

How to use *at school*



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1st

Orient the students to the toolkit



Relax



Think



Feel



Connect



Move



Refuel



Create

Ask a volunteer to select a card

Read the card aloud and guide

them through the activity

You can

**Invite students to pull a card
from the 7 wellness areas**

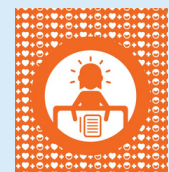


Rainbow Draw

or

**Pick cards with purpose for
a particular lesson or need**

Example: "I'm feeling creative."



Purposeful Pick