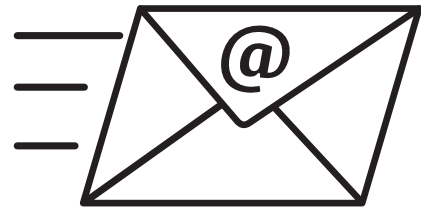
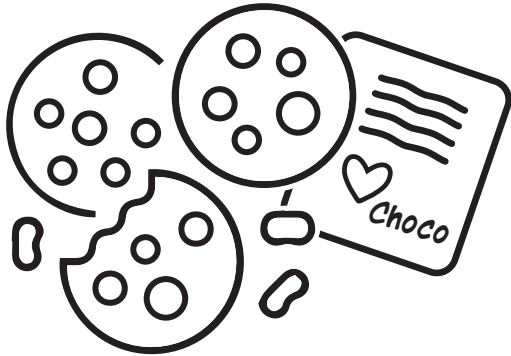
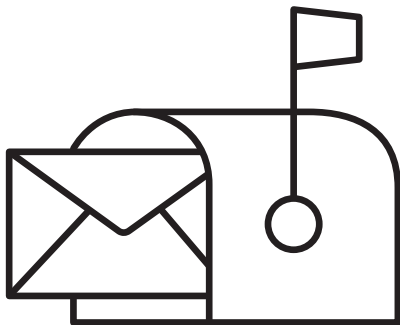


# Color in all the ways Choco checks in on his friends and loved ones.

Share  
yummy  
cookies  
with a  
friend

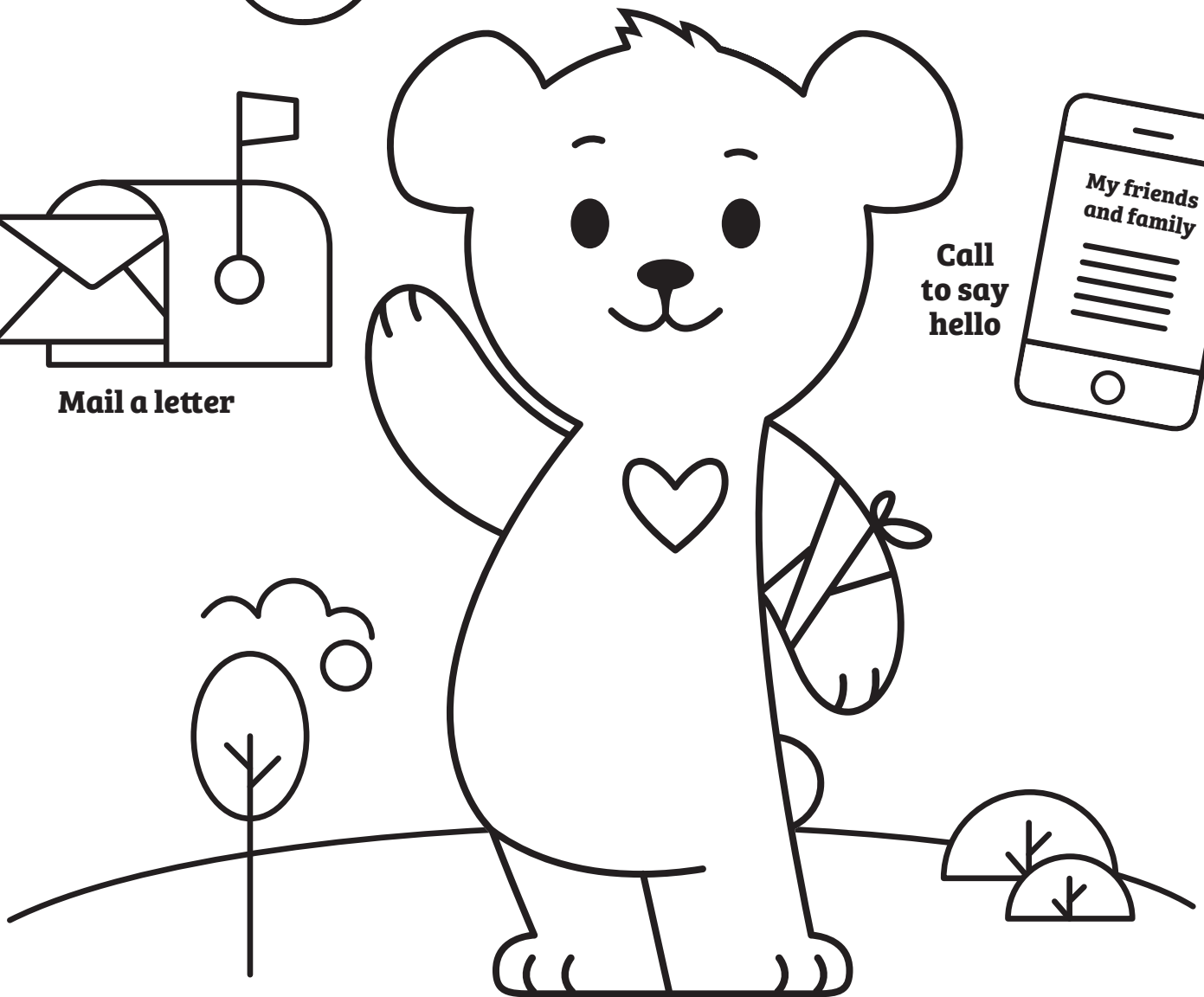


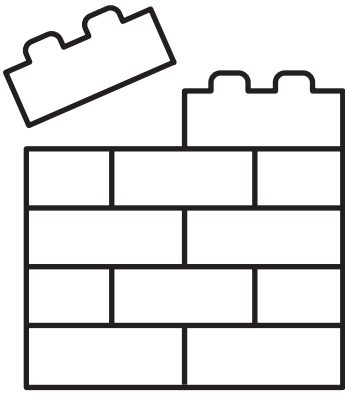
Send an email



Mail a letter

Call  
to say  
hello

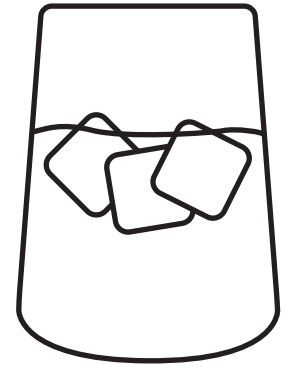




**Build something**



**Listen to music**



**Drink water**

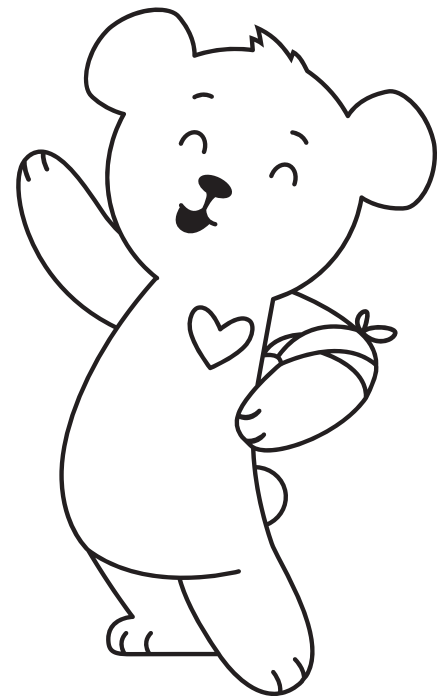
**It's important  
to check in on  
yourself too.  
Color the ways  
Choco checks in.**



**Go for a walk**



**Rest or meditate**



**Take deep breaths**

