

Happiness Goals!

This activity is designed to help you slow down and connect with your heart. It's where we practice self care and mindfulness activities to help us relax, and unwind... Take a moment to use paint or pencils to create a happiness board. You are welcome to use a bigger sheet of paper if you like. Cover the board with all the things that make you feel happy; you could include your goals, quotes, inspiring people and things you love.

