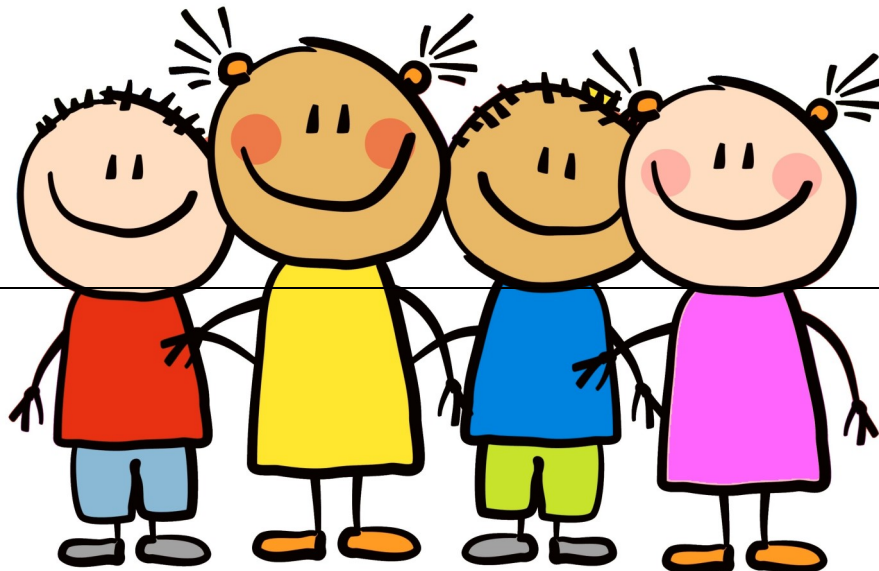


# My Happiness Journal

Name: \_\_\_\_\_

Draw a picture of yourself feeling happy.



# Saturday

Can you think of 3 things that made you feel happy today?  
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...



Talk about these pictures with a parent/guardian.

# Sunday

Can you think of 3 things that made you feel happy today?  
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...



Talk about these pictures with a parent/guardian.