



MY HAPPY HEALTHY MIND

7-Day Well-being Challenge

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

My name: _____



1

Take Big Belly Breaths

Breathe in slowly. Breathe out slowly.
Do this 5 times to calm your big feelings.



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 Kind to You

Tell yourself: "I am kind. I can do anything with practice.
I am great just as I am."



5

Do a Small Act of Giving

Do one kind action for a person, the planet or an animal today.
Giving makes your brain and heart happy!



6

Find Your Sunshine

Think of 3 things that made you smile today. Share them
with one person.



7

Talk and Share

Tell someone you trust how your week felt. Sharing feelings
allows us to let them go from our bodies.



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