## caring for each other

## **Smiles and Frowns**

Each day has ups and downs—or smiles and frowns. Smiles are for the good things that made you feel happy. Frowns are for the things that made you feel sad or disappointed.

Color the picture together, then use the blank space to write down or draw pictures of the things from your day that made you smile and frown. Remember that you're not alone.

