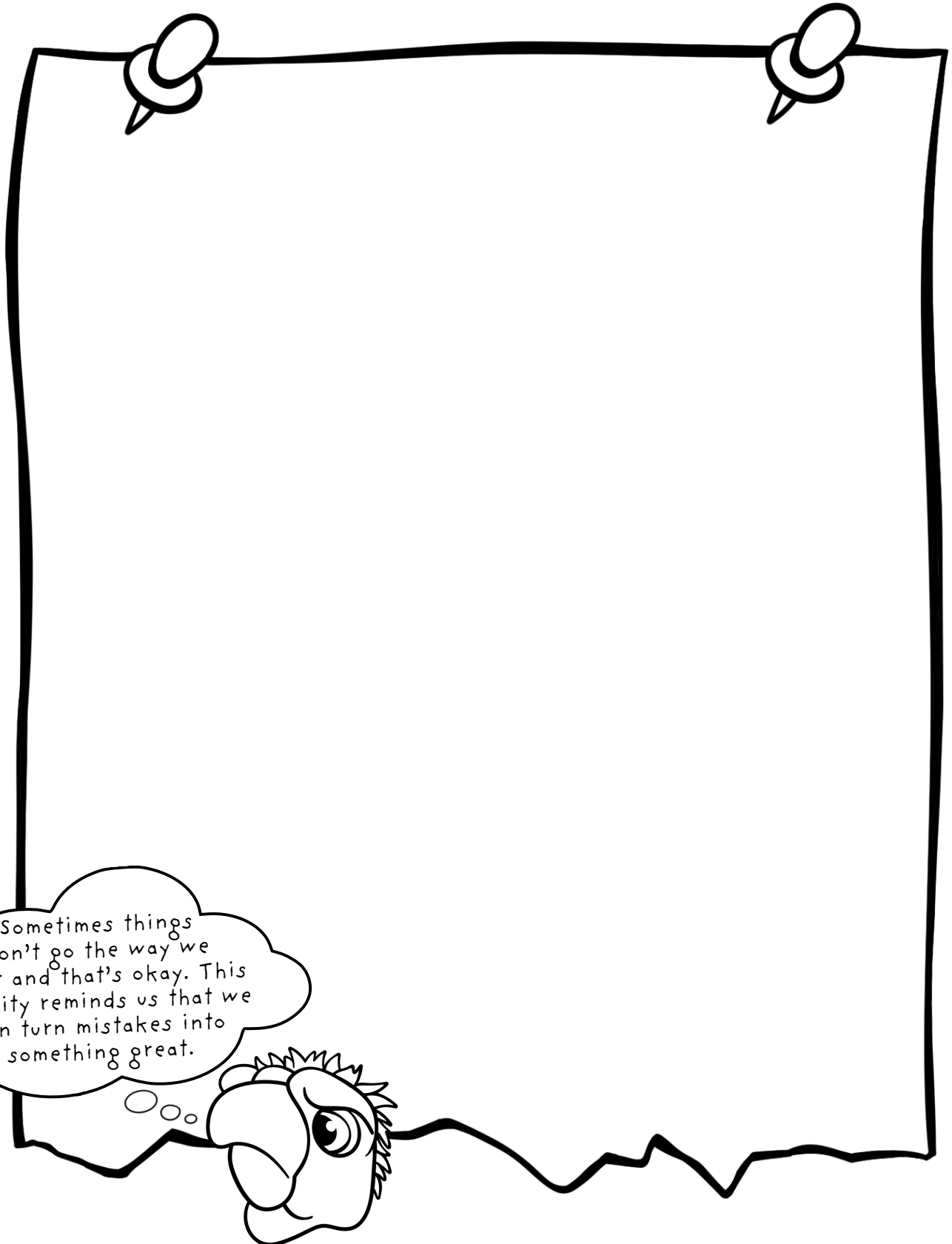
MY JOURNAL PAGE



Use the ideas you picked on page 15 to create your own special journal page.

SCRIBBLE IT OUT

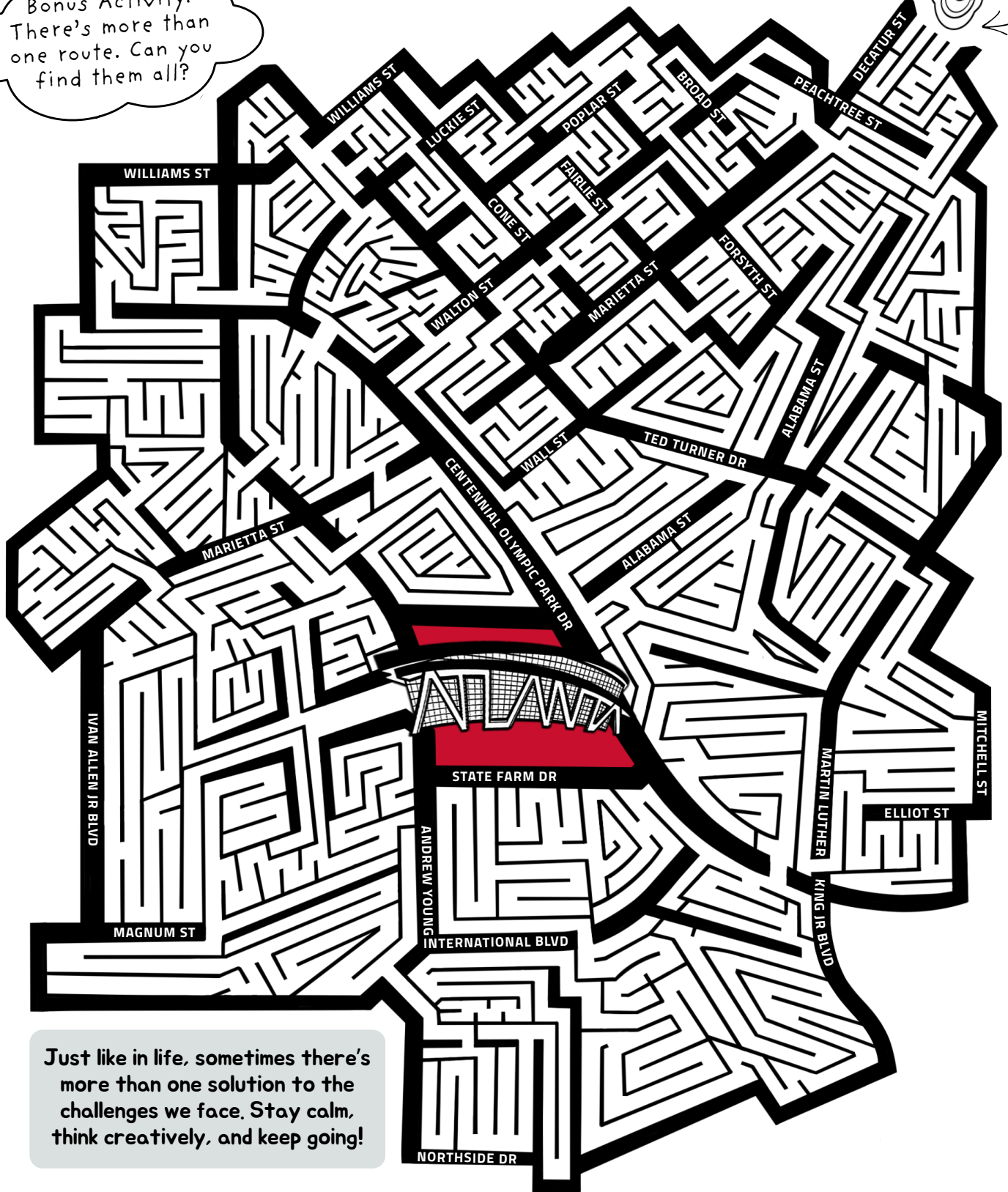
PUT YOUR PENCIL ON THE PAGE AND CLOSE YOUR EYES. START TO SCRIBBLE FOR 10 SECONDS. THEN OPEN YOUR EYES AND TURN YOUR SCRIBBLES INTO SOMETHING NEW, LIKE A BASKETBALL, A TREE, OR EVEN HARRY THE HAWK!



DOWNTOWN DASH MAZE

HARRY THE HAWK IS STUCK IN DOWNTOWN ATLANTA TRAFFIC ON GAME DAY.
HELP HIM FIND A FASTER ROUTE TO STATE FARM ARENA BEFORE TIP-OFF.

Bonus Activity:
There's more than
one route. Can you
find them all?



Just like in life, sometimes there's
more than one solution to the
challenges we face. Stay calm,
think creatively, and keep going!



WORD SEARCH



MY AFFIRMATION TODAY IS...

L	U	F	D	N	I	M	E	H	P	O	R	A	G	H
C	D	U	X	G	O	P	L	T	O	B	F	T	R	T
A	O	S	D	P	O	P	K	W	S	F	E	E	A	L
S	G	U	O	H	I	C	S	O	I	B	I	R	T	A
X	E	O	R	F	J	S	V	R	T	V	V	C	I	E
T	Y	C	Y	A	E	P	M	G	I	E	J	R	T	H
Z	X	V	A	N	G	A	I	A	V	L	O	E	U	Y
R	V	F	L	E	T	E	B	M	E	I	U	A	D	D
H	E	L	E	I	P	S	U	P	P	O	R	T	E	W
M	E	S	O	E	M	O	T	I	O	N	N	E	C	Z
W	M	N	T	X	L	Z	A	Y	R	N	A	R	O	M
Z	S	W	Y	T	Z	I	A	Q	J	C	L	T	X	K
A	T	N	E	D	I	F	N	O	C	A	L	M	O	O
T	C	E	L	F	E	R	S	G	W	Y	M	Q	P	A
B	R	E	A	T	H	I	N	G	S	Q	I	O	T	T

COURAGE	CREATE	POSITIVE	BREATHING	HOPE
EMOTION	WELLNESS	SUPPORT	CONFIDENT	PEACE
GROWTH	MINDFUL	REFLECT	GRATITUDE	REST
JOURNAL	FEELINGS	HEALTH	AFFIRMATIONS	CALM