Name_____ Date_____

Part of having a healthy mindset is doing activities that make you happy or talking to people you listen to you and make you feel cared for. This helps give us joy and relieve stress.

- **Tell me what you like to do or who you like to talk to, that makes you feel and happy relieves stress and makes you feel good**
  - **Tell me why you choose this activity or person to speak with.**
  - **Tell me how it makes you feel**
  - **Describe the activity or the person**

LIVEWORKSHEETS