



MY HAPPY, HEALTHY MIND

7-Day Well-being Challenge

Follow the trail from Day 1 to Day 7 with your family. Colour in a circle every time you finish a mission!

My name: _____



1

Take Big Belly Breaths

Breathe in slow. Breathe out slow. Do it 5 times, like blowing bubbles.



2

Move Your Body

Dance, hop, stretch, or play outside. Moving helps worries float away.



3

Name That Feeling

Happy? Sad? Grumpy? Say it or draw it. Every feeling is okay.



4

Say Something Nice to You

Tell yourself: "I am kind. I am trying. I am great just the way I am."



5

Give to Someone

Do one small act of giving for a person, an animal, or the planet today. Giving makes your brain happy!



6

Find Your Sunshine

Think of 3 things that made you smile today. Say them out loud.



7

Talk and Share

Tell someone you trust how your week felt. Sharing feelings makes them lighter.



You did all 7 days! Your mind and body say thank you. ❤️