



HAPPINESS REFLECTION

Skillsville To Go



Skillsville Strategies are tools and techniques that help achieve calmness and concentration. These can be words or actions. Together with your child(ren), please complete the following steps. Each step is a building block, and depending on the child's age, they may want to stop if the prompt becomes too difficult. Let your child(ren) know they're in a safe space to share!

1. Quietly think about the happiest part of your week.

Where were you? What happened?

2. Draw the happiest part of your week.

Use colors that represent what you saw.

3. Journal about the happiest part of your week.

Use a pencil to write short sentences.

You can use the back of this paper for steps 2 and 3.

Draw the happiest part of your week.

Journal about the happiest part of your week.



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