

Name: _____



Appreciating Happy Experiences

Draw a picture of the happy memory you pictured when you closed your eyes. Use the following questions to help you add detail to your drawing. **Where were you? Who was with you? What did you see? What were you doing?**

My Happy Memory

A large, empty rectangular box with a black border, intended for the student to draw their happy memory.

 **Bonus:** After thinking about your happy memory and drawing it, how does your mind feel? How does your body feel?

My mind feels _____.

My body feels _____.