

# WELLNESS

## THANKFUL

I feel thankful  
for \_\_\_\_\_,  
because \_\_\_\_\_.



## EXCITED

I feel excited  
about \_\_\_\_\_,  
because \_\_\_\_\_.



## KIND ACT

A kind act  
that happened  
was \_\_\_\_\_.



# WELLNESS

## SAD

I feel sad  
about \_\_\_\_\_,  
because \_\_\_\_\_.



## CONCERNED

I feel concerned  
about \_\_\_\_\_,  
because \_\_\_\_\_.



## HURT

I feel hurt  
about \_\_\_\_\_,  
because \_\_\_\_\_.



# WELLNESS EXPERIENCE

1. I FEEL THANKFUL FOR ... BECAUSE....
2. I FEEL EXCITED ABOUT... BECAUSE...
3. A KIND ACT THAT HAPPENED WAS ...
4. I FEEL HURT ABOUT ... BECAUSE ...
5. I FEEL SAD ABOUT ... BECAUSE ...
6. I FEEL CONCERNED ABOUT... BECAUSE ...