

ACTIVITY FOR CHILDREN

1 Name 5 activities that make you feel most happy.

2 Try to think how many times per week you get to do each one of them: put the number of times after each activity.

how many times

NOTES FOR PARENTS (AFTER ACTIVITY)

1. Check all the activities they listed and prefer.
2. Help them identify if there are activities that they do and didn't list.
3. Try to make plans to incorporate the activities they prefer in the routine of the next week.



COMIC 2 | June 2023
Talking About it Makes Us Stronger

Oh, Happy Day!



Developed by Storytelme

tamusproject.eu



This work is licensed under a Creative Commons Attribution 4.0 International License



Co-funded by the European Union

The European Commission's support of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission can not be held responsible for any use which may be made of the information therein.

Project Number: 2021-1-IE01-KA220-ADU-000035273

