

25 Fun Things

You can do for your **Emotional Health!**



Tell about how you feel when you pet an LCC K-9 Comfort Dog.	Make a list of the feelings you can think of.	Make a poster about KINDNESS.	Memorize the Bible Verse for Caleb Comfort Dog Romans 15:13	Make a list of 5 things to tell an LCC K-9 Comfort Dog.
Practice Hot Cocoa breathing. Smell the cocoa and cool it off!	Make a list of 5 good names for LCC K-9 Comfort Dogs and tell why you chose them.	Research and tell where the name of an LCC K-9 Comfort Dog came from. (most are in the Bible!)	Write a letter to the First Responders in your town.	Memorize the Bible Verse for Cubby Comfort Dog Deuteronomy 31:8
Practice sitting quietly for 1 minute. What sounds did you hear?	Memorize the Bible Verse for Anna Comfort Dog Psalm 62:8	Make a list of 30 things you are grateful for.	Write a letter to an LCC K-9 Comfort Dog! Mail it!	Clean up without being asked.
Read a book. What feelings did you notice as you read?	Talk to an adult about your favorite place.	Name 3 ways you can calm down when you are feeling stressed.	Memorize the Bible Verse for Lois Comfort Dog Galatians 5:22	Draw a picture of your family.
Memorize the Bible Verse for Noah Comfort Dog Psalm 29:11	Draw a picture of yourself with an LCC K-9 Comfort Dog!	Name 5 things you love about yourself.	Say a prayer for your family and friends.	Write what it means to be a good friend.