## ACTIVITY FOR CHILDREN

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.

now many times

AMUS

COMIC 2 | June 2023

Talking About it Makes Us Stronger

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## NOTES FOR PARENTS (AFTER ACTIVITY)

1. Check all the activities they listed and prefer.

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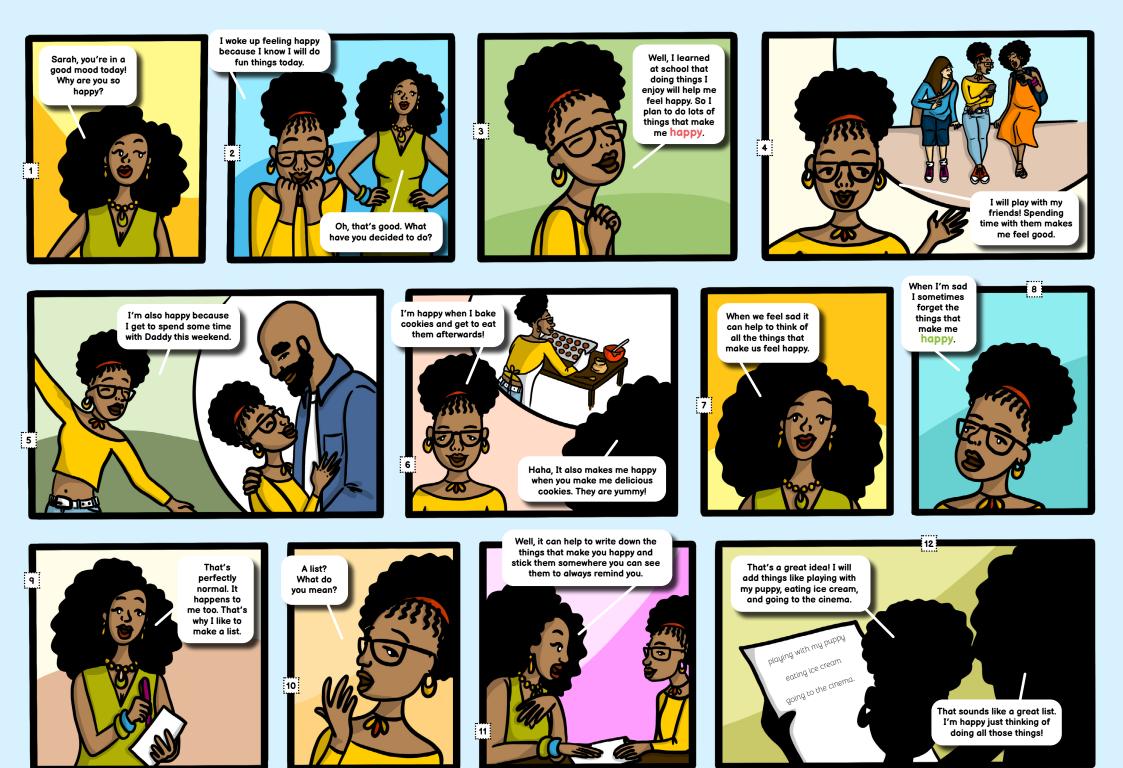
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- 2. Help them identify if there are activities that they do and didn't list.
- **3.** Try to make plans to incorporate the activities they prefer in the routine of the next week.

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illustrations: Isa Silva