

BUSY BEE'S

Call a Friend	Try something new	What brings you Joy	Do some craft	Sit or Lay in the Sun
Say hello to a stranger	Do something for you	Meditate for 20 minutes	Take that nap	Listen to an Elder
Spend time with family	Play with an Animal	Name 1 nice thing about you	Connect to culture	Go to lunch or dinner
Forgive yourself	Breathe	Sit in Nature	What makes your spirit strong	Read a Book
Hug Someone	What are you thankful for	Love yourself	Who are your supports	Take a Walk

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Forgive yourself	Play with an Animal	What brings you Joy	Take that nap	Read a Book
Spend time with family	Breathe	Name 1 nice thing about you	What makes your spirit strong	Listen to an Elder
Say hello to a stranger	Try something new	Love yourself	Do some craft	Go to lunch or dinner
Call a Friend	What are you thankful for	Kindness for you and others	Who are your supports	Take a Walk

BUSY BEE'S

Spend time with family	Try something new	Sit in Nature	Do some craft	Go to lunch or dinner
Forgive yourself	Do something for you	Kindness for you and others	Who are your supports	Read a Book
Call a Friend	Play with an Animal	Name 1 nice thing about you	Take that nap	Take a Walk
Hug Someone	Breathe	What brings you Joy	What makes your spirit strong	Sit or Lay in the Sun
Say hello to a stranger	What are you thankful for	Meditate for 20 minutes	Connect to culture	Listen to an Elder