



## Recognizing Balloons

**YOUR NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### Balloon recognizing activity-

- Place this in a visible space in your environment.
- Each day for the next week add to the balloons as you recognize balloons in your daily routine.



## Emotional Balloons



1 Life Connected

## Recognizing Balloons



## Physical Balloons



1 Life Connected

## Recognizing Balloons



## Mental Balloons



1 Life Connected

## Recognizing Balloons



## Spiritual Balloons



# 1 Life Connected

## Recognizing Balloons

### Be 1 Life Connected!

**We are mindful of our response**  
**We create our environment**  
**We embrace our emotions**  
**We find self-forgiveness**

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