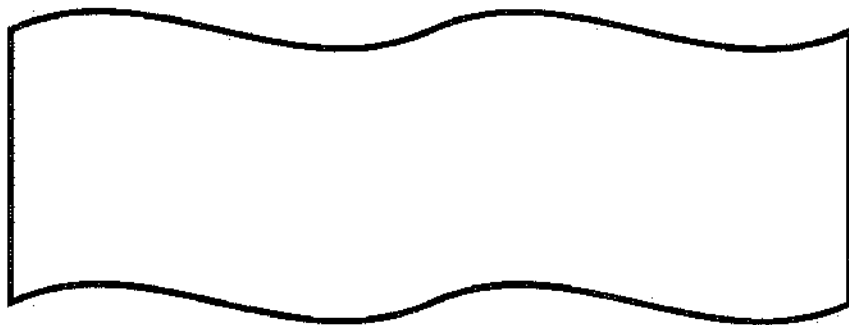




MINDFUL MOMENTS



my journey of positivity



Filling in your planner

Read it! Believe it! Show it in the box!

What is the main emotion you have felt today? Write it here as colourful as you want!

Think about three things you are grateful for. Jot them down here.

What target can you set yourself today? It could be anything at all.

The planner page includes the following sections:

- Date:** A blank line for writing the date.
- Affirmation of the day:** A box containing the text "I am invincible".
- Emotion of the day:** A large, empty, irregular shape for drawing or writing.
- Kindness challenge:** A box with the text "Give someone your best smile!".
- Today I am grateful for:** A large box with a scalloped border, containing a list with numbers 1, 2, and 3.
- My target for today:** A box with a scalloped border for setting a daily goal.
- I feel this happy today:** A vertical scale from 0 to 5 with a small figure of a person at the bottom.
- Mindful coloring:** A star shape with intricate patterns inside, intended for coloring.
- Any thoughts at all you want to share:** A cloud shape at the top right for free writing.

Any thoughts at all you want to share

Try the challenge and then tick the box if you did it!

How happy did you feel today? 0 is not happy and 5 is very happy

Spend a few minutes just colouring and enjoying the peace and quiet

What did you do to relax yourself today?

Try these daily mindful exercises to help yourself feel relaxed and calm

The planner page includes the following sections:

- Any quote:** A box containing the quote "It is better to travel well than to arrive."
- This means:** A box for reflecting on the meaning of the quote.
- How to relax myself today:** A box for describing relaxation activities.
- Double cloud:** A cloud shape for doodling or drawing.
- Mindful moments:** A circular wreath-like border containing a text box for a mindful exercise.

Mindful moments text:

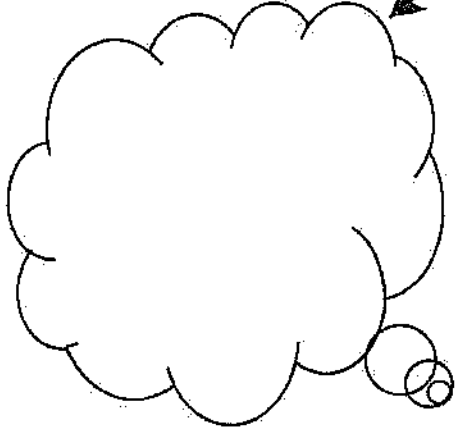
Soapy hands
Put your hands into some warm water and rub some soap into your hands. Wash every bit of your hands by rubbing and gluing them together. Watch the bubbles carefully and watch the shapes of the bubbles. Feel the lovely scent of the soap as you do this.

Read the quote, think about the quote and write down what you think it means.

Spend a few minutes making patterns or doodling in your cloud

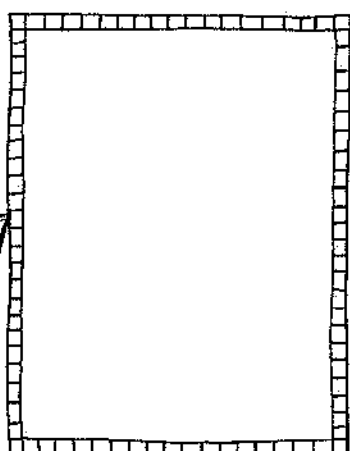
Date

A thought I had today

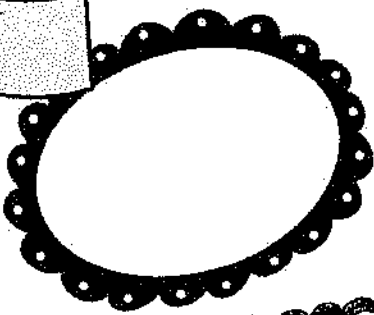


Affirmation of the day!

I am loveable



emotion of the day



kindness challenge

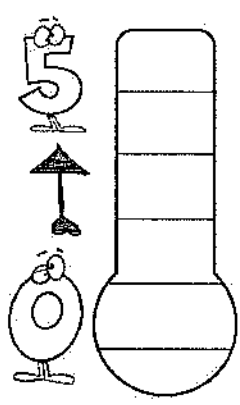


Give someone your best smile!

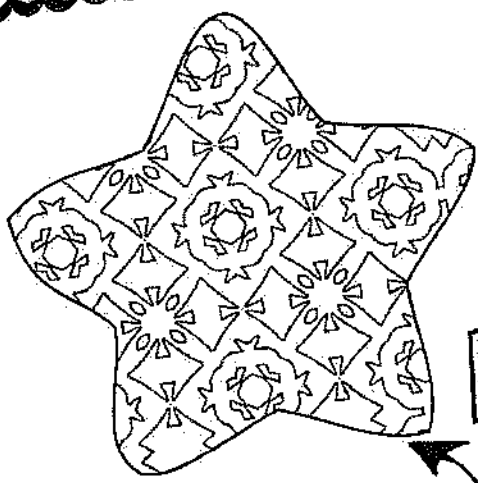
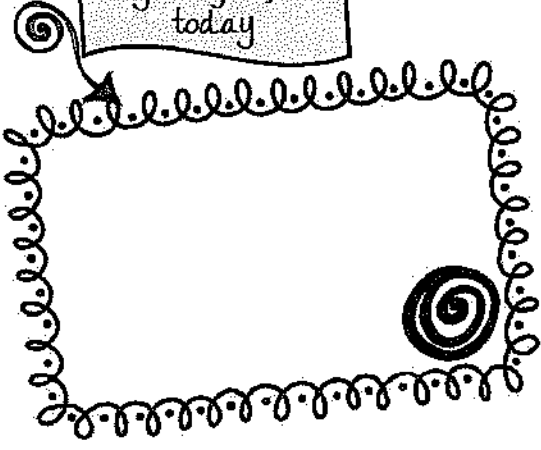
Today I am grateful for

- 1.
- 2.
- 3.

I feel this happy today



my target for today

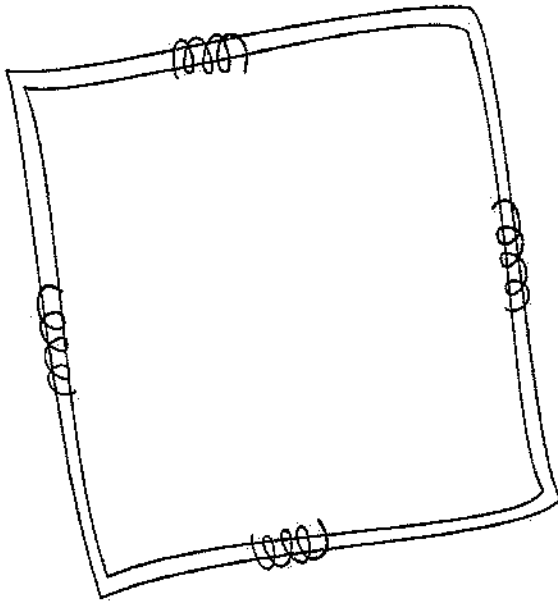


Mindful colouring

Daily quote

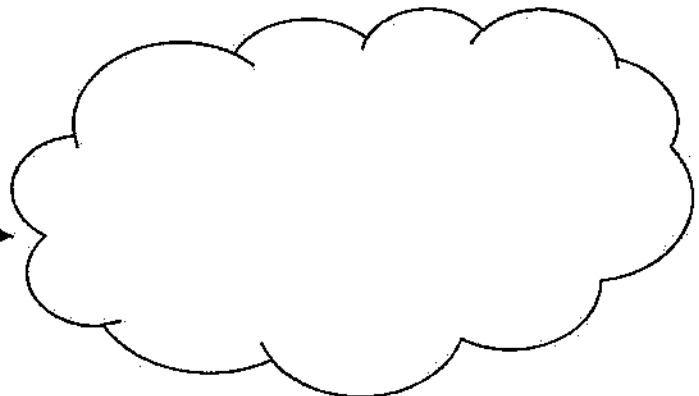
It is better to travel well
than to arrive.

This means



This is how I relaxed
myself today

Doodle cloud



Mindful Moments



Soapy hands

Put your hands into some warm water
and rub some soap into your hands. Wash
every bit of your hands by rubbing and
gliding them together. Watch the bubbles
carefully and watch the shapes of the
bubbles. Smell the lovely scent of the soap
as you do this

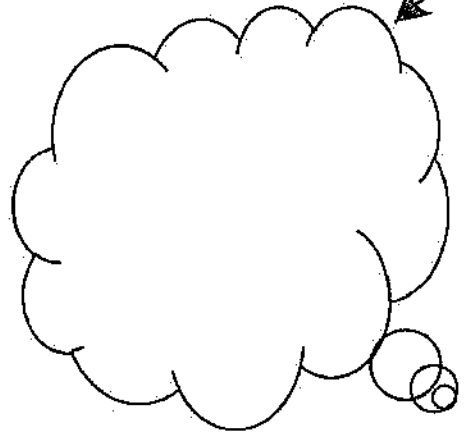
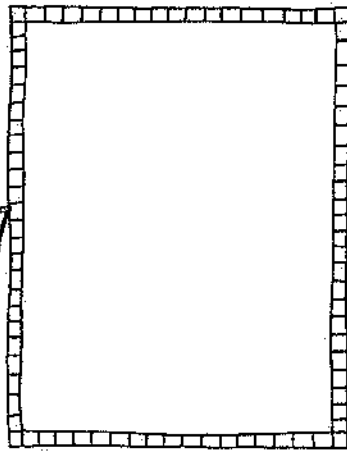
Date

A thought I had today

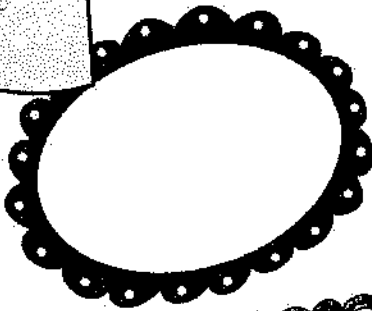
Affirmation of the day!

I am generous

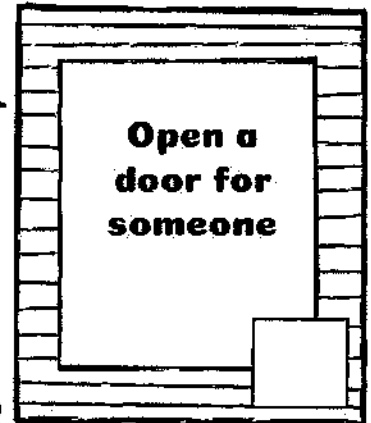
because



emotion of the day



Kindness challenge

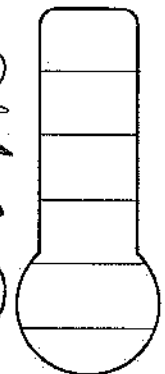


Today I am grateful for

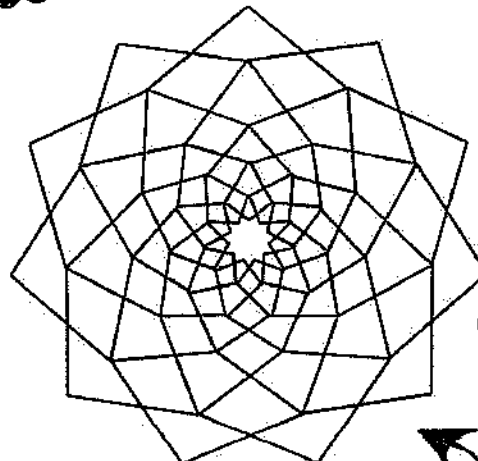
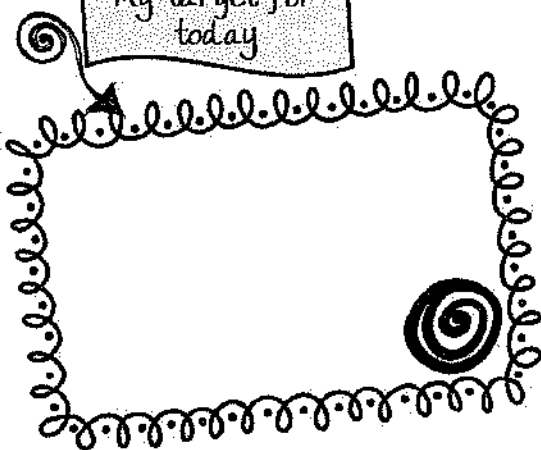


1.
2.
3.

I feel this happy today



My target for today

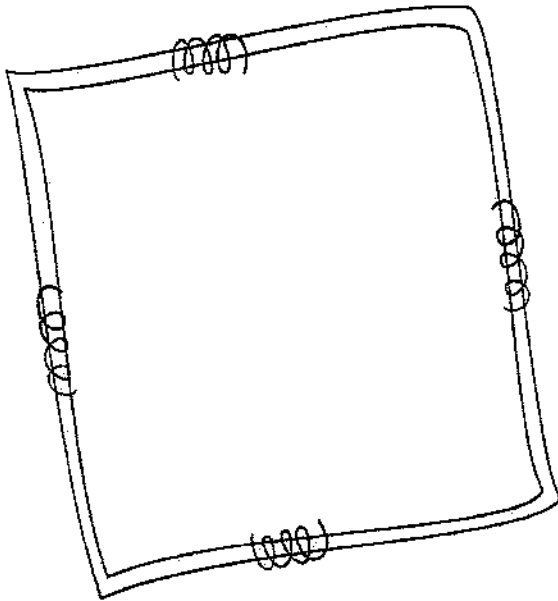


Mindful colouring

Daily quote

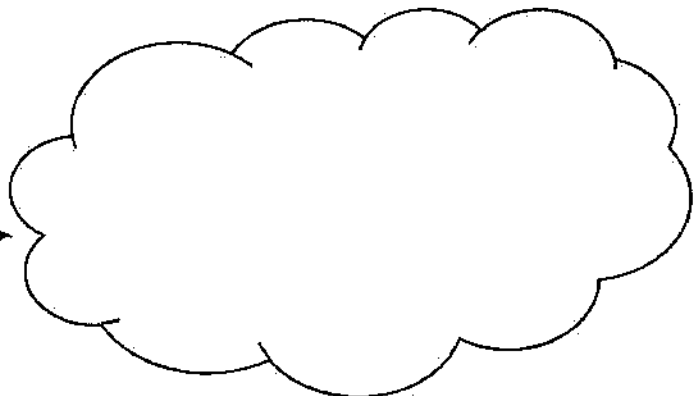
Thousands of candles can be lit by one candle,
and the life of the candle will not be shortened.
Happiness never decreases by being shared.

This means

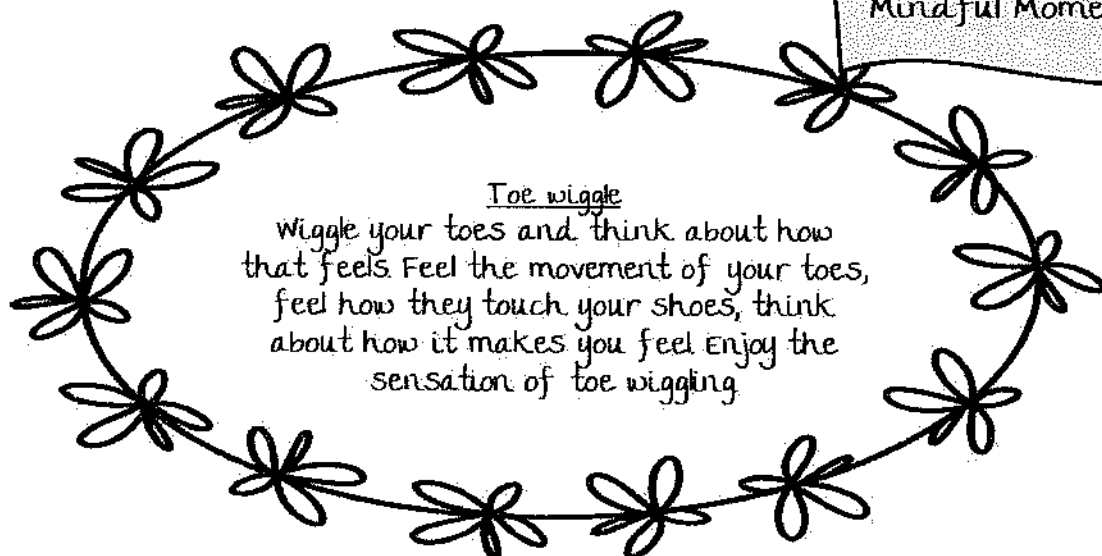


This is how I relaxed myself today

Doodle cloud



Mindful Moments



Toe wiggle
Wiggle your toes and think about how that feels. Feel the movement of your toes, feel how they touch your shoes, think about how it makes you feel. Enjoy the sensation of toe wiggling.

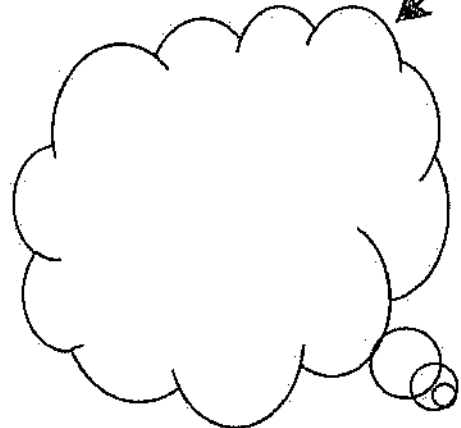
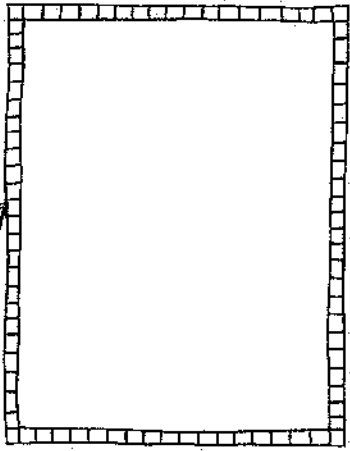
Date

A thought I had today

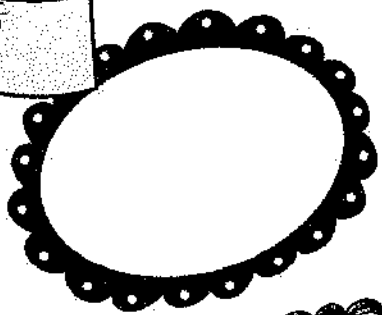
Affirmation of the day

I am caring

because



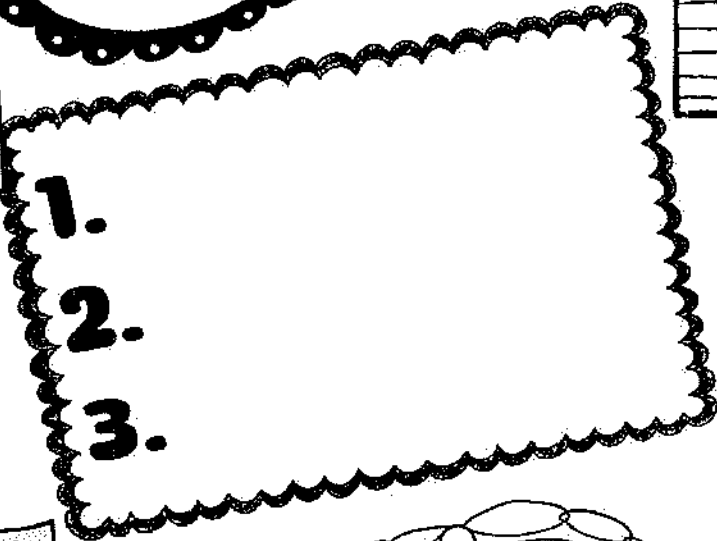
emotion of the day



Kindness challenge



Today I am grateful for

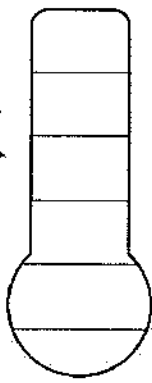


I feel this happy today

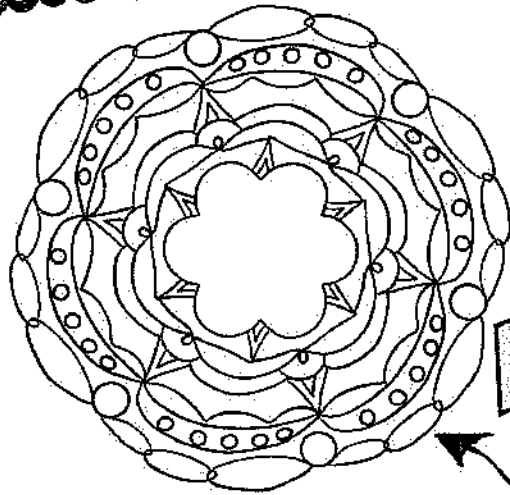
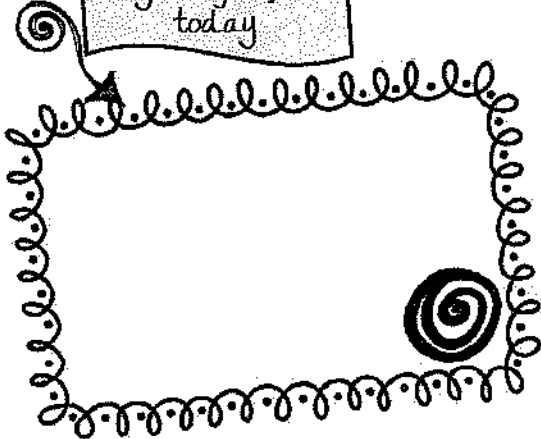
5



0



My target for today

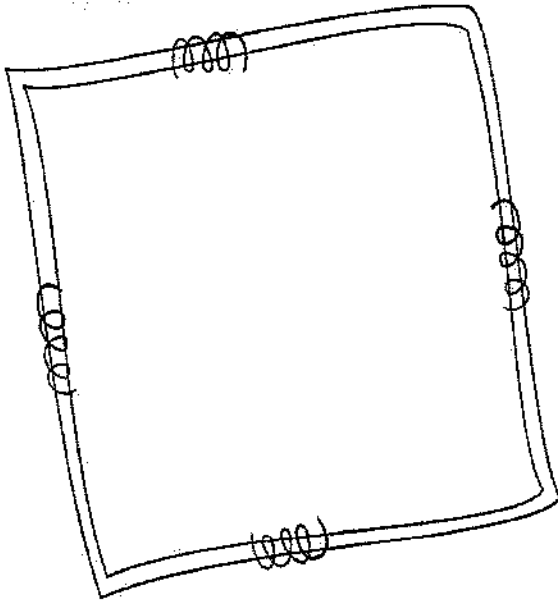


Mindful colouring

Daily quote

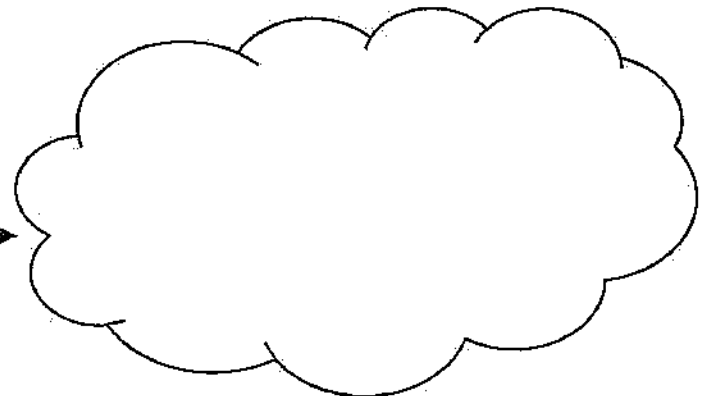
Happiness will never come to those who do not appreciate what they already have.

This means



This is how I relaxed myself today

Doodle cloud



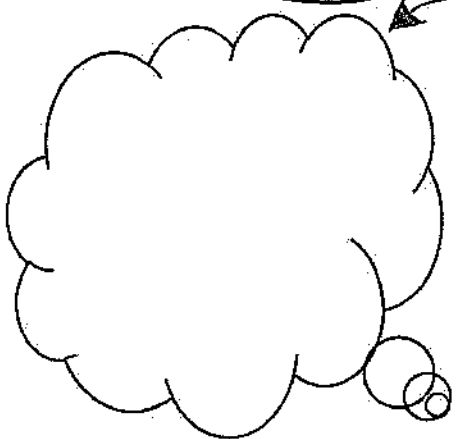
Mindful Moments

Arm Massage

use your right hand and glide it down your left arm vary the pressure so you glide it softly and then harder. Feel the sensations in your arm as you do this. Now swap to your left hand and glide it down your right arm. Enjoy the sensations. Repeat several times.

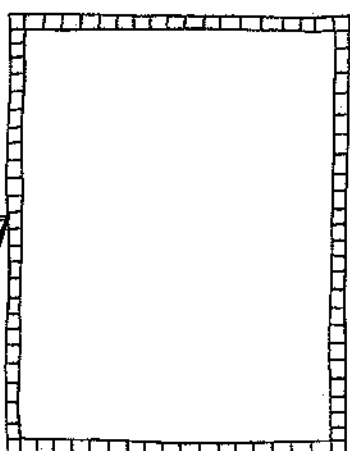
Date

A thought I had today

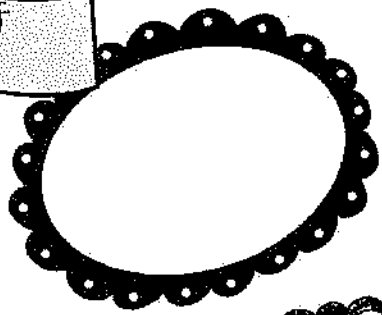


Affirmation of the day!

I am creative



Emotion of the day



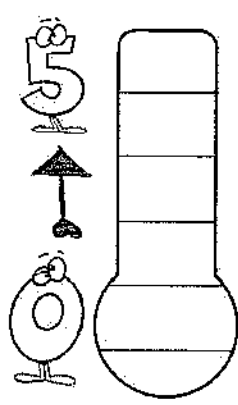
Kindness challenge



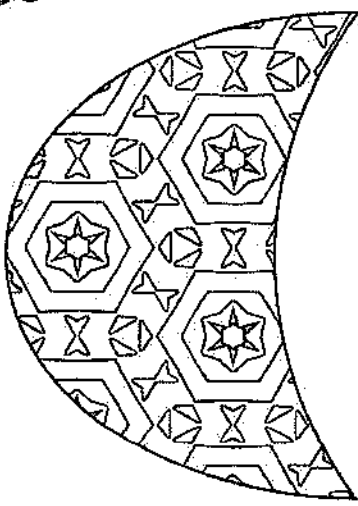
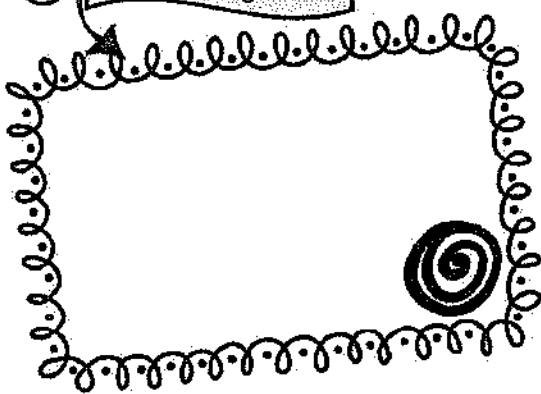
Today I am grateful for



I feel this happy today



My target for today



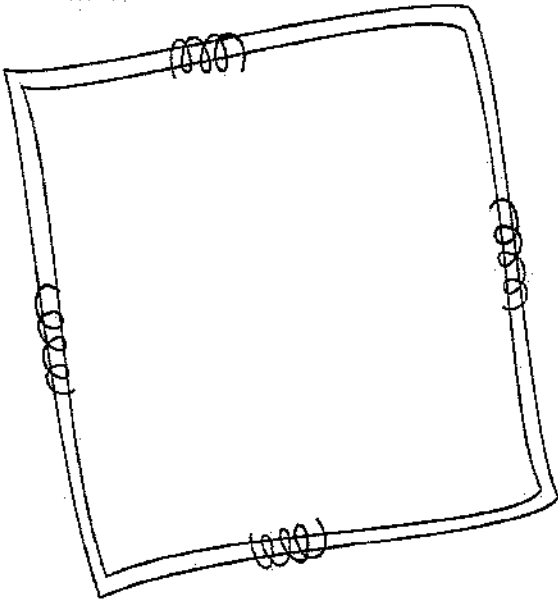
Mindful colouring



Daily quote

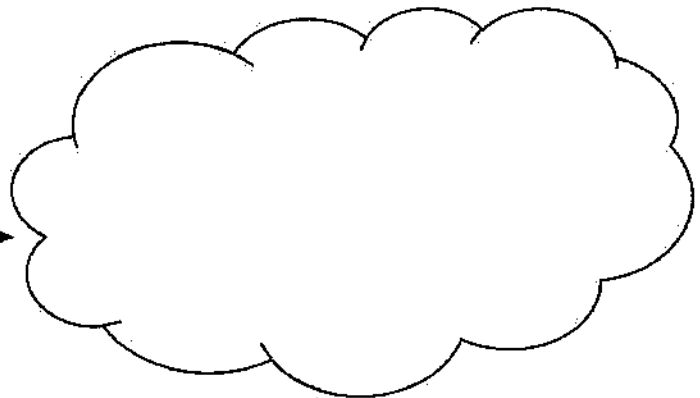
One moment can change a day,
one day can change a life, and one
life can change the world.

This means



This is how I relaxed
myself today

Doodle cloud



Mindful Moments

5 things

Name 5 things you can see right now.
Notice the colour, shape, and texture of
the things you can see. Fill your mind
with all those 5 things you can see.



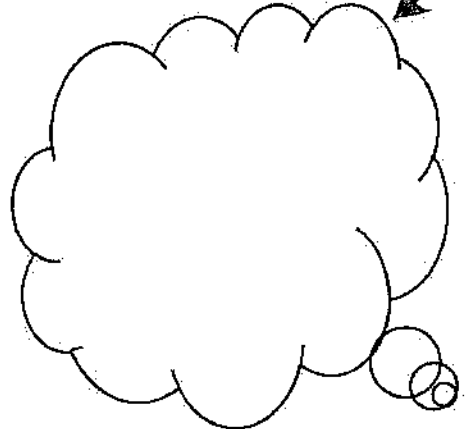
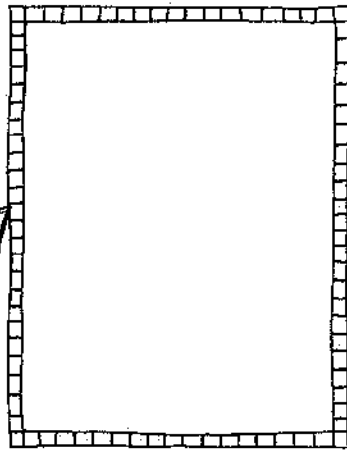
Date

A thought I had today

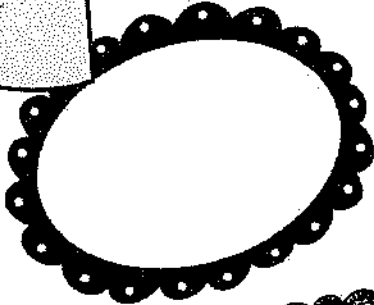
Affirmation of the day

I am powerful

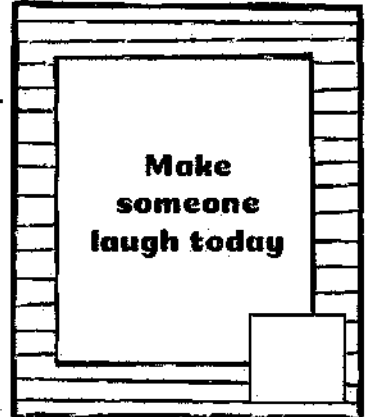
because



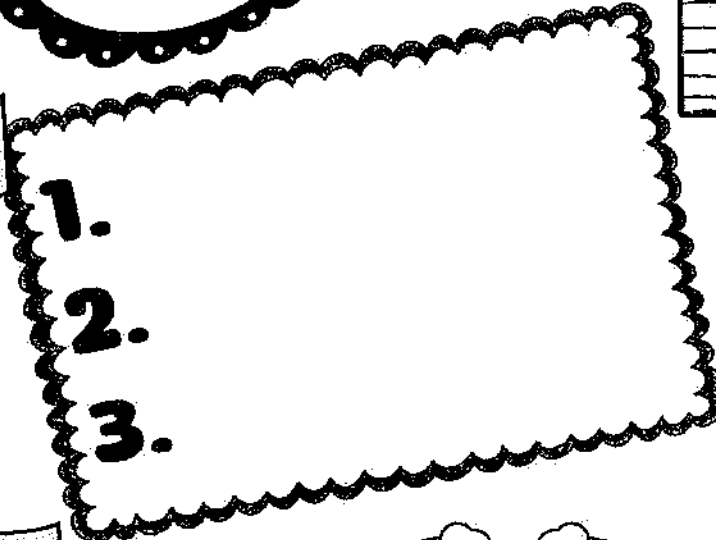
Emotion of the day



Kindness challenge

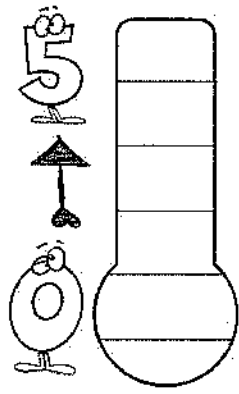


Today I am grateful for

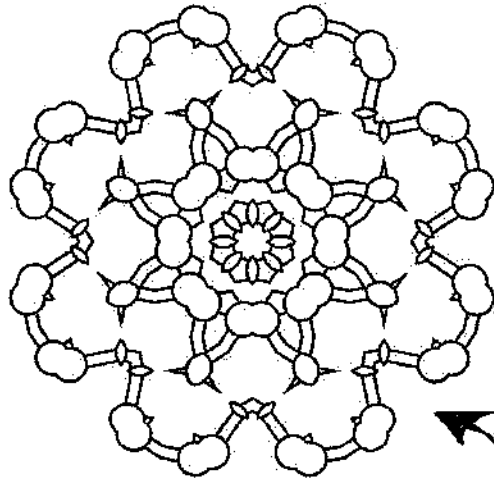
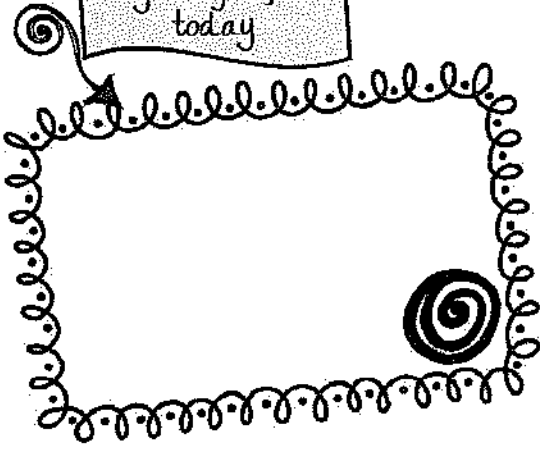


- 1.
- 2.
- 3.

I feel this happy today



My target for today

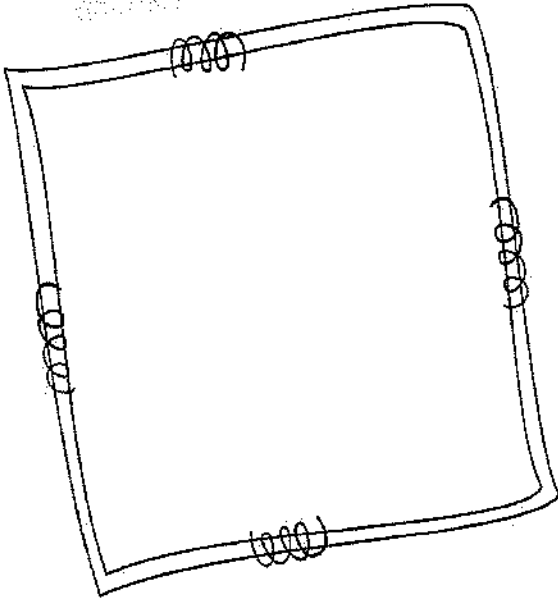


Mindful colouring

Daily quote

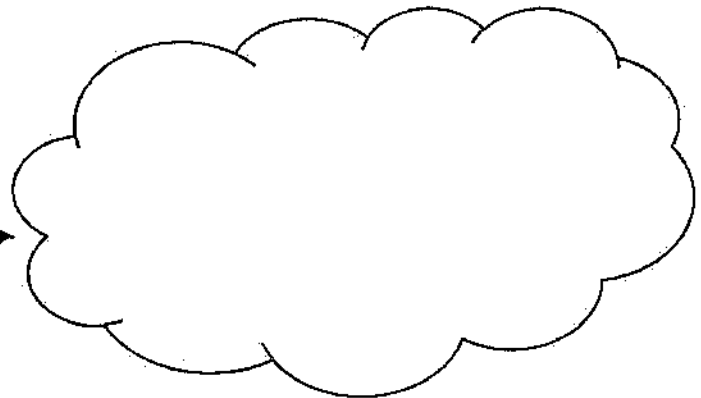
Whatever words we speak should be chosen with care for people will hear them and be influenced by them for good or for bad.

This means



This is how I relaxed myself today

Doodle cloud



Mindful Moments

Notice it!

Spend 5 minutes just looking around the room. Can you find something you have never noticed before? What is it? Why do you think you have never noticed it before? Keep looking for other things you haven't noticed before.

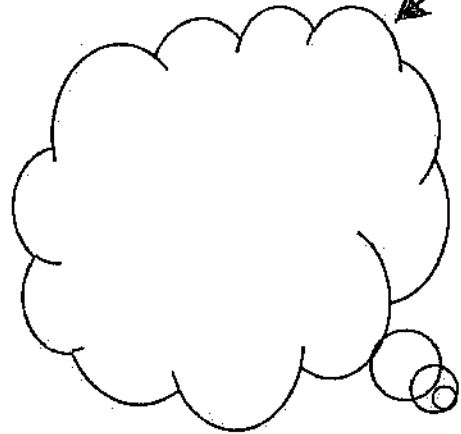
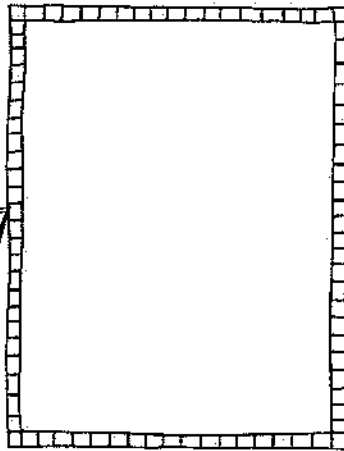
Date

A thought I had today

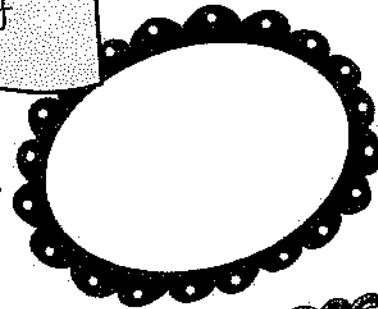
Affirmation of the day

I am friendly

because



Emotion of the day

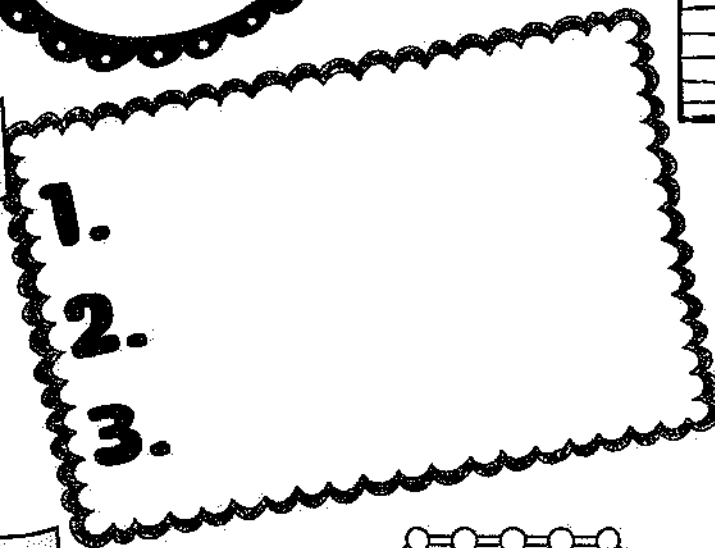


Kindness challenge



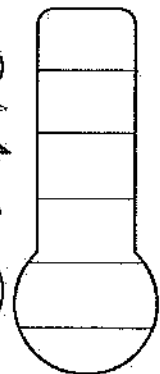
Say thank you to someone today

Today I am grateful for

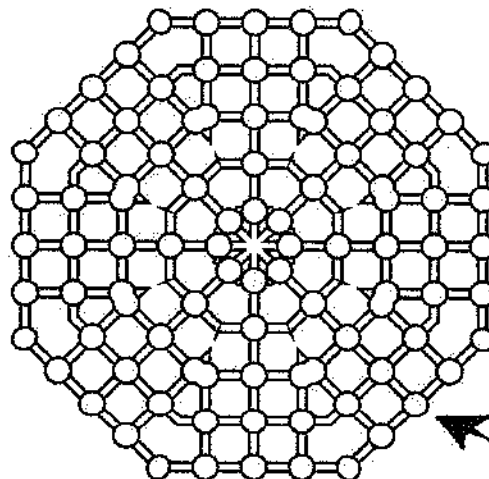
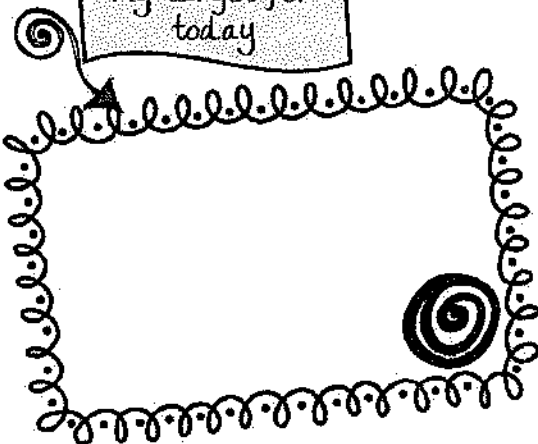


- 1.
- 2.
- 3.

I feel this happy today



My target for today

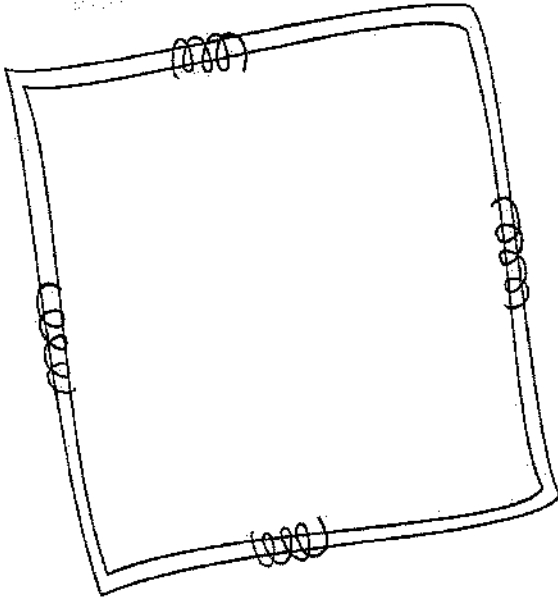


Mindful colouring

Daily quote

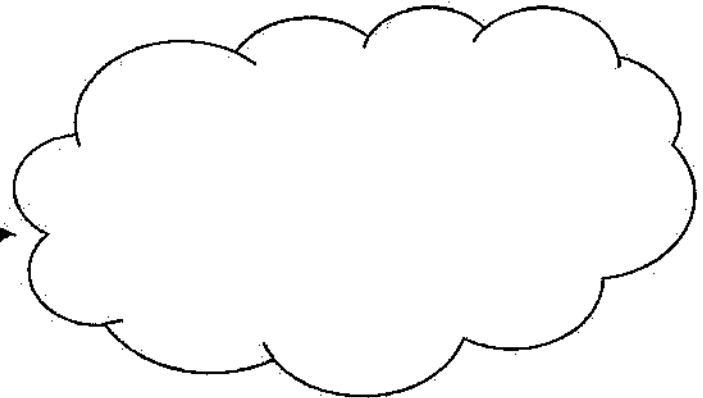
Every day we are born again.
What we do today is what
matters most.

This means



This is how I relaxed
myself today

Doodle cloud



Mindful Moments

orange juice

Imagine you have 4 quarters of a juicy
orange. You are going to squeeze all the
juice out of each quarter at a time. Collect
your juice in your favourite mug or glass.
Can you fill it with orange juice? Notice
how your muscles tense and then relax
as you squeeze and let go.

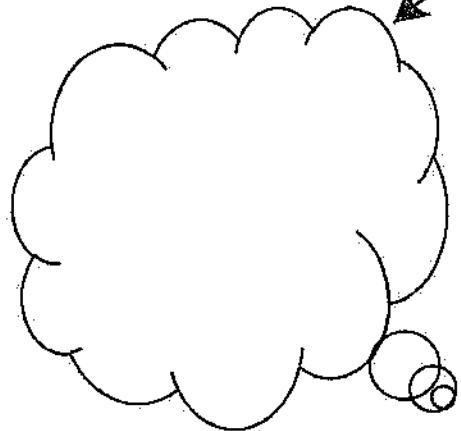
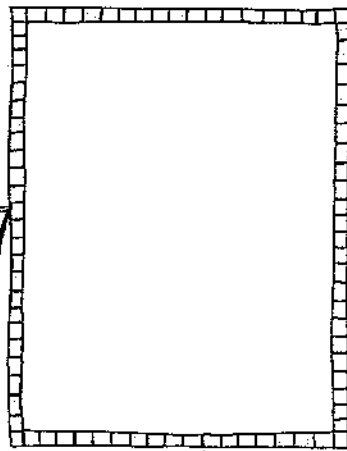
Date

A thought I had today

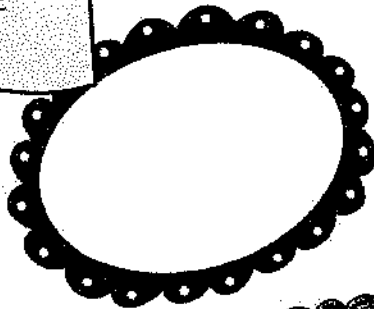
Affirmation of the day

I am a good listener

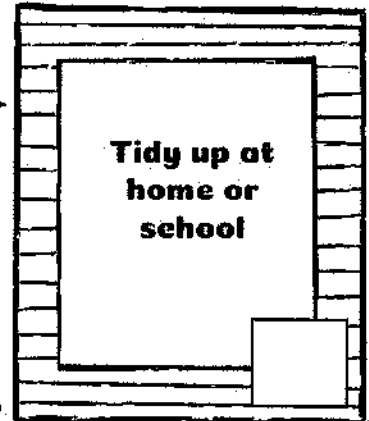
because



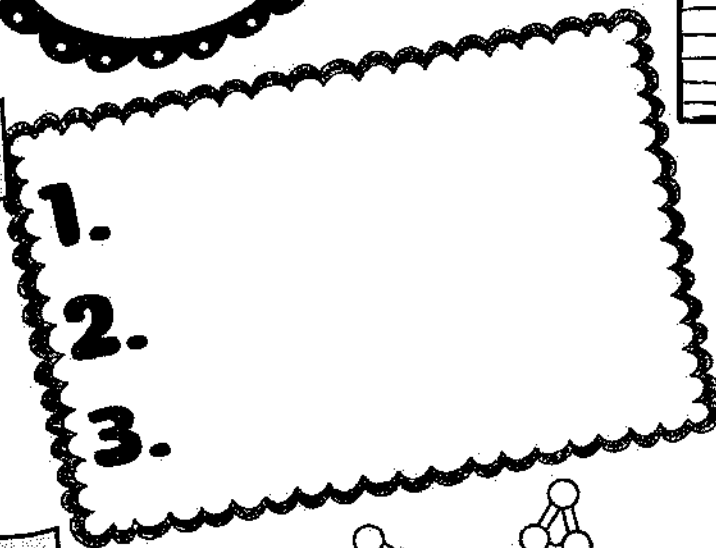
emotion of the day



kindness challenge



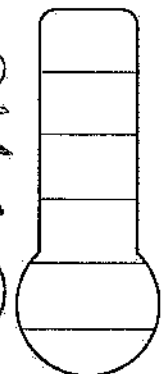
Today I am grateful for



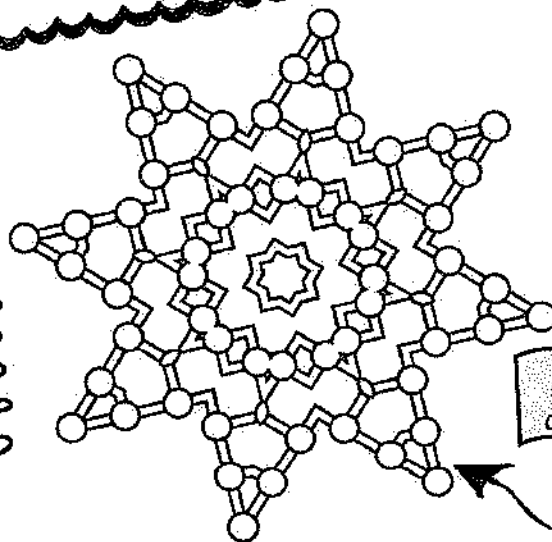
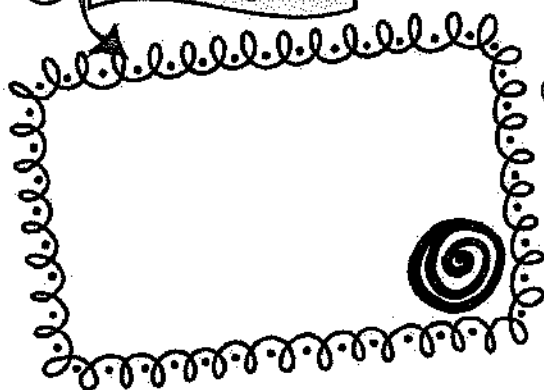
- 1.
- 2.
- 3.

I feel this happy today

5



My target for today

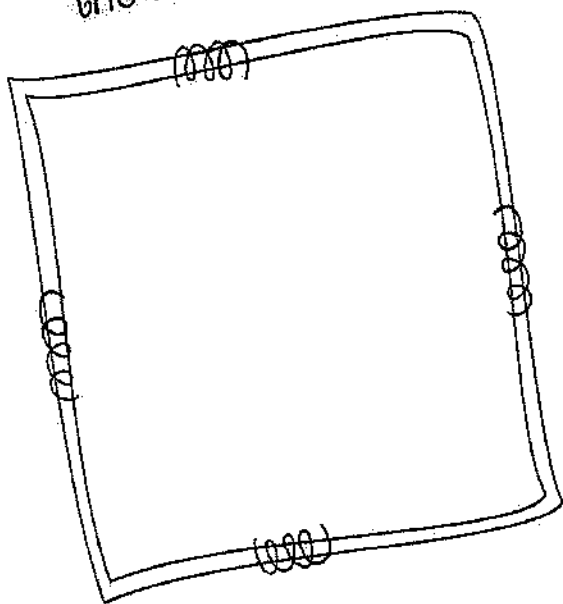


Mindful colouring

Daily quote

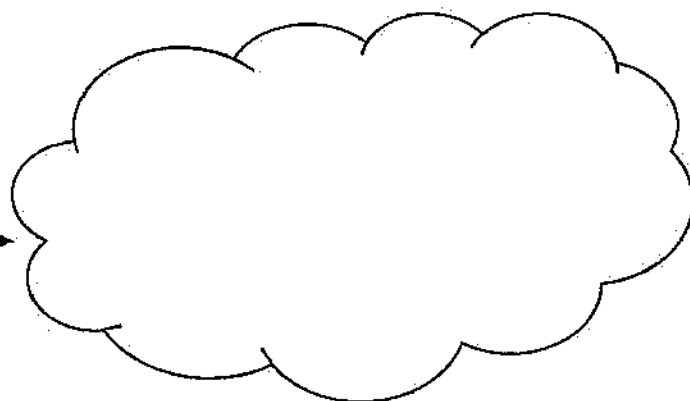
Do not dwell of the past, do not
dream of the future, concentrate
the mind on the present moment.

This means



This is how I relaxed
myself today

Doodle cloud



Mindful Moments

Dance

Either put on some music or dance in
silence. It doesn't matter just move your
body and dance away. No one is watching
so go mad and move your body in anyway
you choose. Enjoy the freedom of dance.

Weekly reflections

What went well this week

Things I could have done better

How I dealt with my emotions

Mistakes I made

If I could change one thing about this week

Your thoughts on this journal



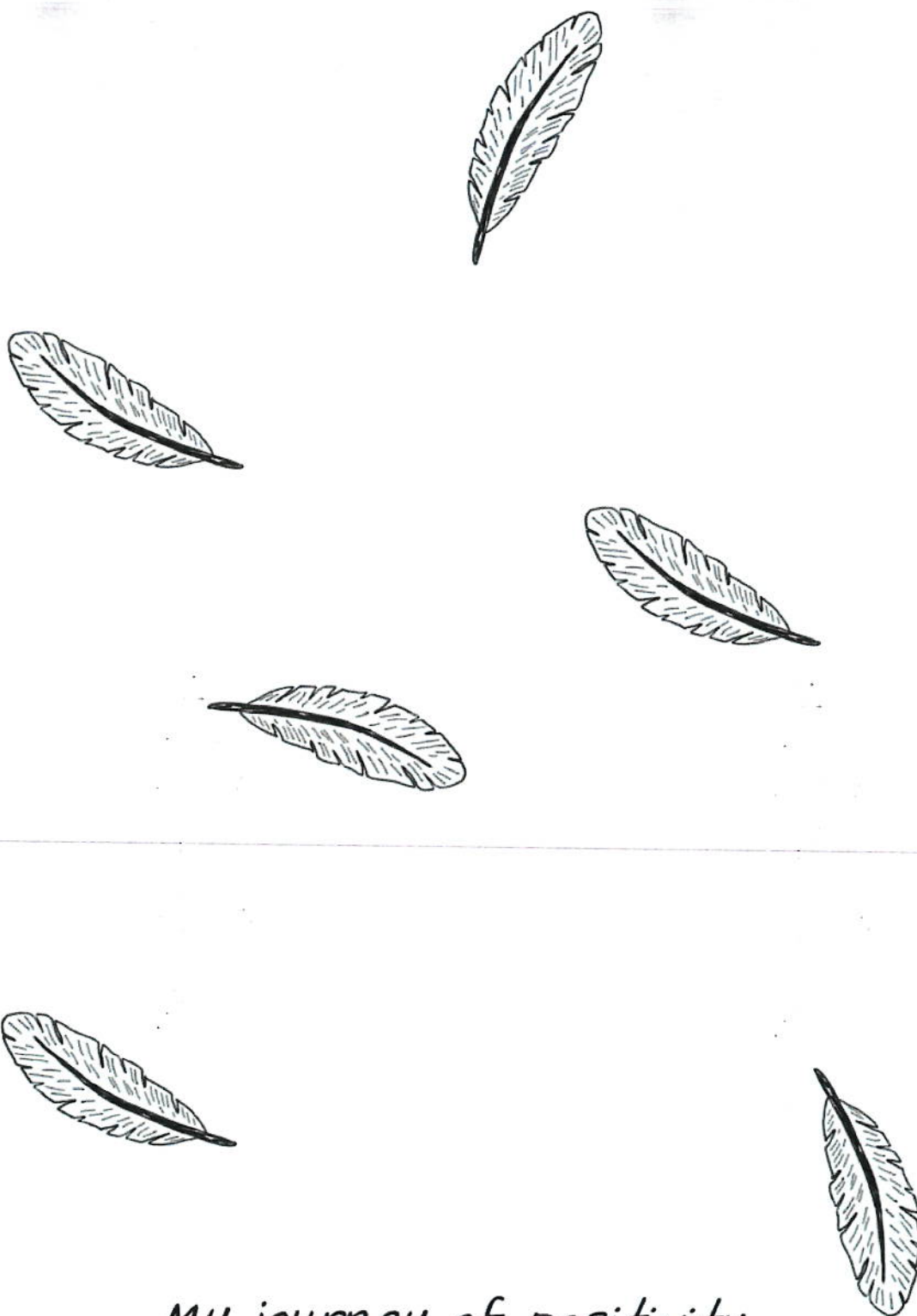
What was your favourite part of this journal?

Two things you have learnt from filling in this journal?

One thing you will continue after finishing this journal

Any other thoughts on this journal?



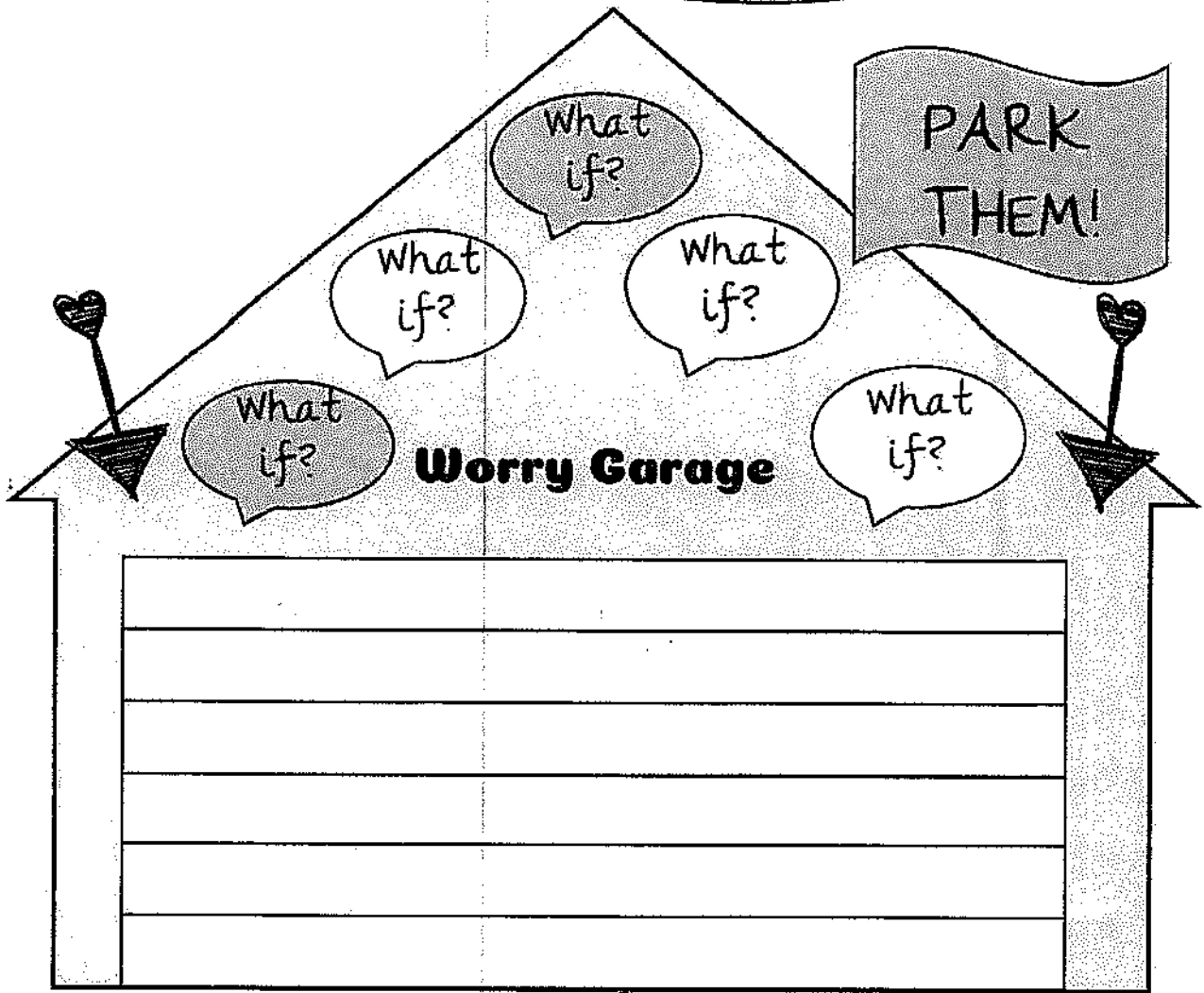


My journey of positivity

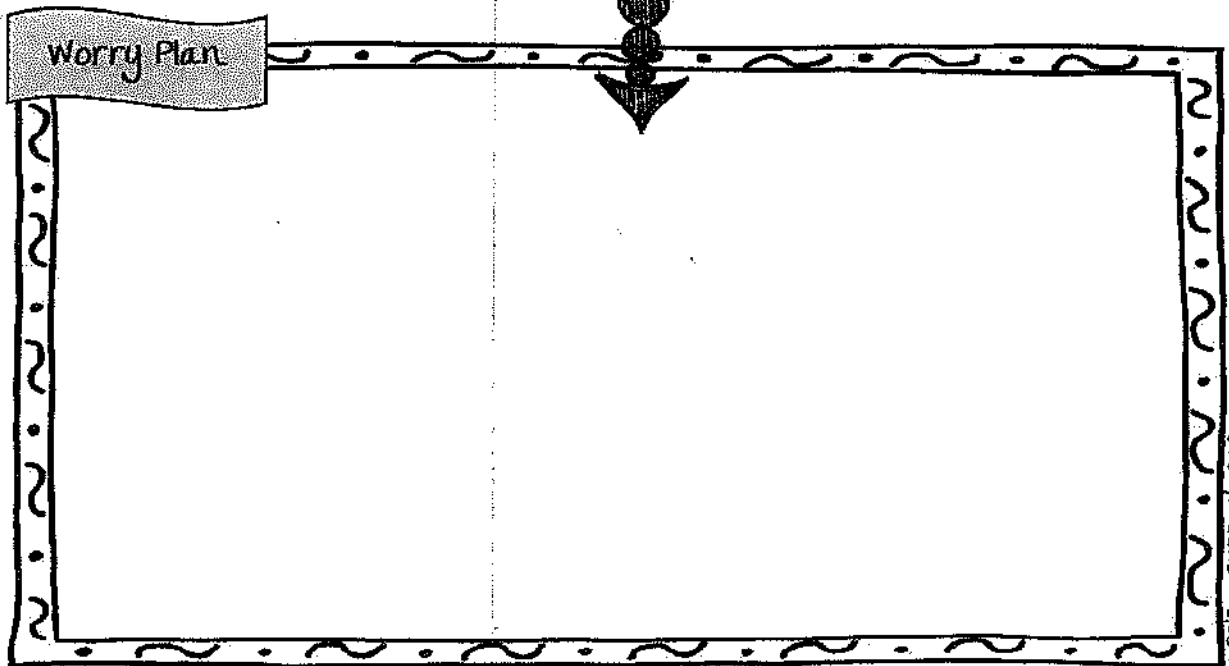
~~~~~



Weekly Worry Garage



A diagram of a house-shaped 'Worry Garage'. The roof is a large triangle containing five speech bubbles, each with the text 'What if?'. A banner on the right side of the roof reads 'PARK THEM!'. The main body of the house is a rectangle with seven horizontal lines for writing. The words 'Worry Garage' are written in bold across the middle of the rectangle. Two heart-shaped pushpins are shown on the roof, one on each side.



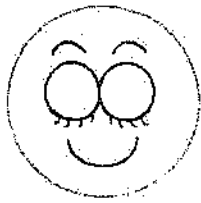
A 'Worry Plan' section. It features a large rectangular box with a decorative border of dots and wavy lines. A banner at the top left of the box is labeled 'Worry Plan'. A vertical arrow, composed of three circles and a downward-pointing arrowhead, points from the roof of the 'Worry Garage' down to the 'Worry Plan' box.



Weekly Positive's jar

Fill it up!





## Shells

Close your eyes. I am putting a shell onto your lap. Imagine you are on an island with just a palm tree on it. I want you to imagine you are walking around the island. Can you feel the hot, soft sand under your feet? Can you feel the hot sun beaming down onto your face? Dip your feet into the cool water. Can you feel the gentle waves trickling over your feet? Can you smell the saltiness of the sea? Listen to the seagulls squawking as they fly above you. As you continue to walk around the island, walk over to the palm tree. Sit down under the palm tree where it is cool and peaceful. Reach down into the warm sand and pick up a shell. (move the shell from their laps to their hands).



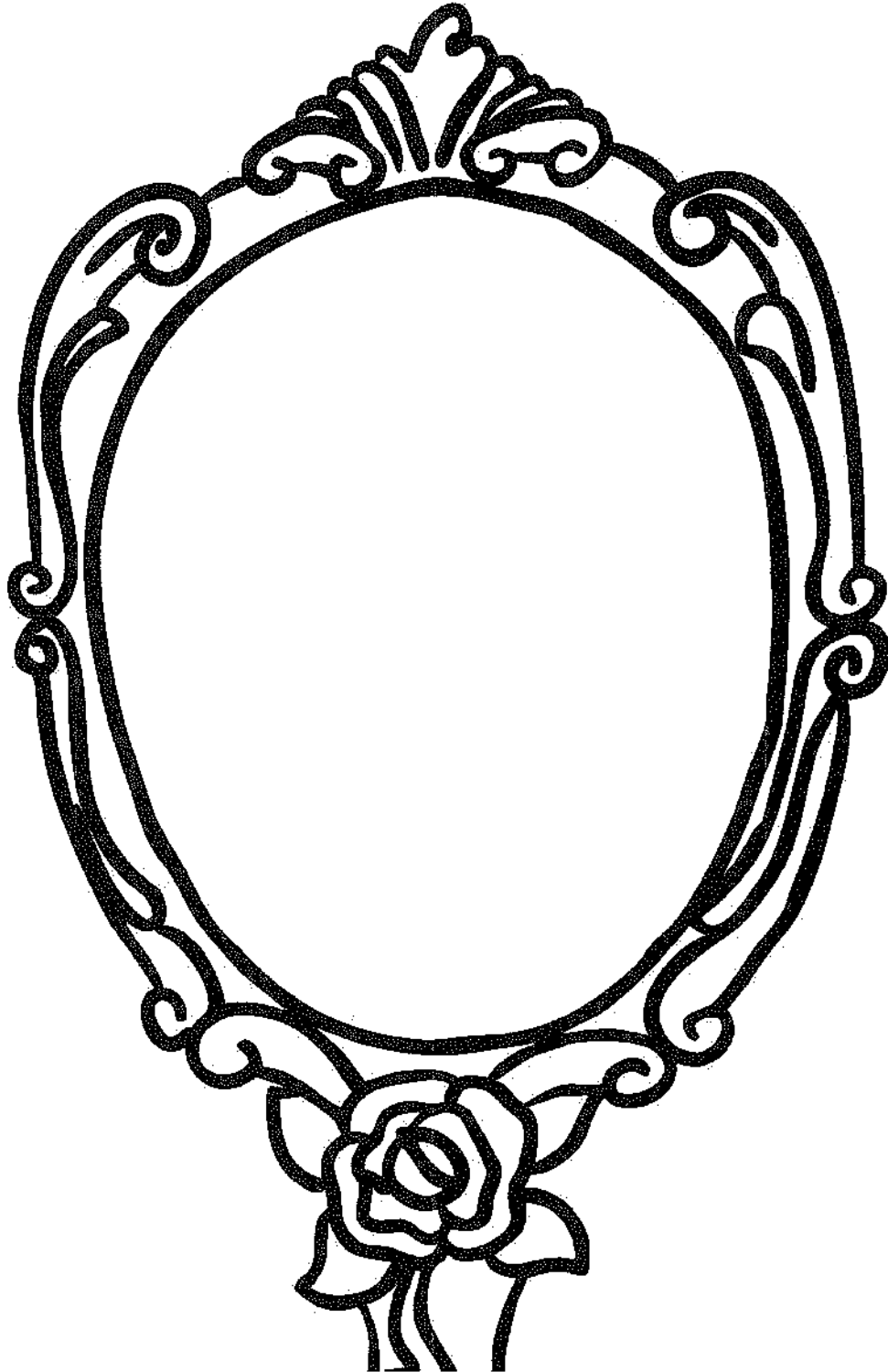
[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



# Things I Like About Me

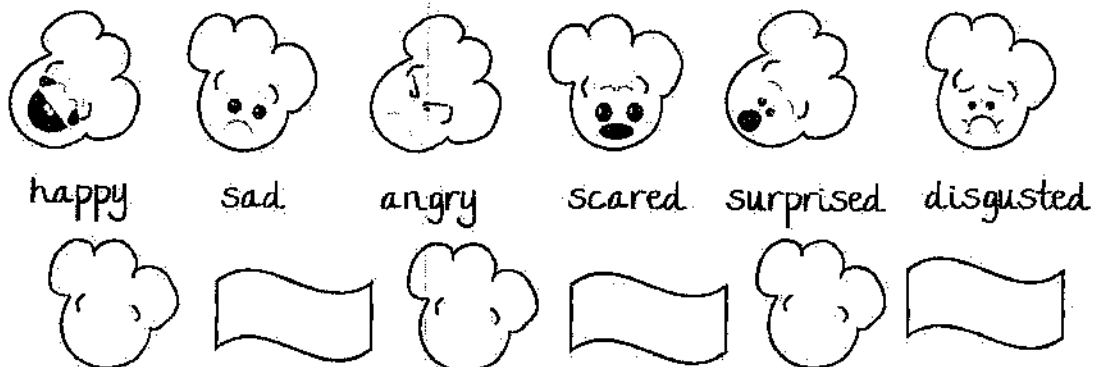
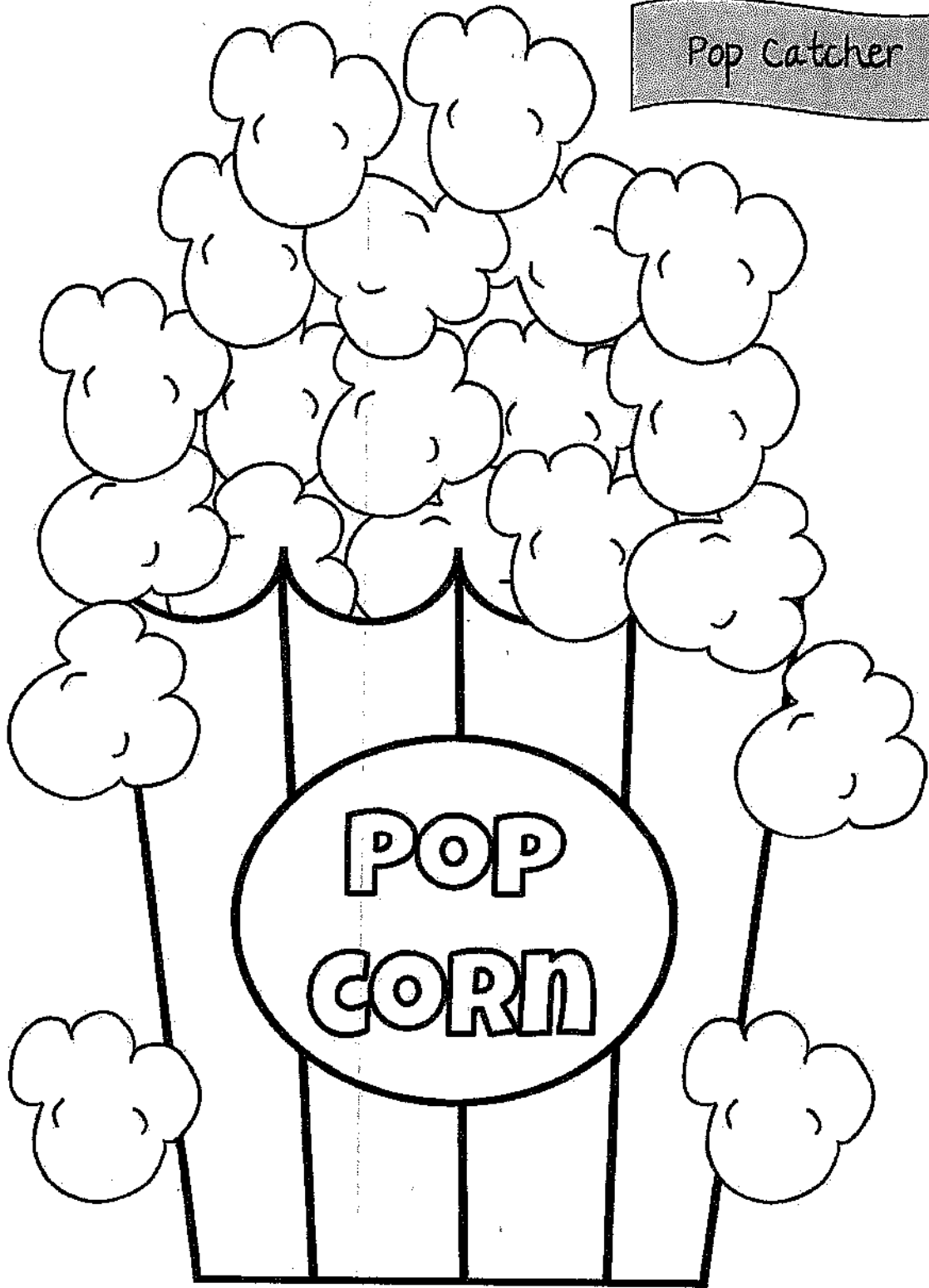
Mirror, mirror on the wall, who's the nicest child of all?

Can you write or draw as many things as you can that you like about yourself. For example, you might write: I like my hair; or I like my brown eyes; or I am funny.





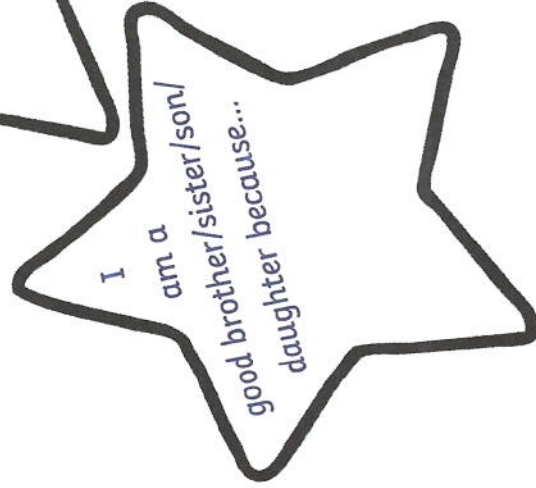
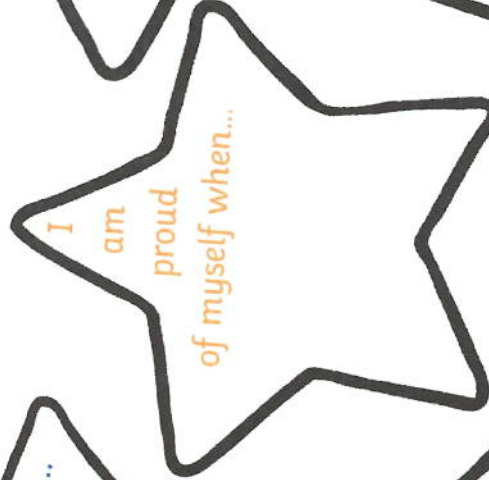
Pop Catcher





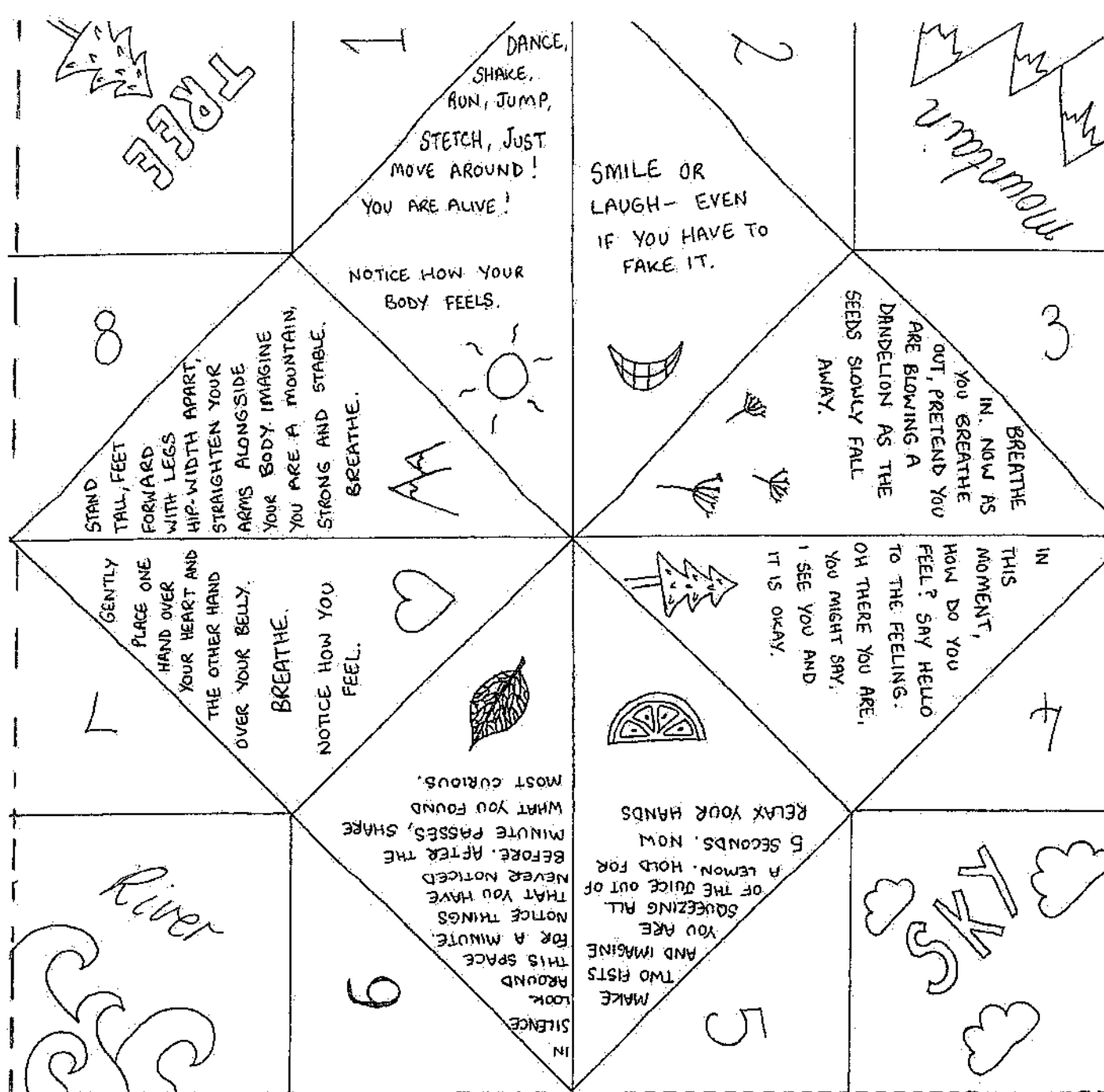
# I Am an Amazing Person!

Read and complete the sentences below.  
You can draw or write the answers.





CUT ALONG HERE



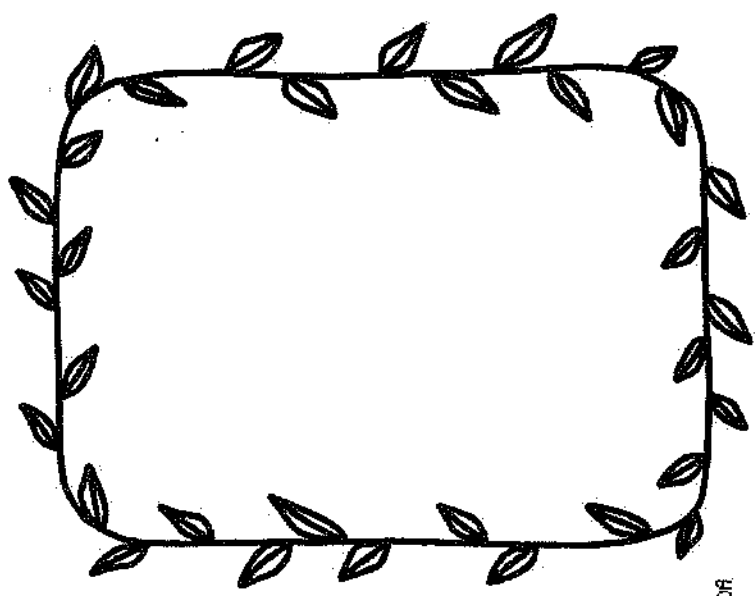
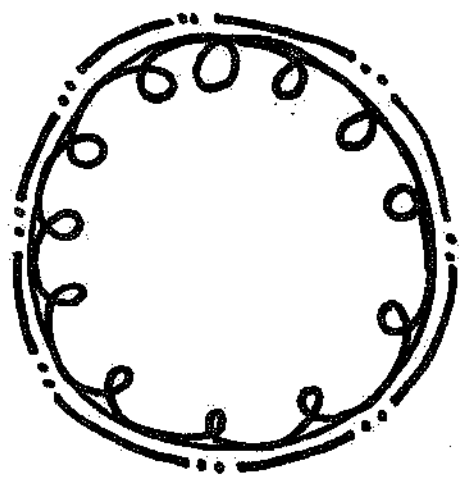
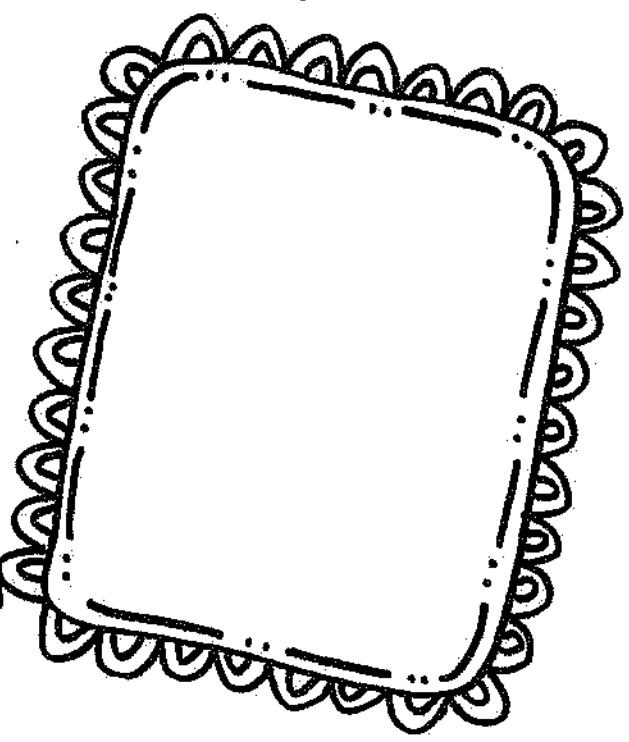
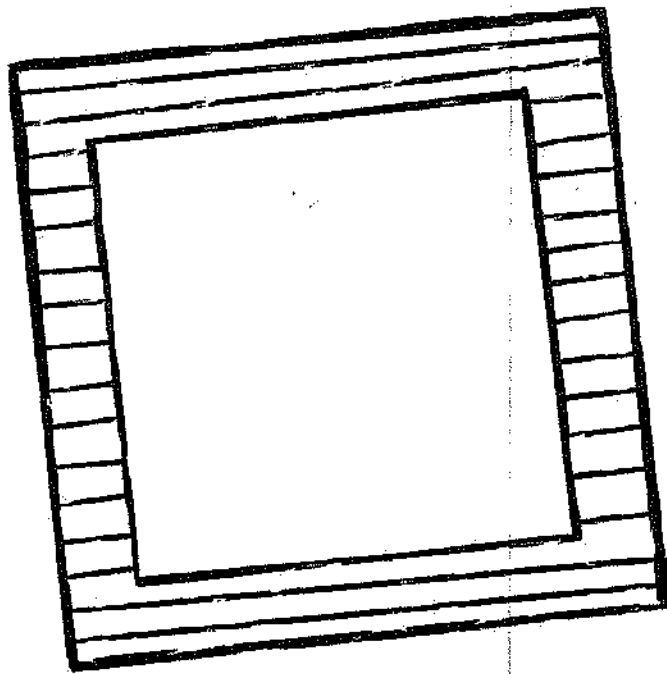
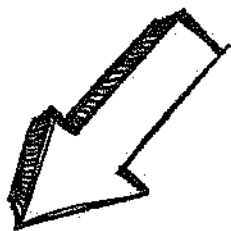
# INSTRUCTIONS

- ① CUT ALONG THE DOTTED LINE.
- ② PLACE PICTURE FACE DOWN ON TABLE
- ③ FOLD THE CORNERS INTO THE CENTRE
- ④ TURN OVER
- ⑤ FOLD THE CORNERS INTO THE CENTRE
- ⑥ FOLD IN HALF SO THAT YOU CAN GET YOUR THUMB AND FINGERS IN THE HOLES
- ⑦ PICK A WORD AND SPELL IT ALOUD WHILE OPENING AND CLOSING THE FORTUNE TELLER
- ⑧ CHOOSE A NUMBER, AND COUNT WHILE OPENING AND CLOSING AGAIN.
- ⑨ CHOOSE ANOTHER NUMBER AND LIFT THE FLAP TO REVEAL THE HIDDEN MESSAGE. READ ALOUD.

MINDFULNESS FORTUNE TELLER...

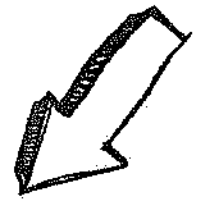


Doodles, drawings, and scribbles





Name one thing



I can hear



I can see



I can feel



I can  
taste



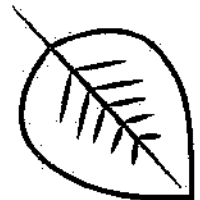
I can smell





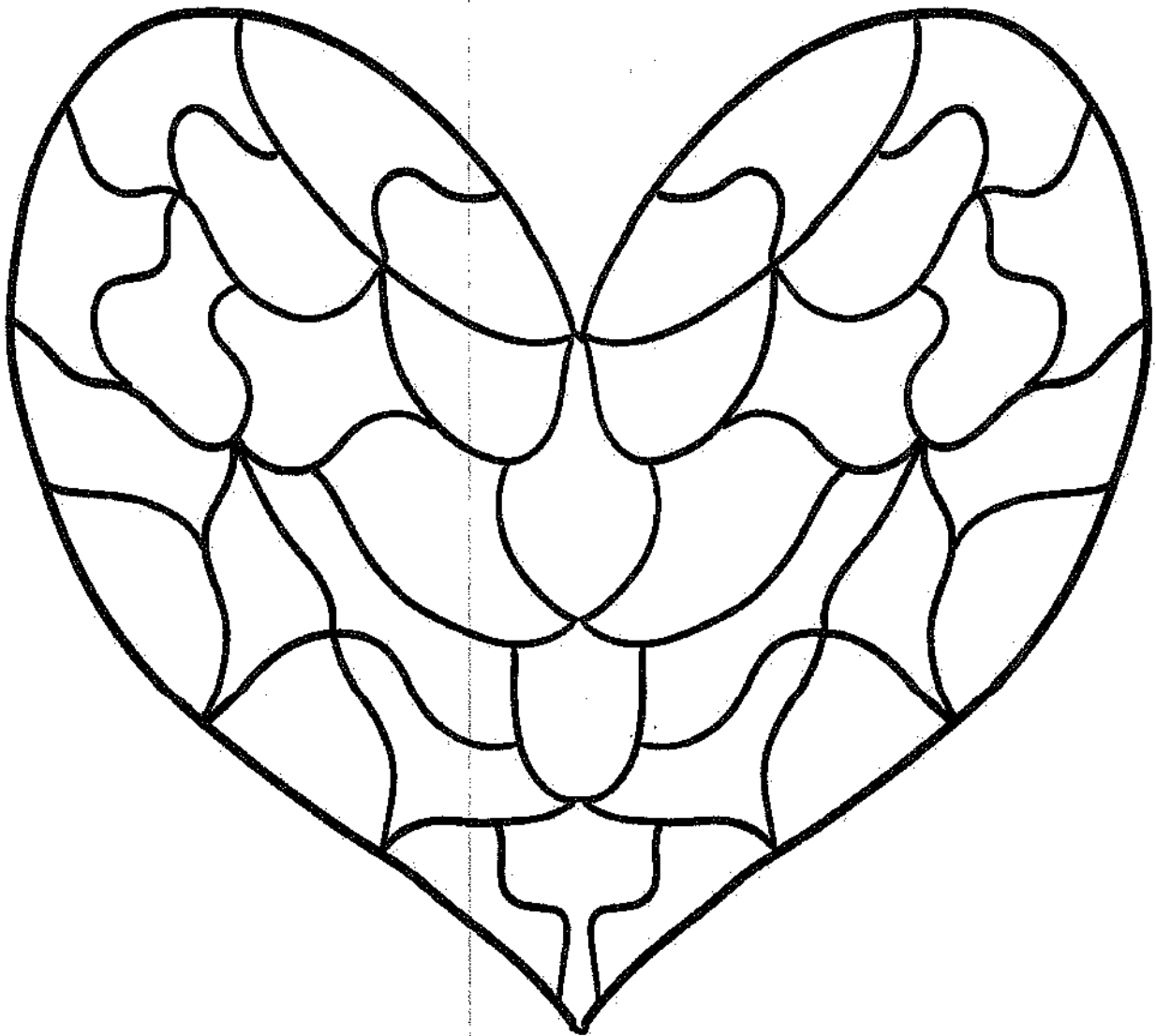


I can do  
anything if I  
keep trying





Emotion catcher!



happy



sad



angry



scared



surprised



disgusted





# ELSA Support's 14-day photo challenge



|                                          |                                            |                                                                              |                                      |                                                    |
|------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|--------------------------------------|----------------------------------------------------|
| 1<br>Rainbow challenge – something red   | 2<br>Something that inspires you           | 3<br>Favourite movie                                                         | 4<br>Something with patterns         | 5<br>Rainbow challenge – something blue            |
| 6<br>Something from an unusual angle     | 7<br>Rainbow challenge- something orange   | 8<br>Dress up! A photo of you dressed up – either smartly or fancy dress     | 9<br>Something that sparkles         | 10<br>Favourite quote – write it and photograph it |
| 11<br>Shadows – take a photo of a shadow | 12<br>Rainbow challenge – something yellow | 13<br>How you feel today – show your expression or draw it and photograph it | 14<br>Something you are grateful for |                                                    |



**ELSA** support

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

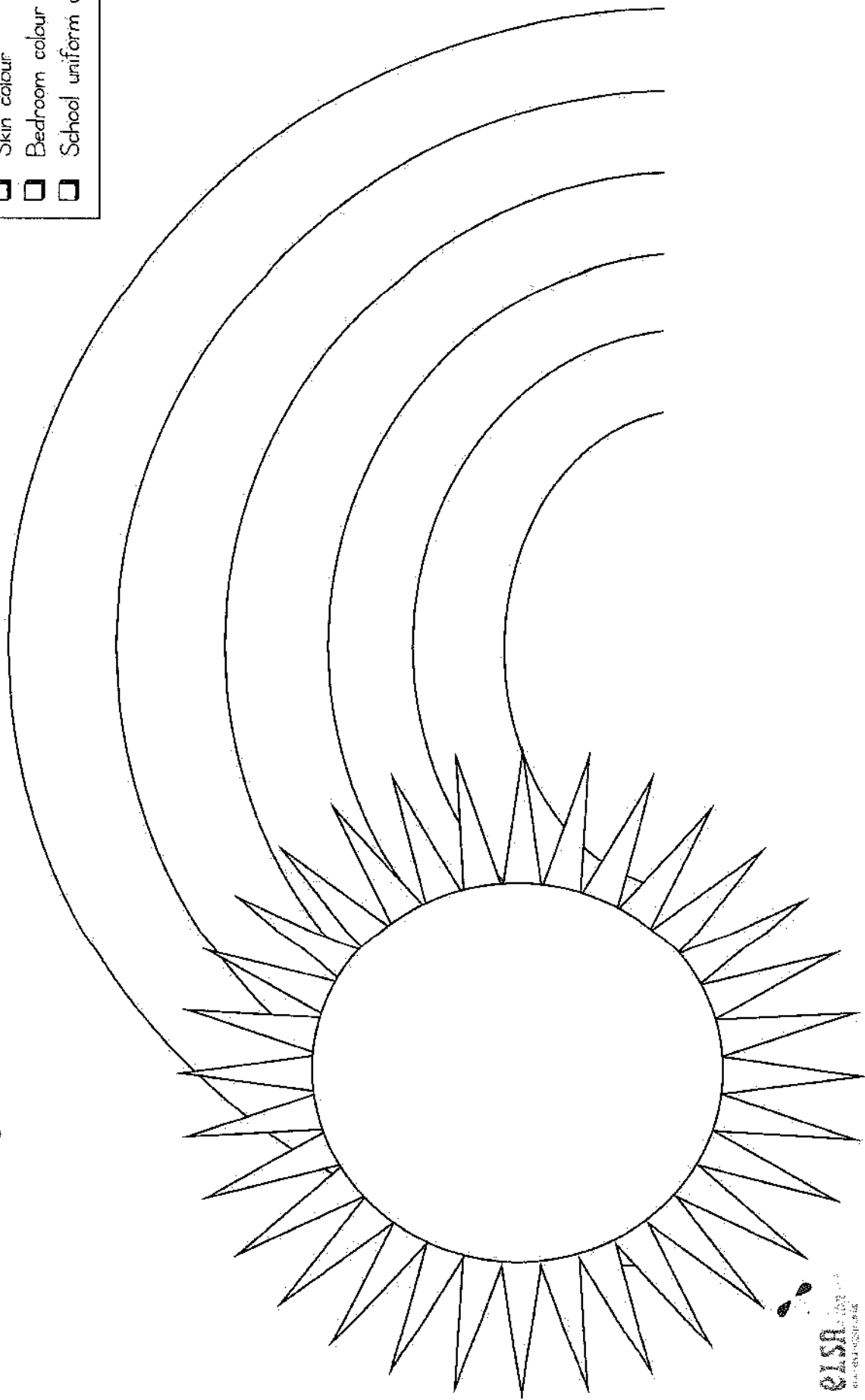


# Rainbow of You

Draw your face in the sunshine and then colour in the rainbow to reflect you.

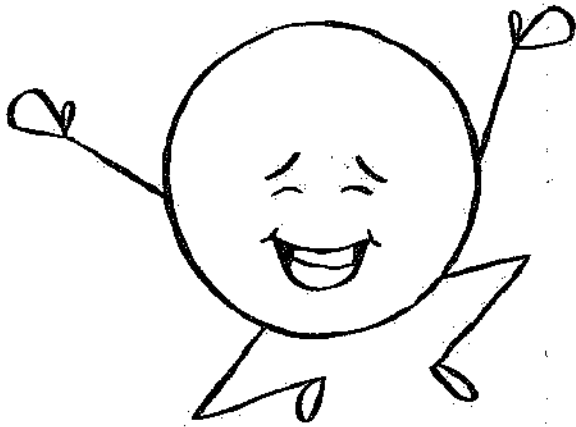
Some ideas

- ☐ Eye colour
- ☐ Hair colour
- ☐ Favourite food colour
- ☐ Favourite colour
- ☐ Skin colour
- ☐ Bedroom colour
- ☐ School uniform colour





I am choosing to have an amazing day



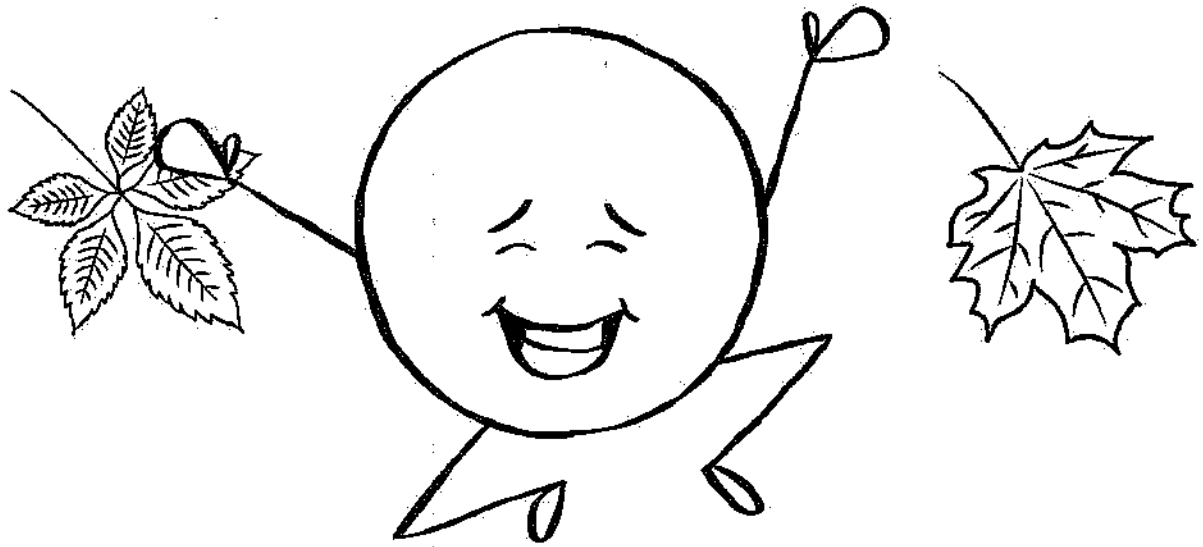
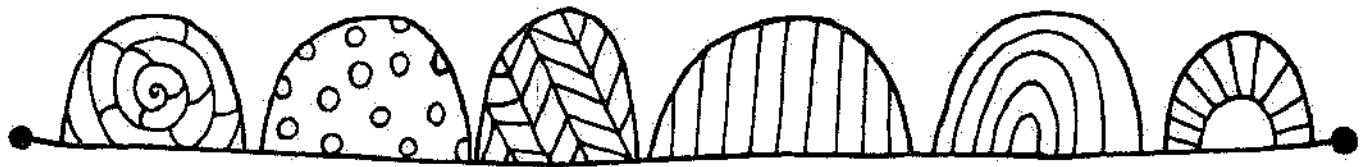
Draw a picture of  
your perfect day

A large empty rectangular box with a thick black border, intended for a child to draw their perfect day. The box is oriented vertically and occupies the central portion of the page.

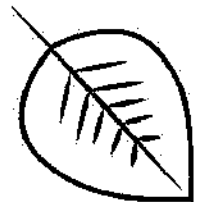
Write a sentence  
to describe your  
perfect day

Four horizontal lines for writing, spaced evenly apart. They are located at the bottom of the page, below the large drawing box and the writing prompt. The lines are thin and extend across the width of the page.



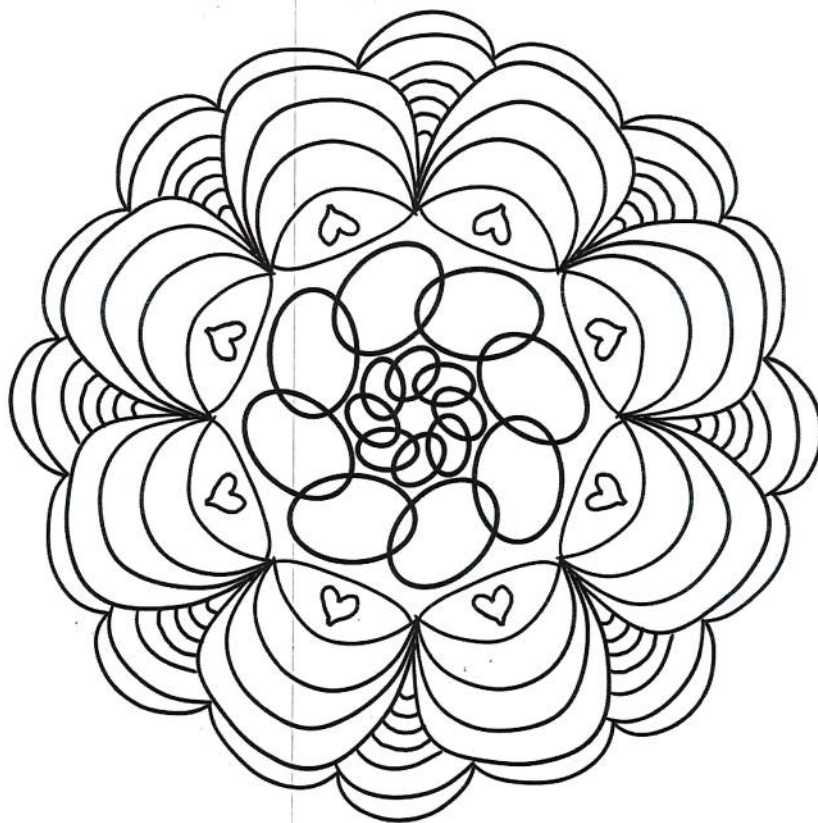


I am choosing  
to have an  
amazing day

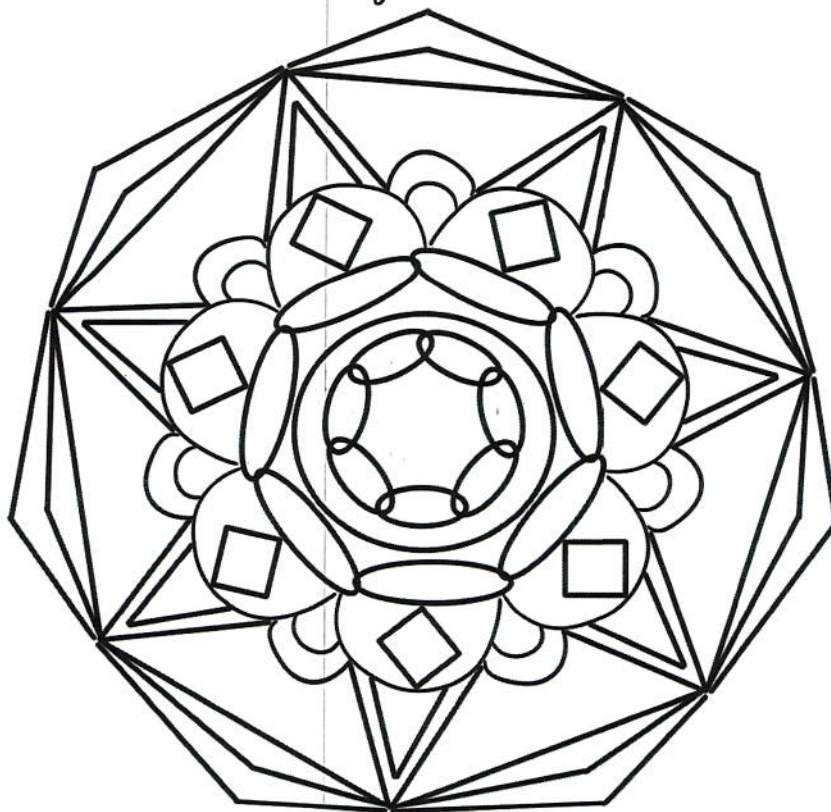




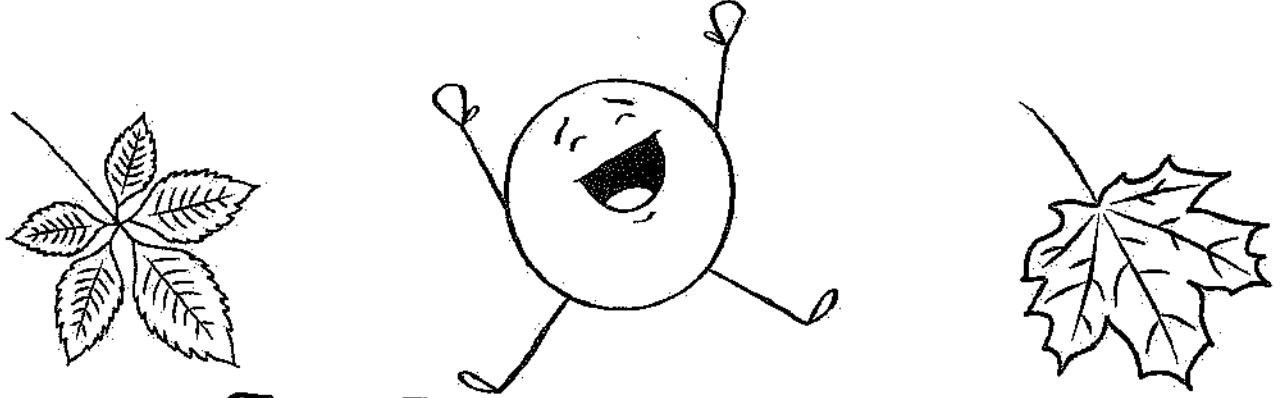
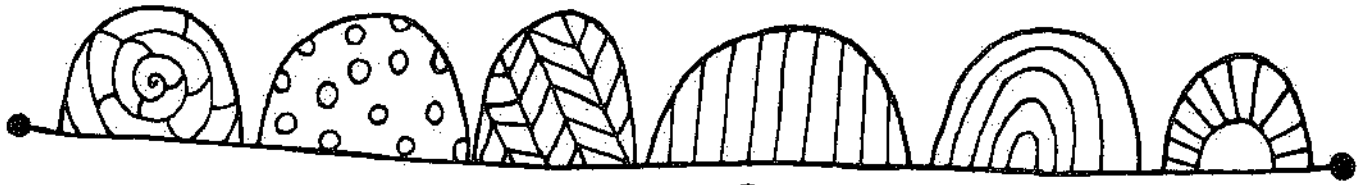
*Just listen to the silence!*



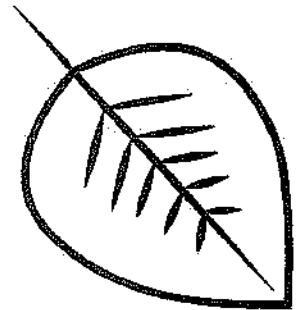
*Rest your mind and calm your heart*







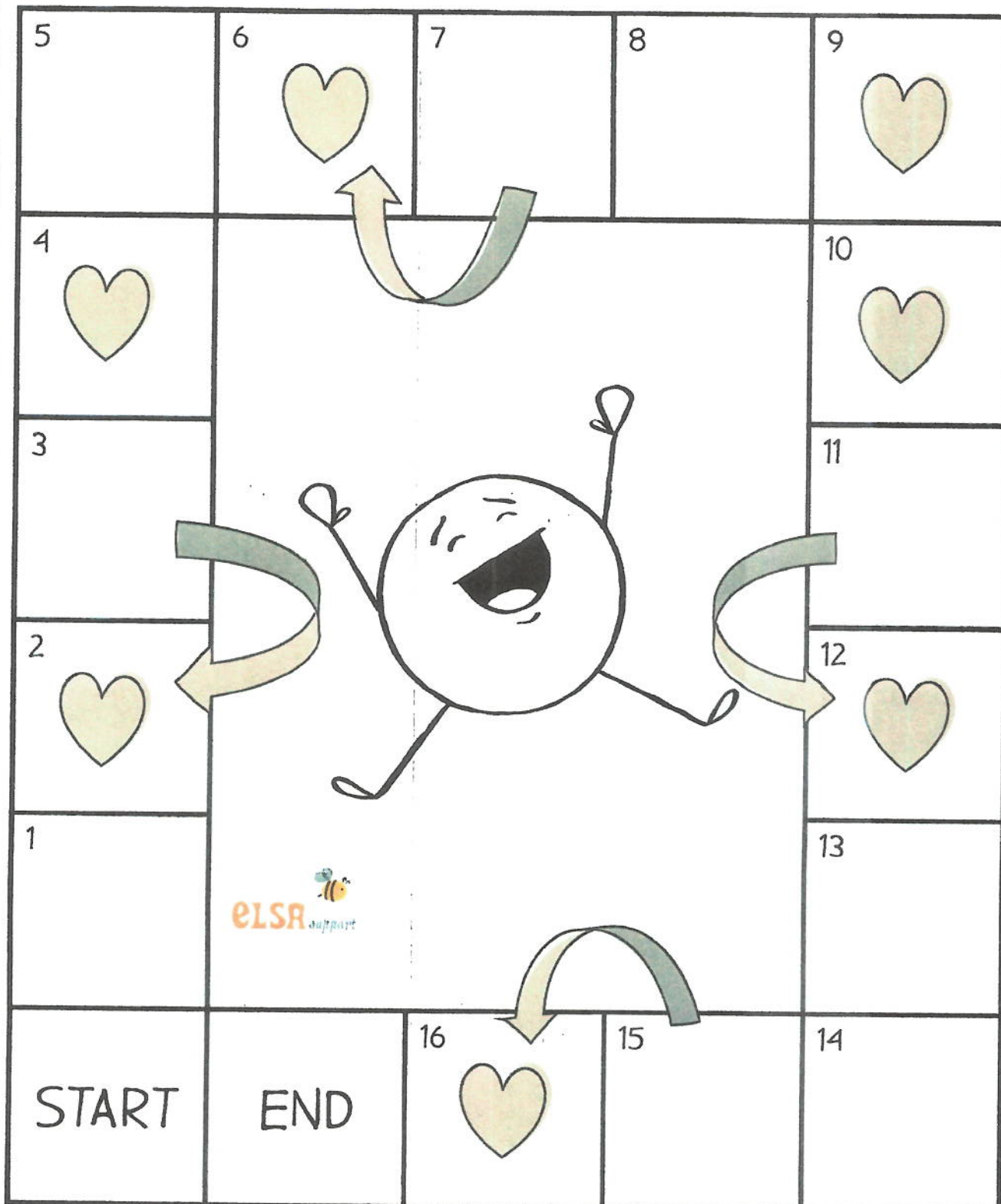
I deserve  
the right to  
sparkle and  
shine





# I deserve the right to sparkle and shine

Throw a die and move that number of spaces.  
If you land on a heart you need to name a time  
when you did something amazing that you felt  
proud of. Can you reach the end?

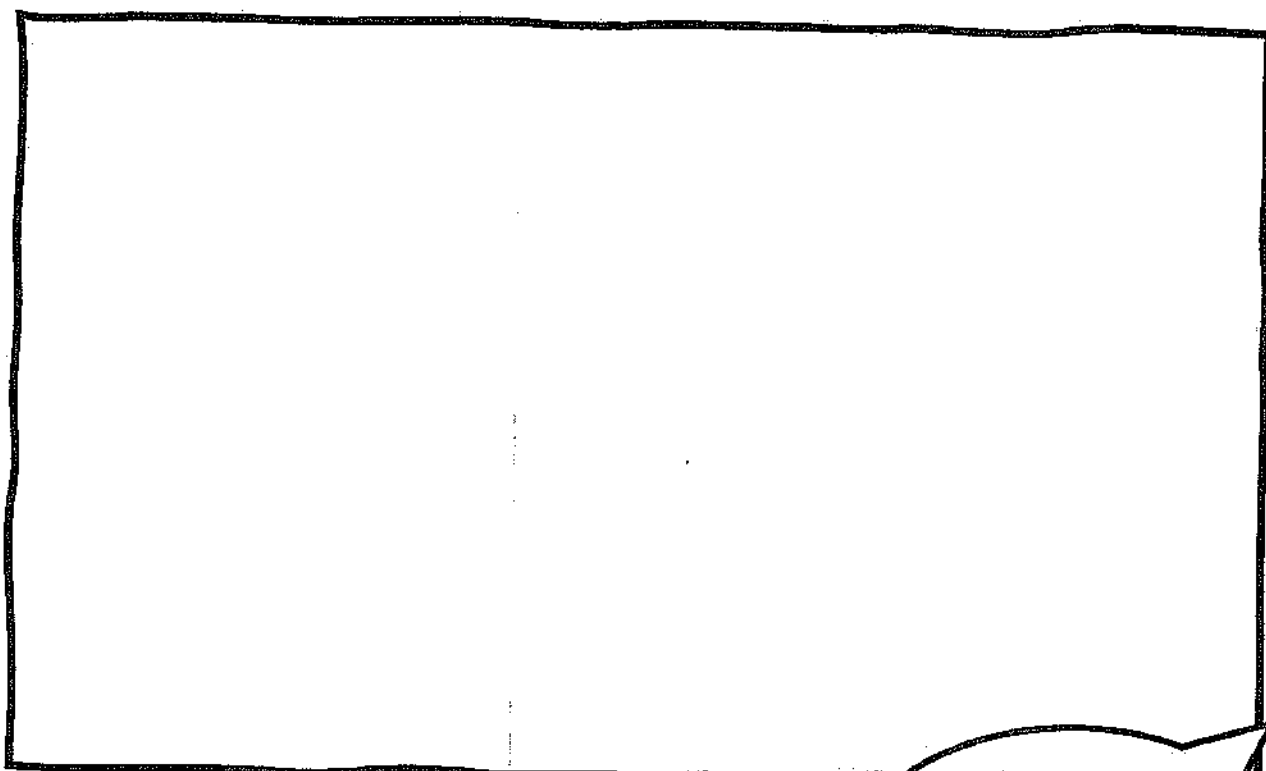




I deserve the right to sparkle and shine



Draw a picture of  
you being all  
sparkly and shiny!



Write a sentence  
to show how you  
can sparkle and  
shine

---

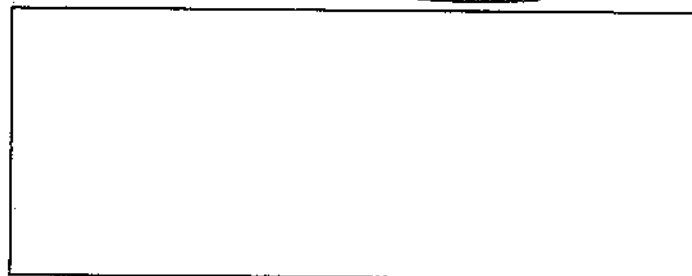
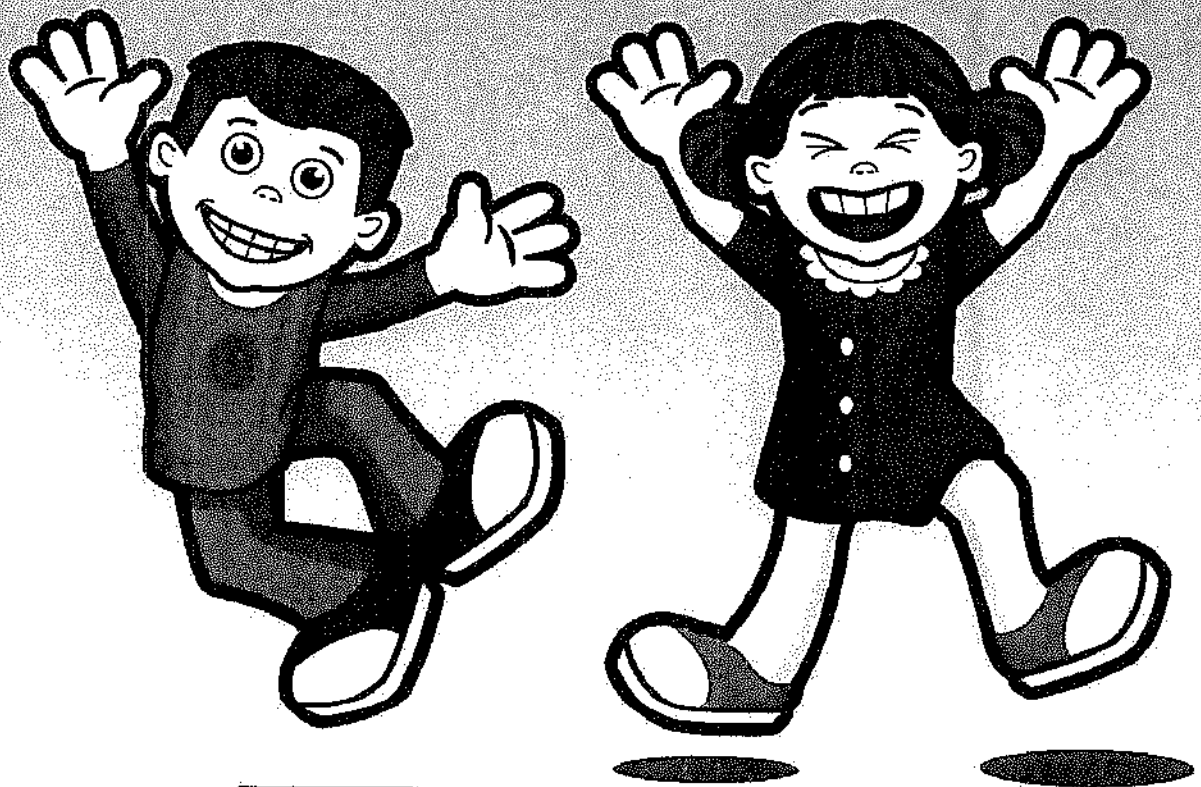
---

---

---



# **15 ways to help promote and support Good Mental Health**





# 15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others whenever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!







## Make sure you get enough sleep

What time do you go to bed on a night?  
What time do you wake up on a morning?  
How many hours do you sleep each night?  
How do you feel?

Try logging your sleep over a week to see if you are getting enough.

| Time you go to bed | Time you wake up | How many hours sleep? | How did you feel that day? |
|--------------------|------------------|-----------------------|----------------------------|
|                    |                  |                       |                            |
|                    |                  |                       |                            |
|                    |                  |                       |                            |
|                    |                  |                       |                            |
|                    |                  |                       |                            |
|                    |                  |                       |                            |
|                    |                  |                       |                            |

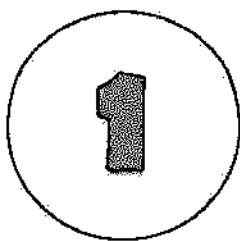
Can you work out the average over a week. Get someone to help you if you can't do it yourself.

My average is

How did I usually feel over the week?

Am I getting enough sleep?





# Make sure you get enough sleep

*Have a read through the list and perhaps add some of your own?*

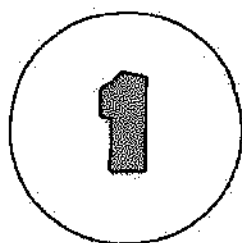
## DO

- Decorate a pillowcase with happy thoughts.
  - Some relaxation exercises before you go to bed on a night
  - Have a nice milky drink to help you relax and sleep better.
  - Watch happy films or read happy books.
  - Some exercise during the day so you feel physically tired
  - Go to bed at a reasonable time. (Your mum or dad know best!)
  - Have a warm relaxing bath before bed.
  - Use a cuddly toy to cuddle and keep close to you.
  - Talk to someone if you are worried about anything..
  - Get into a comfortable position in bed.
  - Leave a night light on if that helps.
  - Put some socks on if you get cold feet.
  - Practise visualisation – imagine your happy place in your mind.
  - Go to the toilet before getting into bed.
  - Have a bedtime routine and stick to it every night.
- 
- 
- 
- 

## DON'T

- Watch scary films or read scary books.
  - Go to bed feeling angry, stressed or worried – share your feelings.
  - Don't eat food just before bed.
  - Drink caffeinated drinks such as Cola, Coffee or tea.
  - Play on computer games before bed. Put them away 2 hours before bedtime.
- 
- 
- 
-





# Make sure you get enough sleep

*Draw and write down your bedtime routine. Make it as easy as you can so you feel relaxed and sleepy. Stick to your bedtime routine every night*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

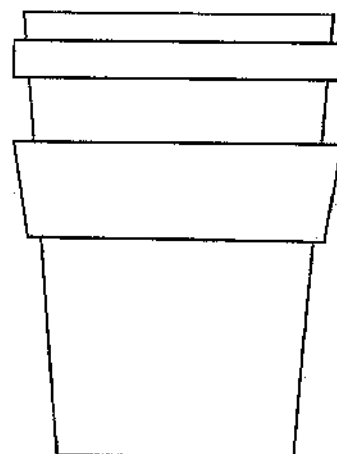
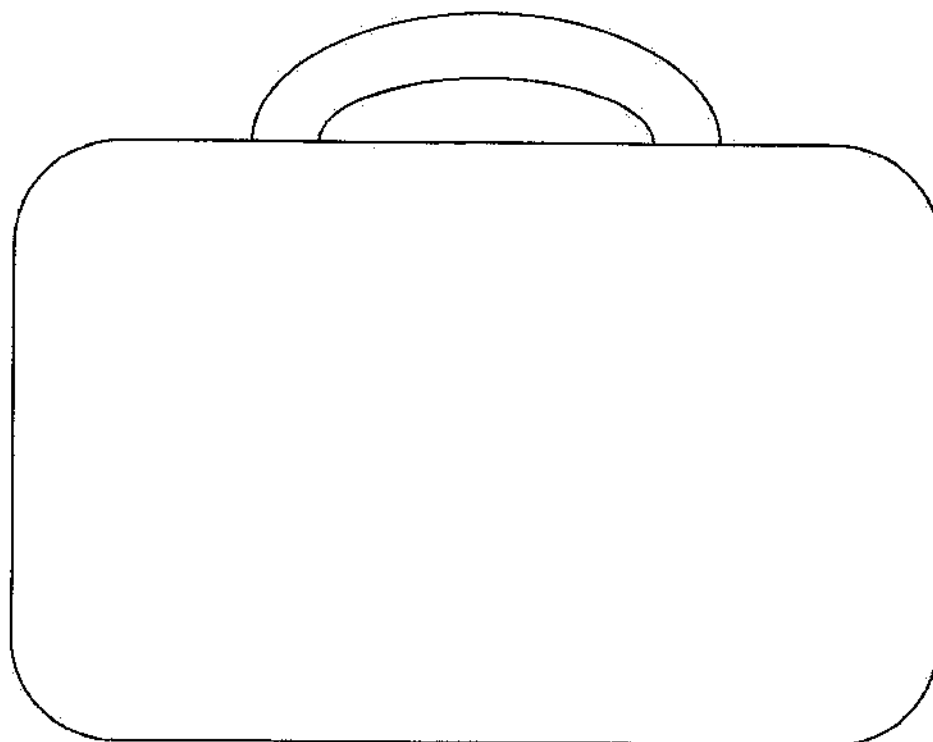
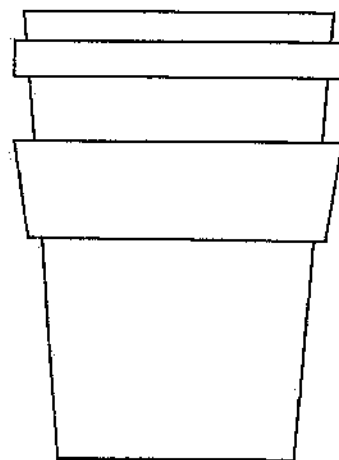
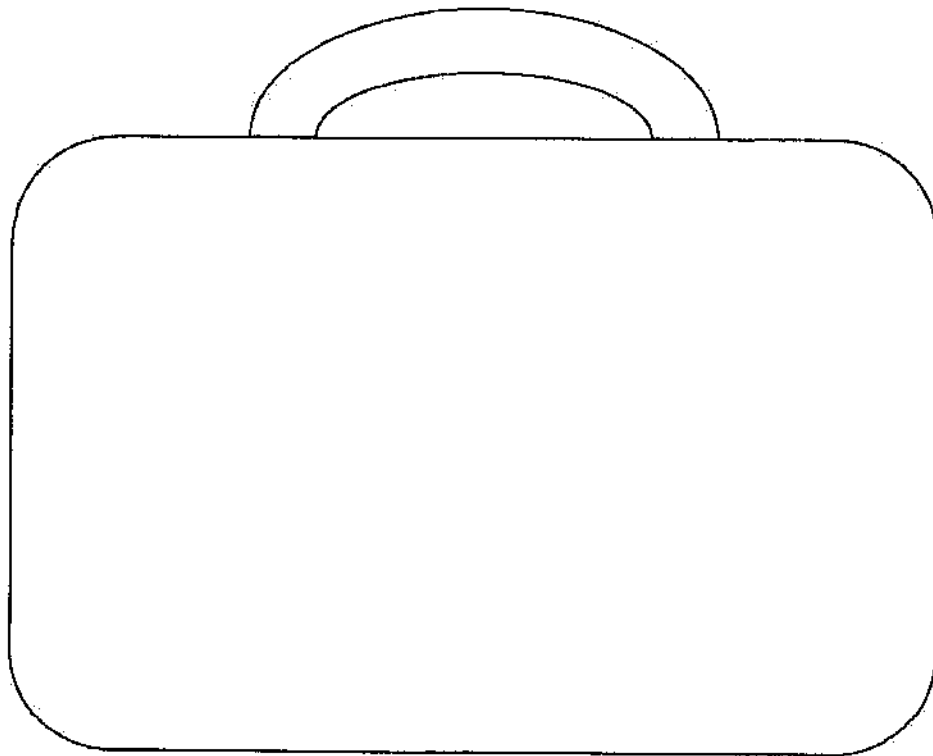
---



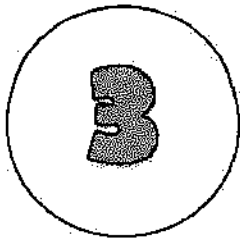
2

## Eat healthy food and drink healthy drinks

Fill two lunchboxes with food. One that you consider unhealthy and one that you consider healthy. Write the name of a drink you consider healthy and one that you consider unhealthy on the cups. You might want to research this with the person helping you with this booklet.

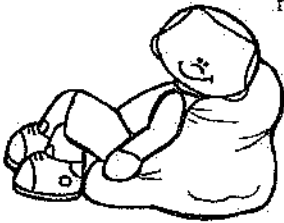






## Learn how to relax and switch off

Think about how you can include some relaxation time every day.  
What relaxes you? What helps you switch off? What gives your brain a rest as well as your body?  
Fill the jar with ideas for you to relax and switch off.







## Connect with friends and family

It is important to connect with other people every single day. Who do you see and talk to every day? How could you connect with more with your friends and family?

Draw a picture of you and write all the people's names that you connect with each day.







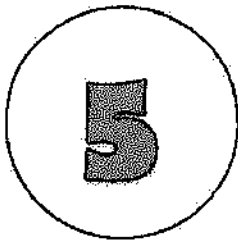
## Learn new things every day

Learning something new every day is exciting and it will make you feel better. It makes you more confident and raises your self-esteem.

Keep a diary for a week on what you have learnt that is new.

| Day       | What I learnt today | How did it make me feel? |
|-----------|---------------------|--------------------------|
| Monday    |                     |                          |
| Tuesday   |                     |                          |
| Wednesday |                     |                          |
| Thursday  |                     |                          |
| Friday    |                     |                          |
| Saturday  |                     |                          |
| Sunday    |                     |                          |





## Learn new things every day

Set yourself targets for things you want to learn about.

---

---

---

---



---

---

---

---



---

---

---

---



---

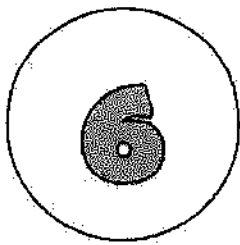
---

---

---

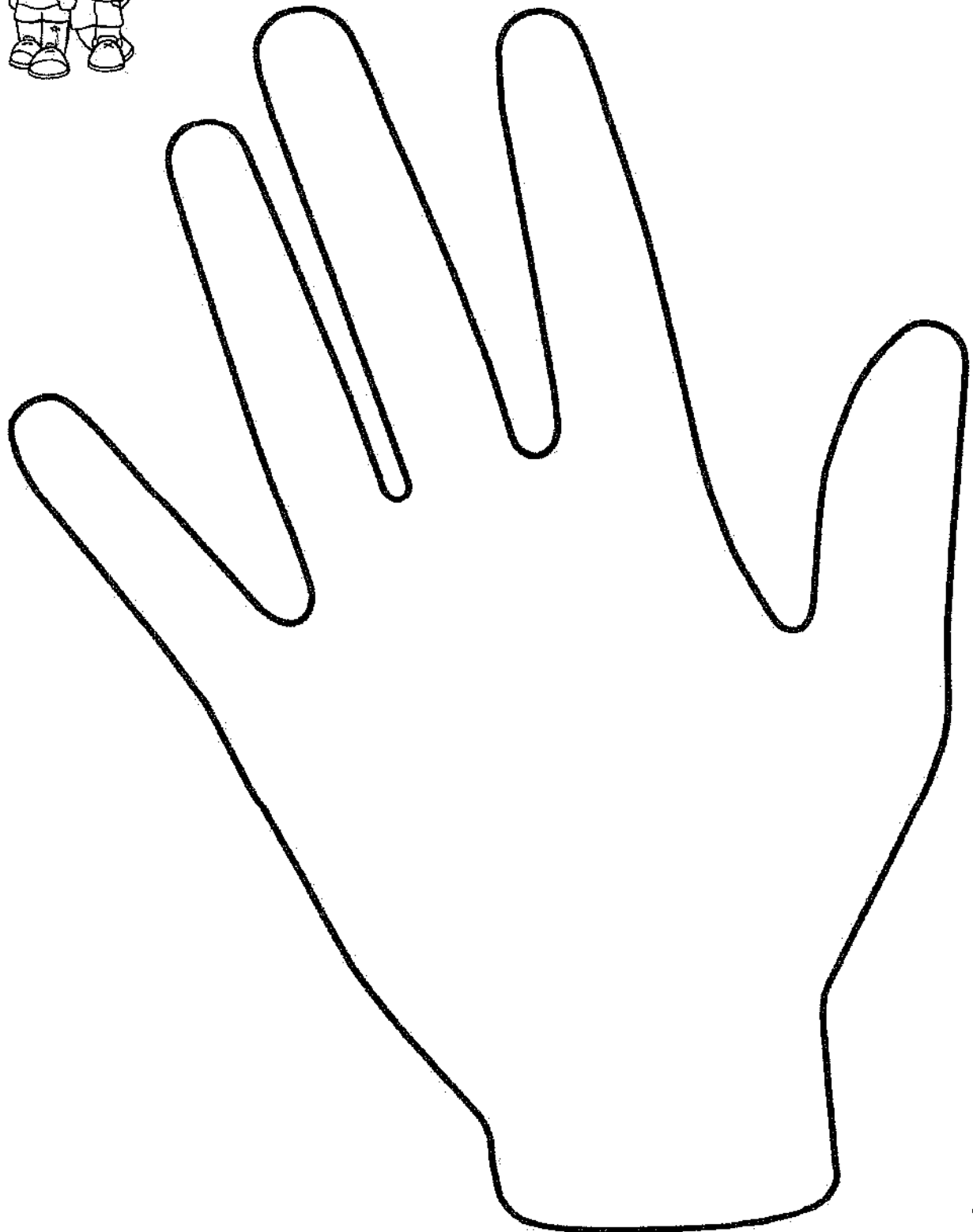






## Help others whenever you can

Who do you help now? Who could you help more? Fill the 'helping hand' with all the things you do to help others..







## Exercise each day

What exercise could you do each day? Have a look at this list and perhaps add a few more ideas yourself. Any activity that gets you a bit breathless is great for you!



Swimming  
Football  
Dancing  
Cycling  
Walking  
Running  
Tennis  
Skipping  
Climbing  
Trampolining  
Gymnastics  
Hopscotch  
Bowling  
Jumping jacks  
Bunny hops  
Hopping  
Jumping  
Roller skating



---

---

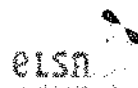
---

---

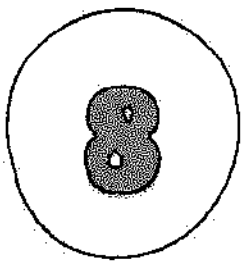
---



The very least you can do is a run around the playground each day. See how many times you can run without stopping.

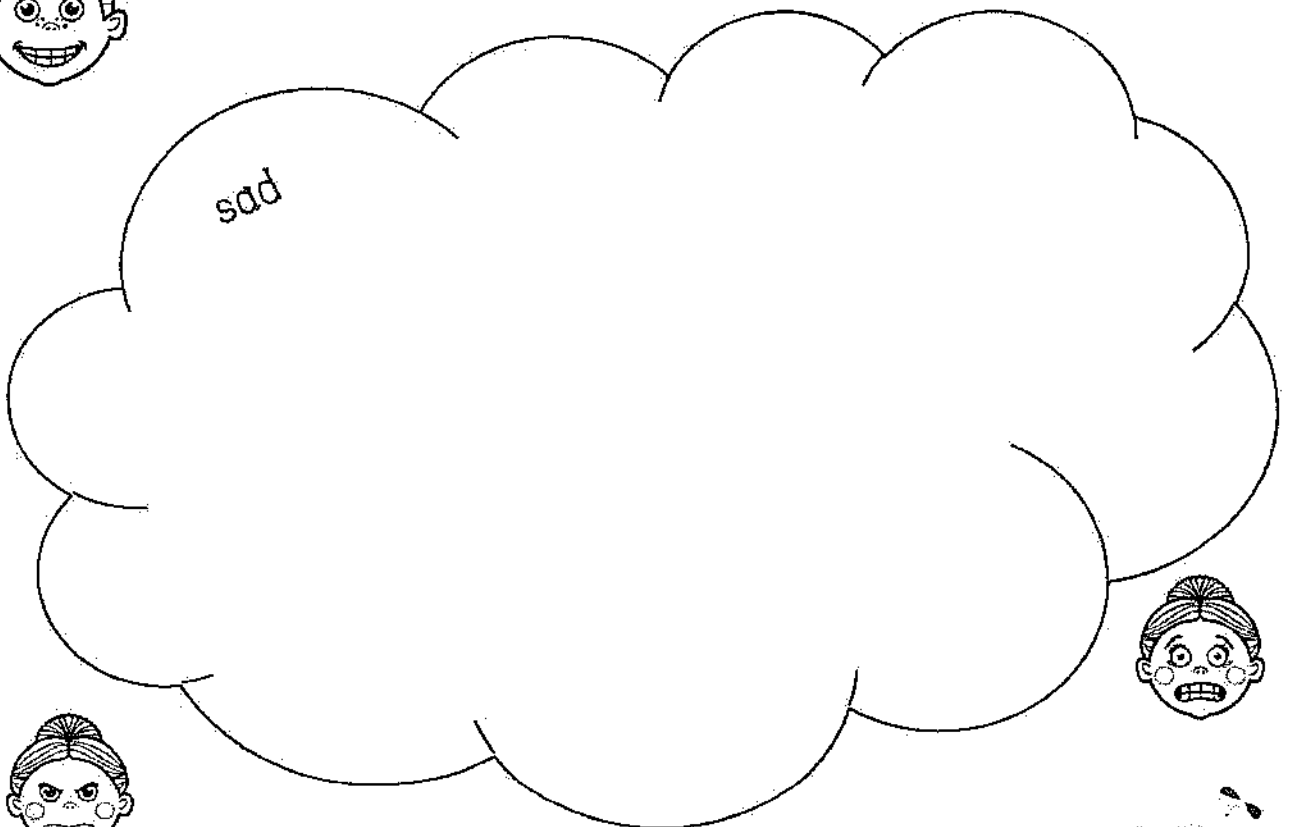
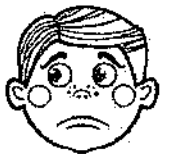
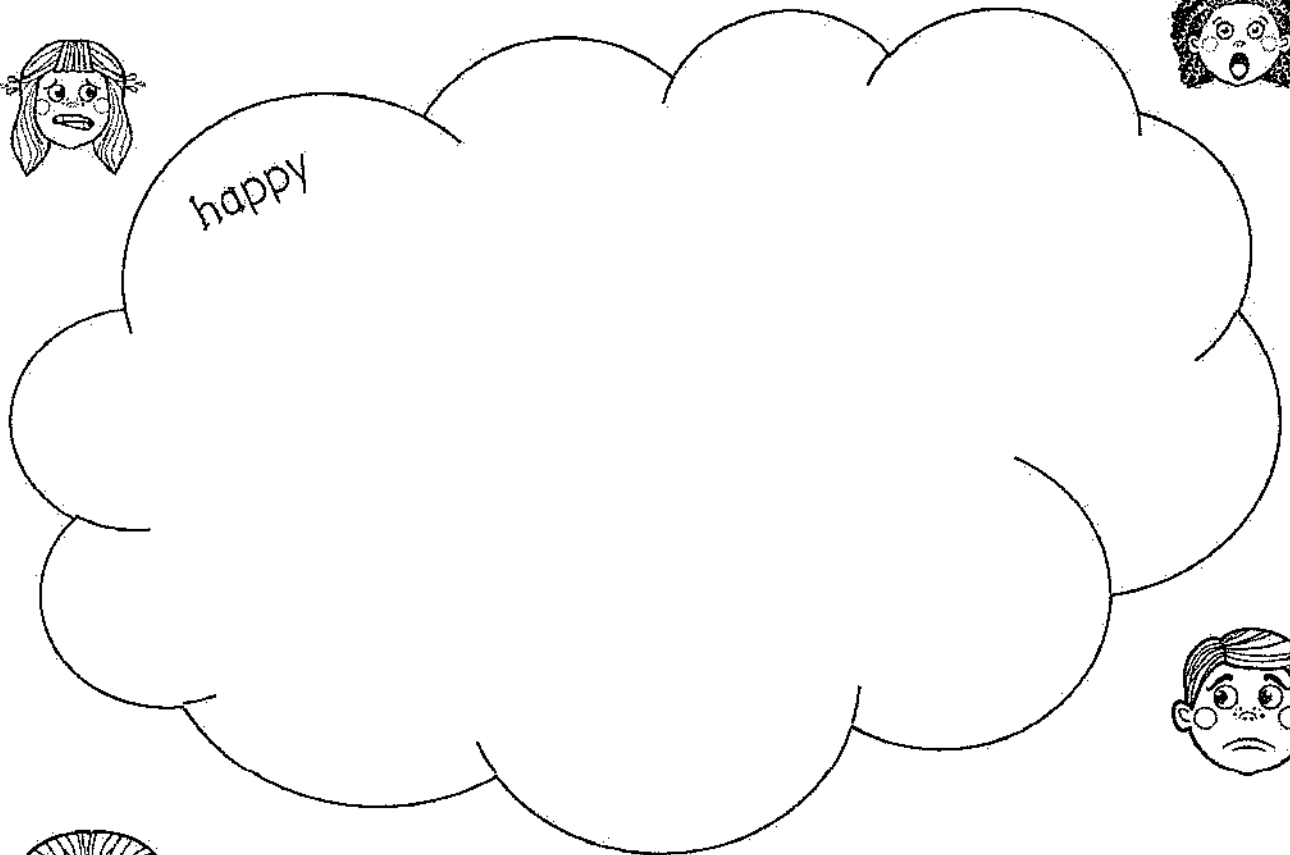




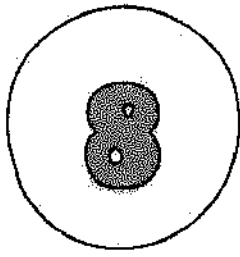


## Talk about your feelings

Write down as many feeling words that you can think of. Write the positive ones in one cloud and the negative ones in the other cloud.







## Talk about your feelings

Who would you talk to about your feelings?



I would talk to the following people about my feelings?



---

---

---

---

---

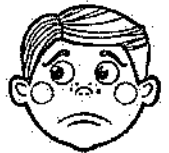
---

---

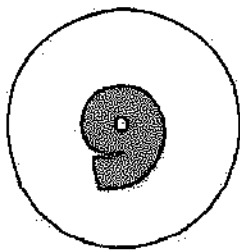
---

---

---












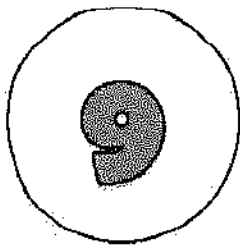
## Be mindful and take notice of what is happening around you

Taking notice of what is around you right now in the present moment is called mindfulness. If you practice mindfulness it will really help you feel better.

Set a timer for 1 minute and just be aware of what you can see, hear, feel, taste and smell. Be aware of your senses. Try it for 1 minute each day and record your findings.

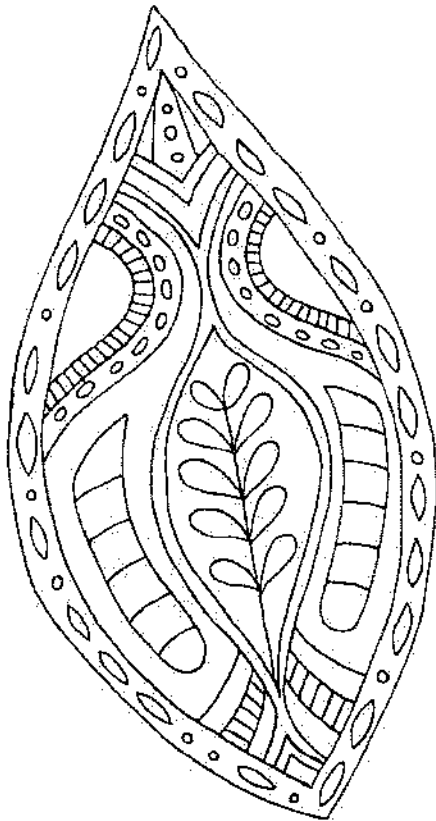
| Day       |  |  |  |  |  |
|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Monday    |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |
| Tuesday   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |
| Wednesday |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |
| Thursday  |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |
| Friday    |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |
| Saturday  |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |
| Sunday    |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |





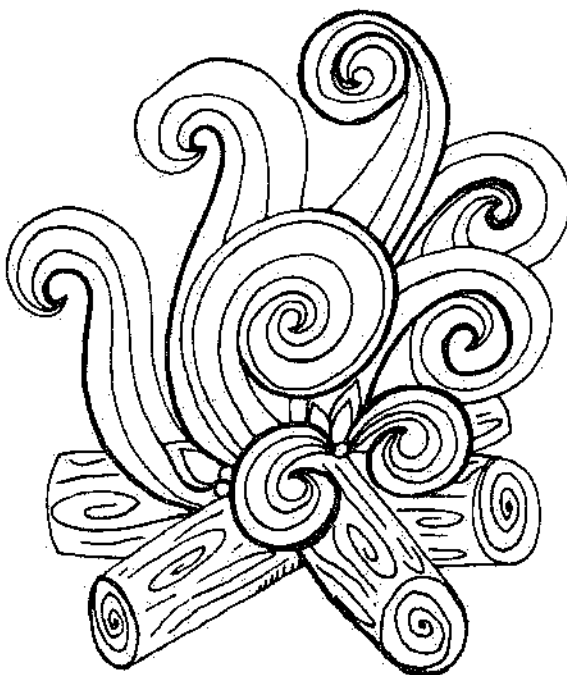
## Be mindful and take notice of what is happening around you

Mindfulness colouring can be really helpful because you are just concentrating on what you are doing in that present moment. Try not to let your thoughts wander. Just be there, colouring in the present moment. Try colouring these images.



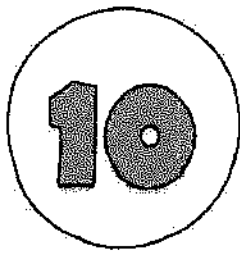
How did it make you feel whilst you were colouring?

I feel



I feel





## Be thankful for all the things you have

Can you come up with 26 things you are thankful for beginning with each letter of the alphabet. There are 4 empty boxes for you to think of anything else too that you are thankful for.

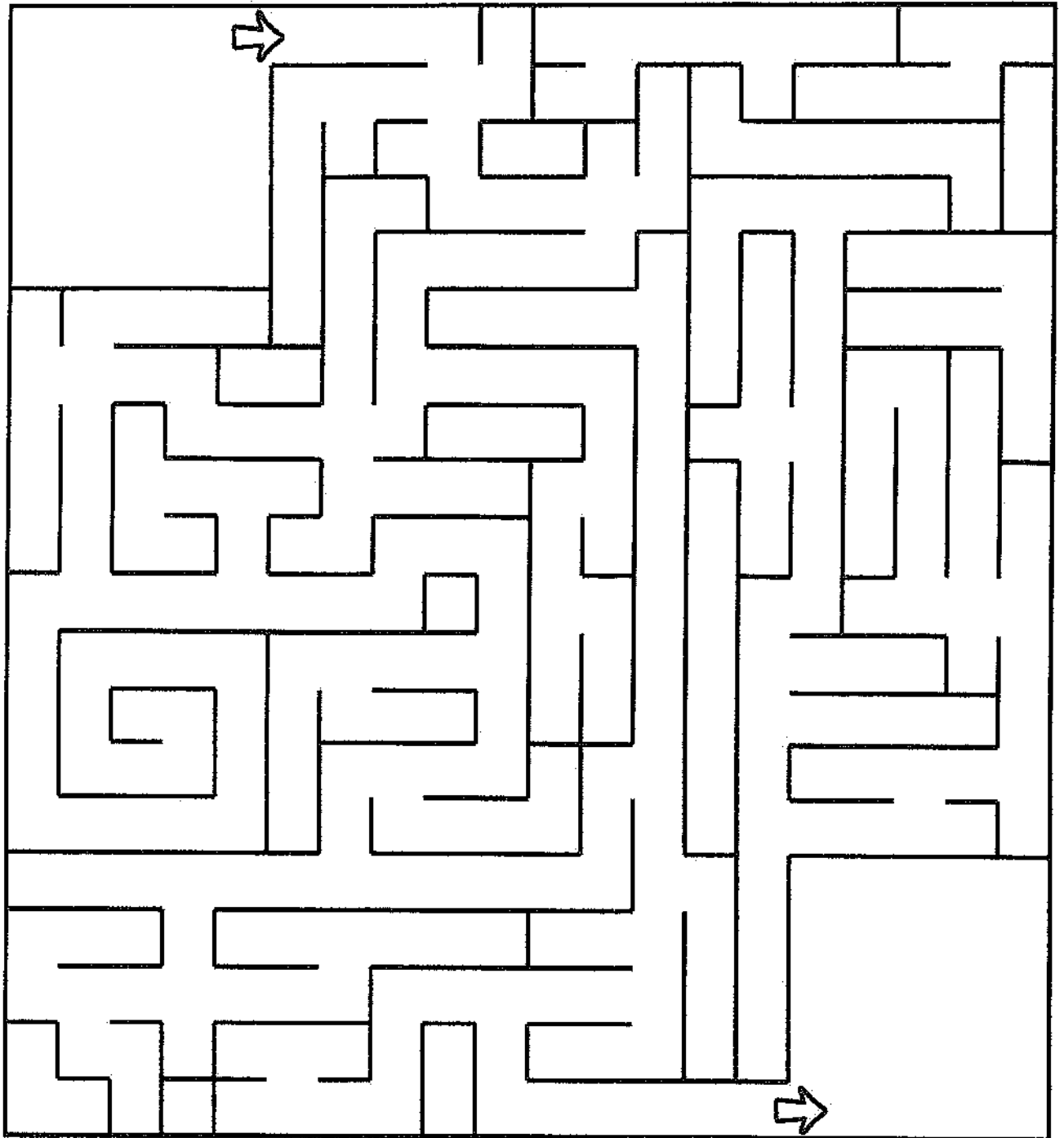
|   |   |   |   |   |
|---|---|---|---|---|
| a | b | c | d | e |
| f | g | h | i | j |
| k | l | m | n | o |
| p | q | r | s | t |
| u | v | w | x | y |
| z |   |   |   |   |

At the end of everyday before you go to sleep. Think about what you are thankful for that day.



## Set goals for yourself and embrace your wishes and dreams

What do you wish for? Draw a picture of you in the first box and your wish or goal in the end box. Can you find the route to get there? Talk about all the things you can do to reach your goal to the person helping you with this booklet. What happens if you find yourself facing a barrier? What do you do?

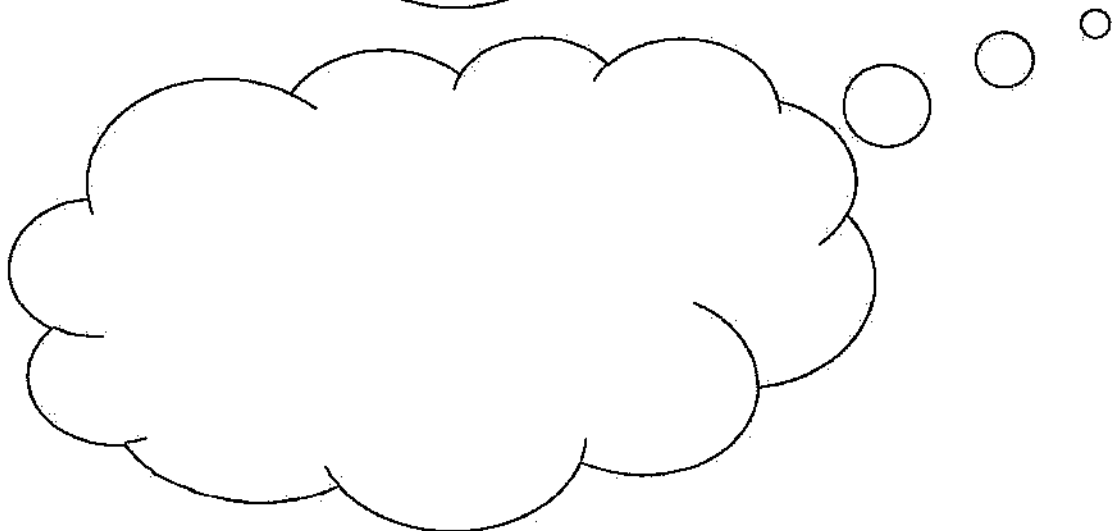
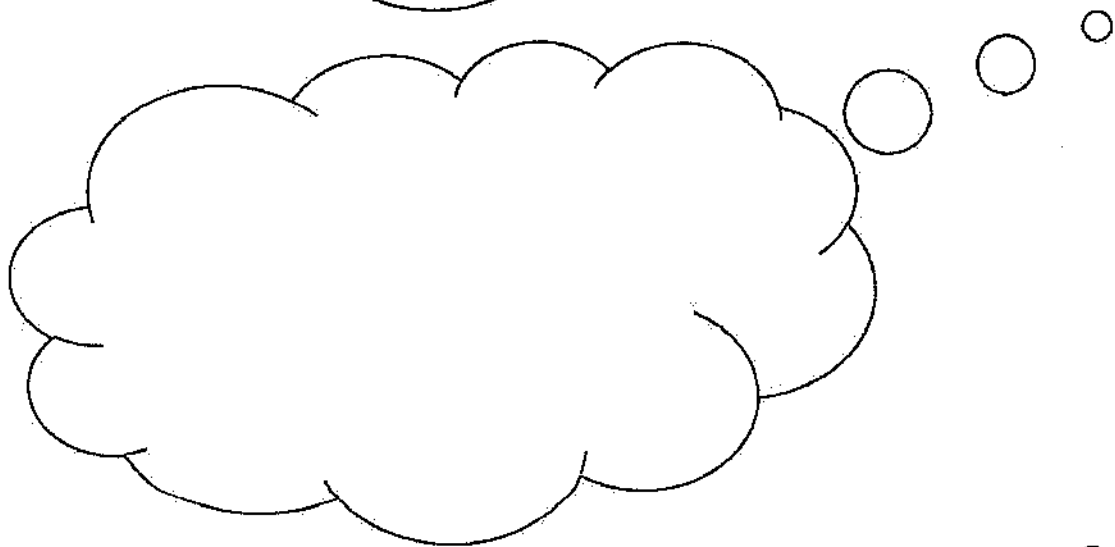
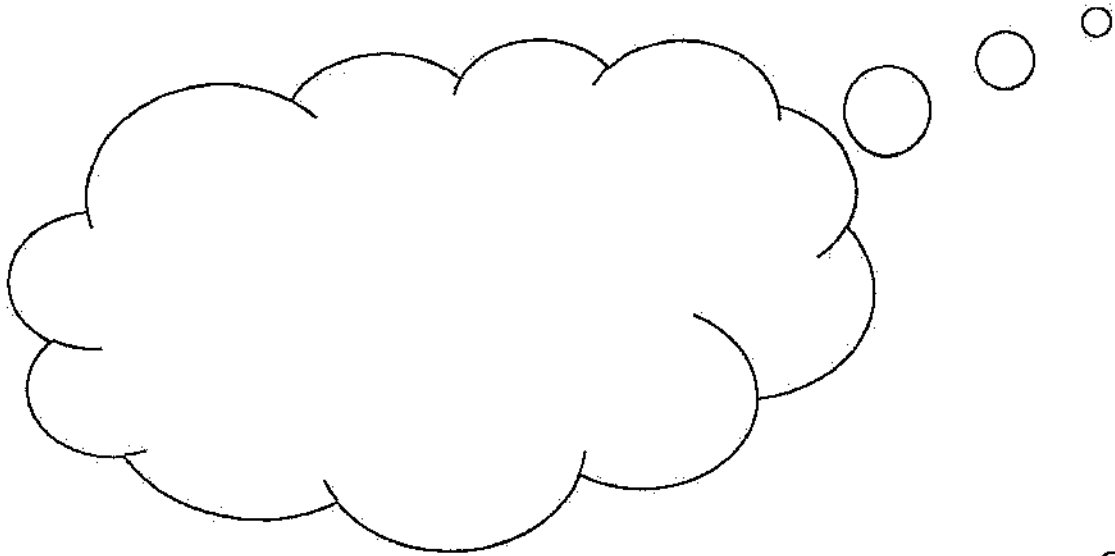






## Set goals for yourself and embrace your wishes and dreams

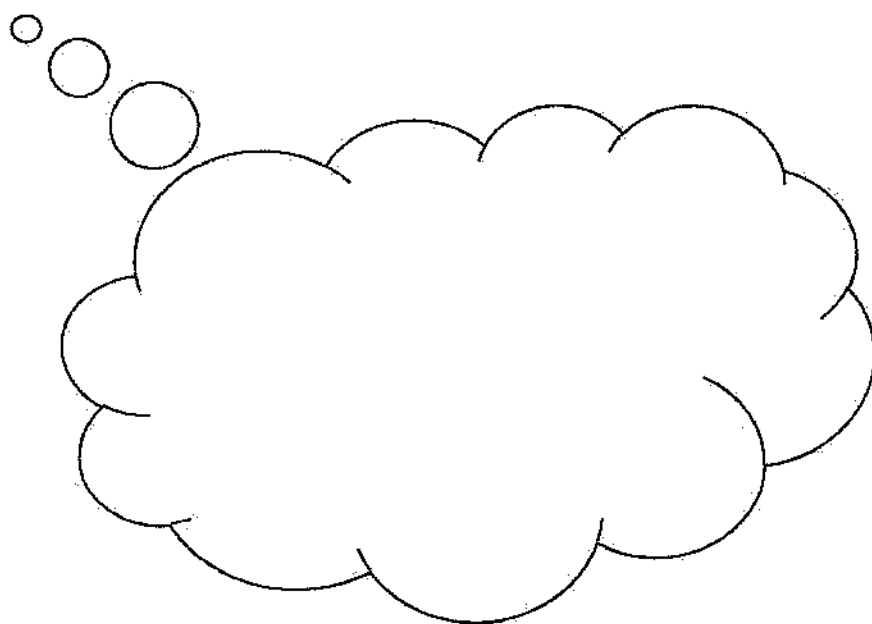
Think about 3 things you want to do. 3 things that you wish for. Put one wish in each thinking bubble and then think about how you can achieve these wishes.



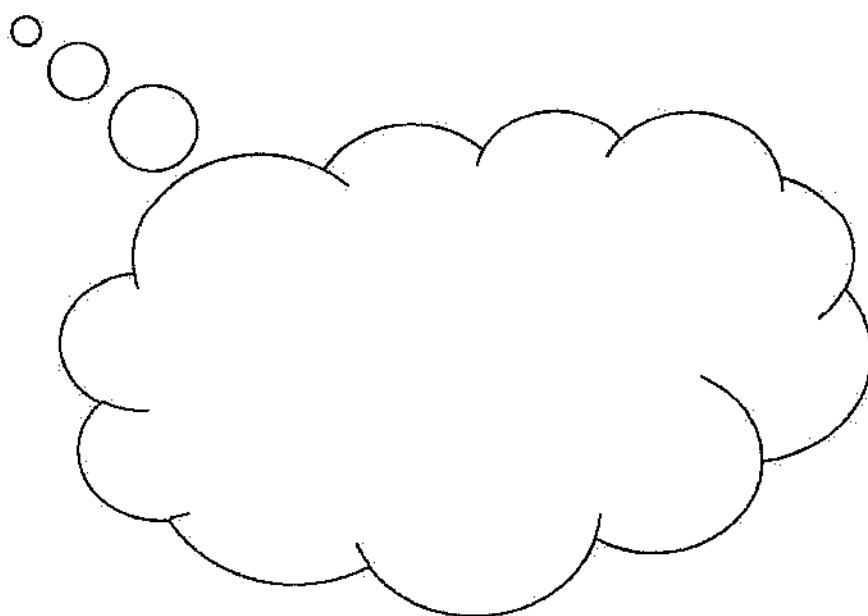


## Challenge any negative thoughts

If you think bad things it makes you feel bad. If you think positive things it makes you feel better. Try challenging and changing any bad or negative thoughts that you have. Write down some of the bad or negative thoughts that you have and see if you can come up with a different thought with help from the adult supporting you. Write down how each thought might make you feel.

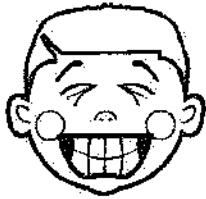
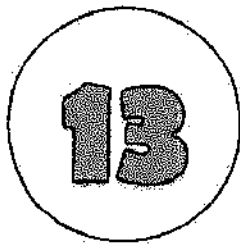


I feel



I feel





## Learn how to smile more

How about a smiling challenge? How many people can you smile at today? Have a practice now.

Draw a picture of your smiling face below. Smile into the mirror, smile at your friends, smile at your teachers, smile at your family members. It feels GREAT to smile!

Try to notice the response you get from smiling at everyone. Are people being friendlier to you? Are they smiling back at you?

---

---

---

---

---

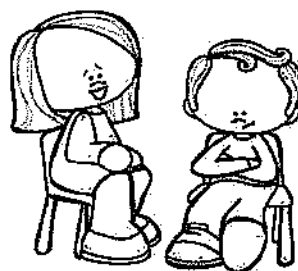
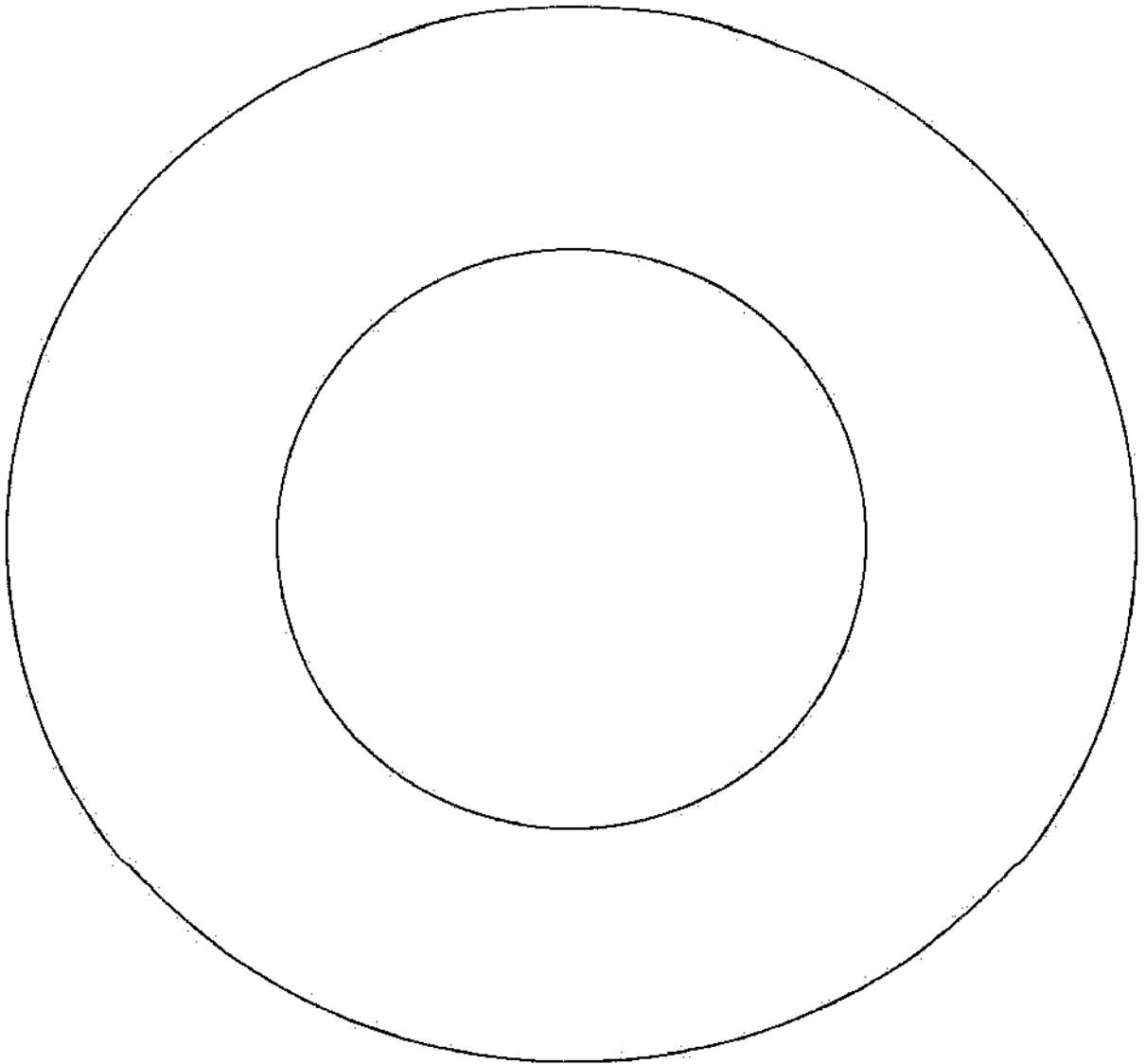


14

## Ask for help if you have a problem

Who can you turn to for help if you have a problem? Who supports you.

Write the names of the main people in the inner circle and then all the other people you could also go to for help in the outer circle.







## Have fun and laugh

Having fun and doing things you enjoy is so important for your health and wellbeing. Draw pictures of all the things you enjoy doing in each box. Make sure you do something fun every day.



## How did you do?

Mark off each section below once you have completed it.

| Number | Section                                                    | Done |
|--------|------------------------------------------------------------|------|
| 1      | Make sure you get enough sleep                             |      |
| 2      | Eat healthy food and drink healthy drinks                  |      |
| 3      | Learn how to relax and switch off                          |      |
| 4      | Connect with friends and family                            |      |
| 5      | Learn new things every day                                 |      |
| 6      | Help others whenever you can                               |      |
| 7      | Exercise each day                                          |      |
| 8      | Talk about your feelings                                   |      |
| 9      | Be mindful and take notice of what is happening around you |      |
| 10     | Be thankful for all the things you have                    |      |
| 11     | Set goals for yourself and embrace your wishes and dreams  |      |
| 12     | Challenge any negative thoughts                            |      |
| 13     | Learn how to smile more                                    |      |
| 14     | Ask for help if you have a problem                         |      |
| 15     | Have fun and laugh                                         |      |