

# SELF CARE



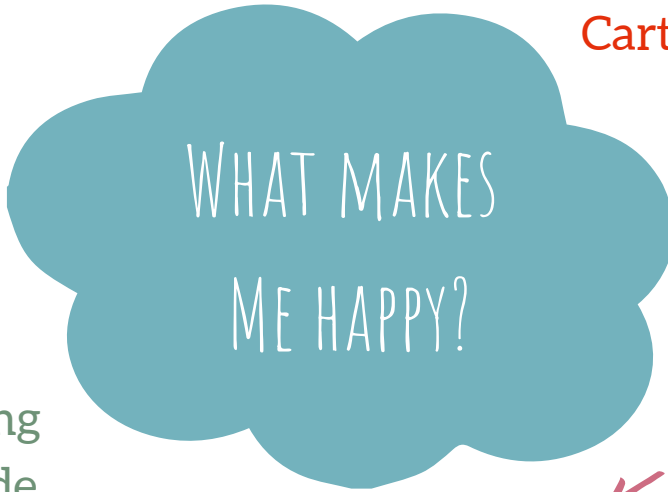
It doesn't matter what you or your child writes, what matters is that you discuss the things that bring you happiness :)

Playing games with my family

Cartoons

New Toys

Animals



Playing outside

Reading my favourite book

It's ok to help your child with ideas of what they can write down!

It's ok for you to ask for help too! Ask loved ones when you look the happiest, write those things down!

Knowing what brings your child happiness will help you both fill this out. Don't be afraid to make suggestions!

Meditating

Building a train set



Playing in my room

Reading a book


Doing Yoga

Making Puzzles

Colouring

Your happiness chart will support you too in deciding what activities you want to do just for you!



Make it colourful!   
It is way more inspiring when you add rainbows!

WHAT MAKES  
ME HAPPY?

WHAT DO I LIKE TO  
DO JUST FOR ME?