The Happiness Striker: color in each section after you do the action. Start at the bottom and work your way up to happiness

- Do something nice for someone else
- Journal or draw what you are feeling
- Drink water and eat a healthy snack
- Take a nap
- Do something nice for yourself
- Tell a friend a joke
- Sing a song you like
- Hug someone you love
- Go for a 10-minute walk
- Take 3 deep breaths