Happy Choice Board for Kids

Self-Care	Take a Mindful Moment (do I need to exercise my heart, mind or body?)	Check my self-image	Track My Emotions		Treat Yourself! - Favorite music
	Listen to some happy music	Write in my journal	Read an inspiring book		
Kindness	Treat Someone Else!	Encourage someone	Do random acts of kindness		
	Learn about Helpers	Learn about challenges in my community	Learn about challenges in my		
Inner Circle (Friends & Family)					

My Passions	Try something new	Work on a passion project	Start a new passion project	Help inspire someone else in their passions	Explore new passions
At School	Do something kind for an adult	Do something kind for another student	Find exciting things to learn about	Find a great book	FInd my “WHY” at school. What is my purpose
	Learn about my “Strong Student Skills”				