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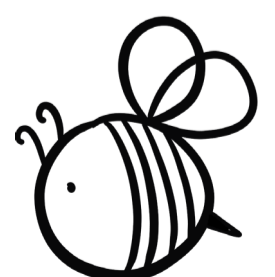
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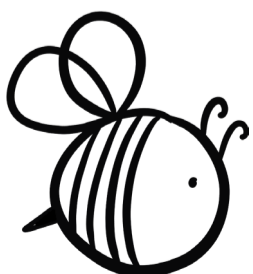




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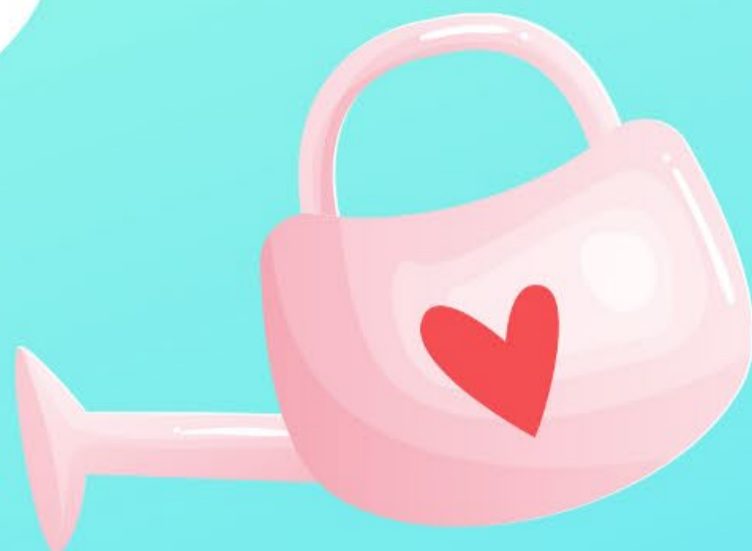
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GROW YOUR HAPPY



Learn new things
Have fun with friends
Get enough sleep
Self care
Set goals
Feel proud
Laugh often
Make new friends
Connect with nature
Take time to relax
Be mindful
Be grateful
Help others
Be kind
Think happy thoughts
Read some jokes



Look for the positives
Sing and dance
Daydream
Use your imagination
Do fun things
Forgive and move on
Build relationships
Use your strengths
Be optimistic
Share your feelings
Use your coping strategies
Exercise your body
Calm your mind
Be creative
Dance in the rain
Jump in puddles

