

HAPPY NOW

Happiness can come from lots of different places. It can be an idea or feeling inside. It can be from your body feeling strong and healthy. It can be someone or something outside of you that brings you joy. What are some ways you are feeling happy right now? Whenever you feel worried or overwhelmed, try to remember and focus on the things that bring you happiness.

Directions:

1. In the brain, write or draw a thought about yourself that makes you happy.
2. In the heart, what is someone or something you love?
3. In the stomach, what is something you can eat that nourishes and strengthens your body?

