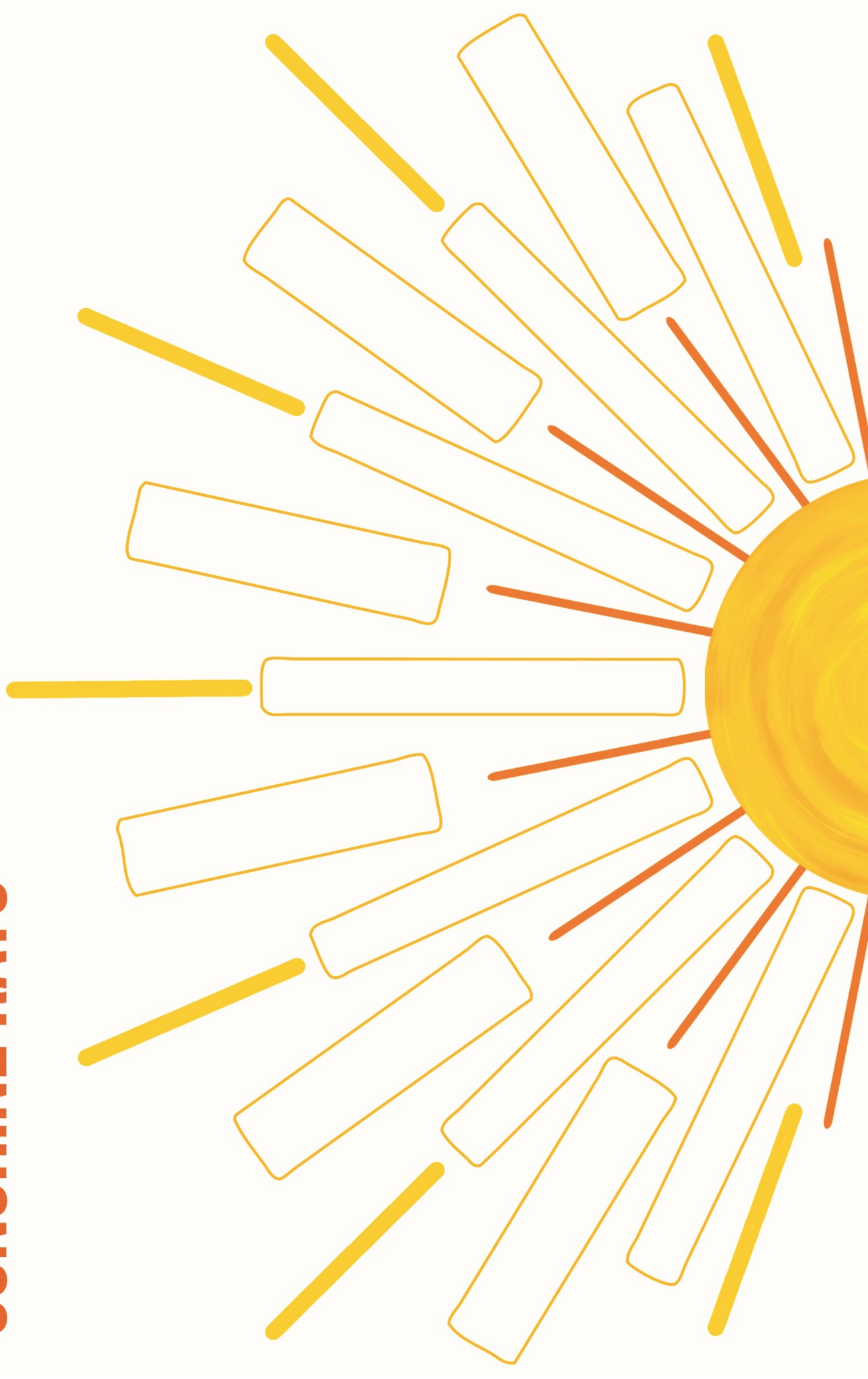


# SUNSHINE RAYS

WHAT MAKES YOU HAPPY? WRITE THEM IN THE RAYS OF THE SUN AND MAKE YOUR DAY SHINE.



# Spread a little -happiness- with **SUNSHINE STONES**



Collect some pebbles and decorate with  
acrylic paints, pens, or collage.

Add a positive word or affirmation.

Paint a layer of varnish/PVA glue to make stones shiny and waterproof.

PLACE YOUR SUNSHINE STONES AROUND YOUR NEIGHBORHOOD  
FOR PEOPLE TO FIND AND BRIGHTEN UP THEIR DAY!



# Make a **SUNSHINE JAR**



DECORATE YOUR JAR TO MAKE IT EXTRA SUNNY.



PRINT & CUT OUT.  
FOLD & PLACE IN YOUR SUNSHINE JAR.

**I am**

**I am**

**I am**

**I am**

**I am**

**I am**

**I am**

**I am**

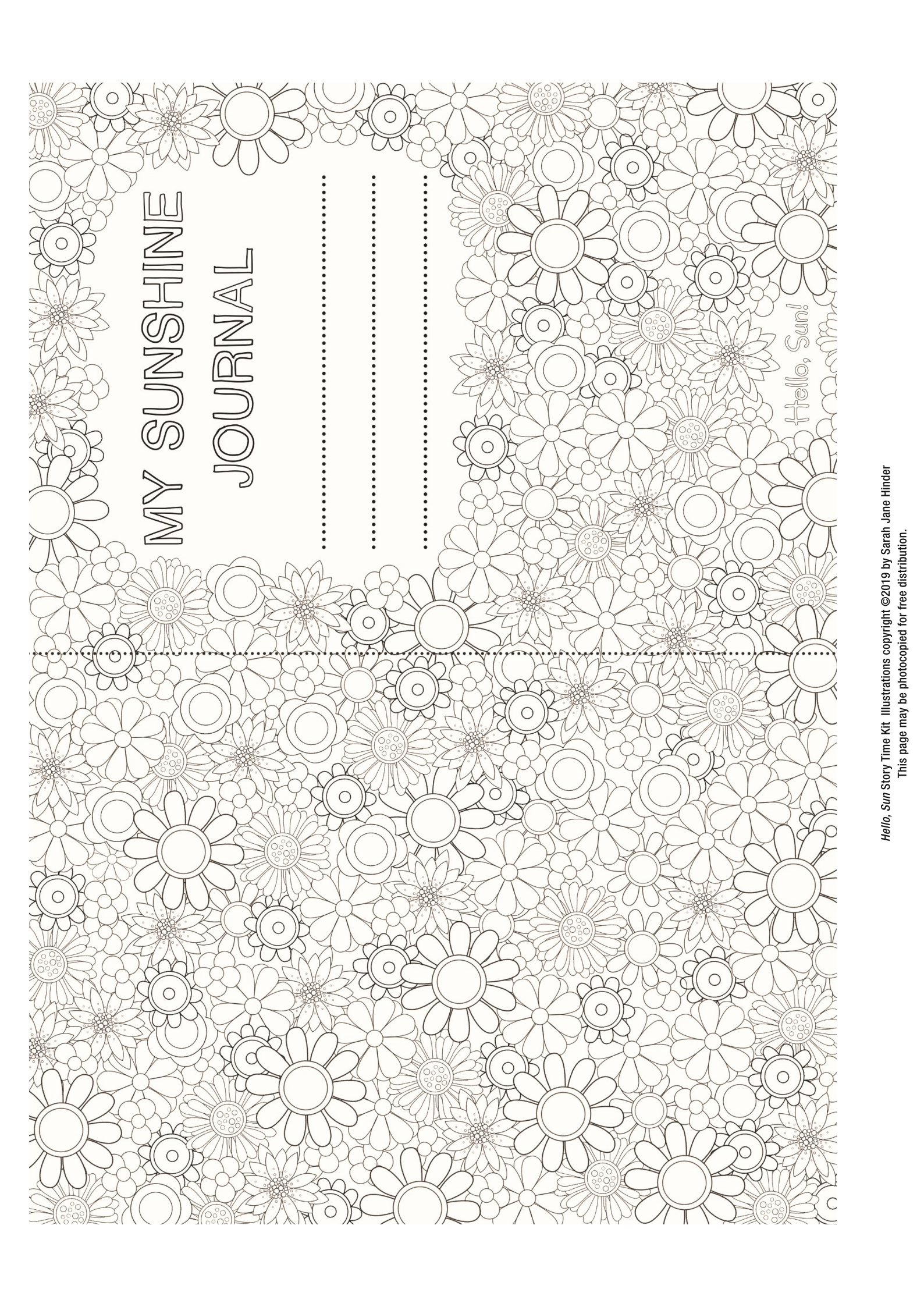
**I am**

**I am**

**I am**

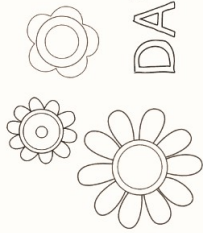
**I am**

CREATE YOUR OWN AFFIRMATIONS. PRINT & CUT OUT.  
FOLD & PLACE IN YOUR SUNSHINE JAR.



# MY SUNSHINE JOURNAL

Hello, Sun!



DAY .....

Today I will:

.....  
.....  
.....

List 3 good things about you

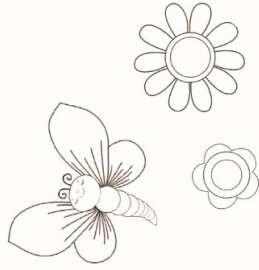
.....  
.....  
.....

What will challenge me today?

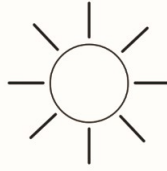
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What could I do to help face my challenge?

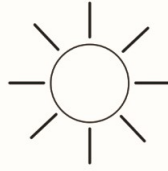
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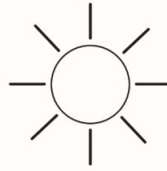
Meditation/Breathing?



Sun Salutations?

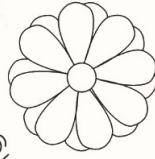


Mindfulness?



Color your flower as tall as you feel

Feeling Flower



excited

happy

good

ok

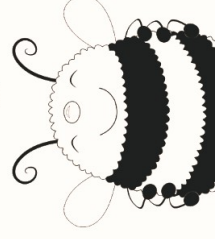
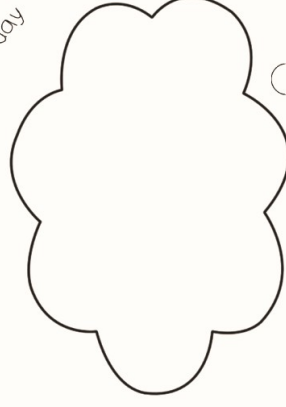
nervous

fed up

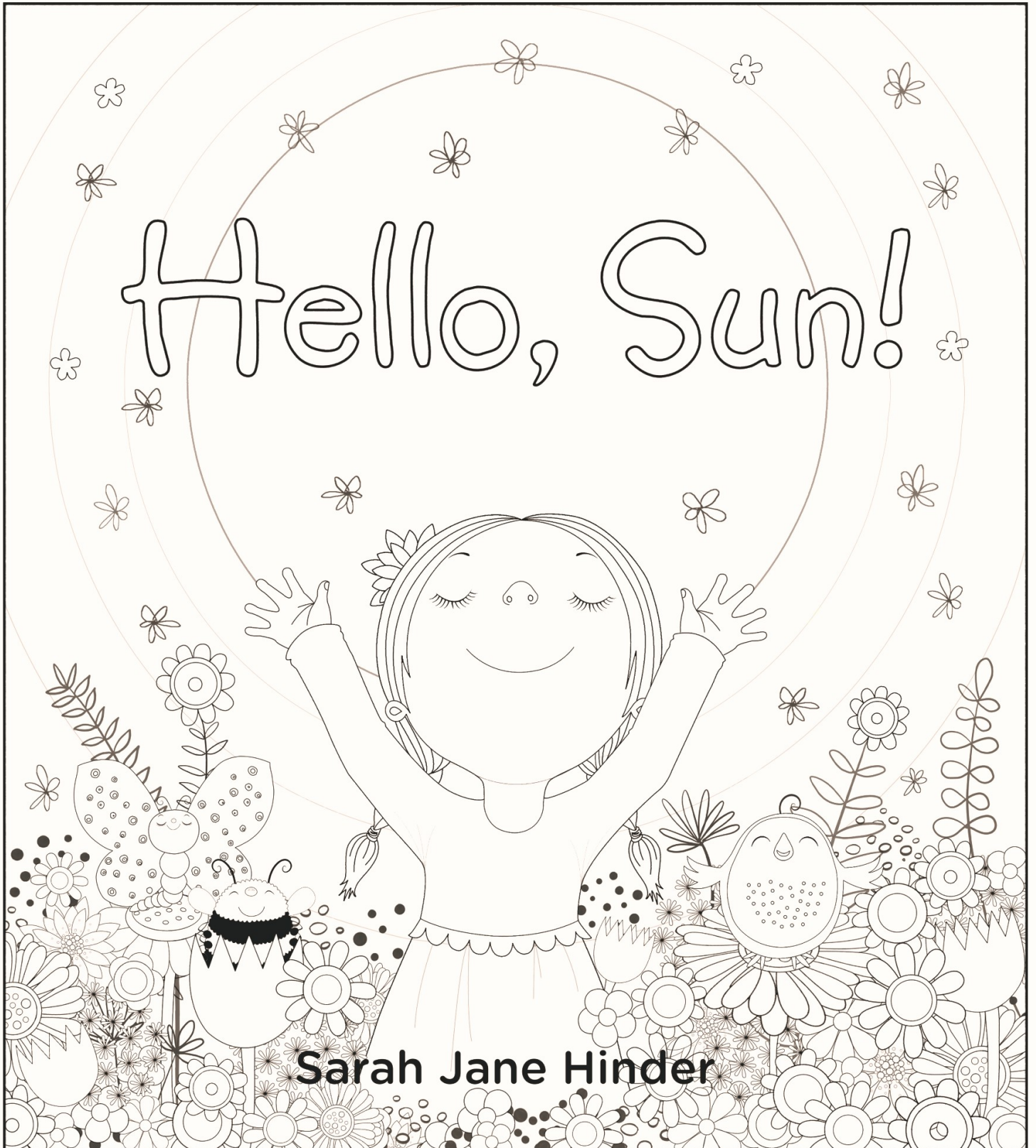
angry

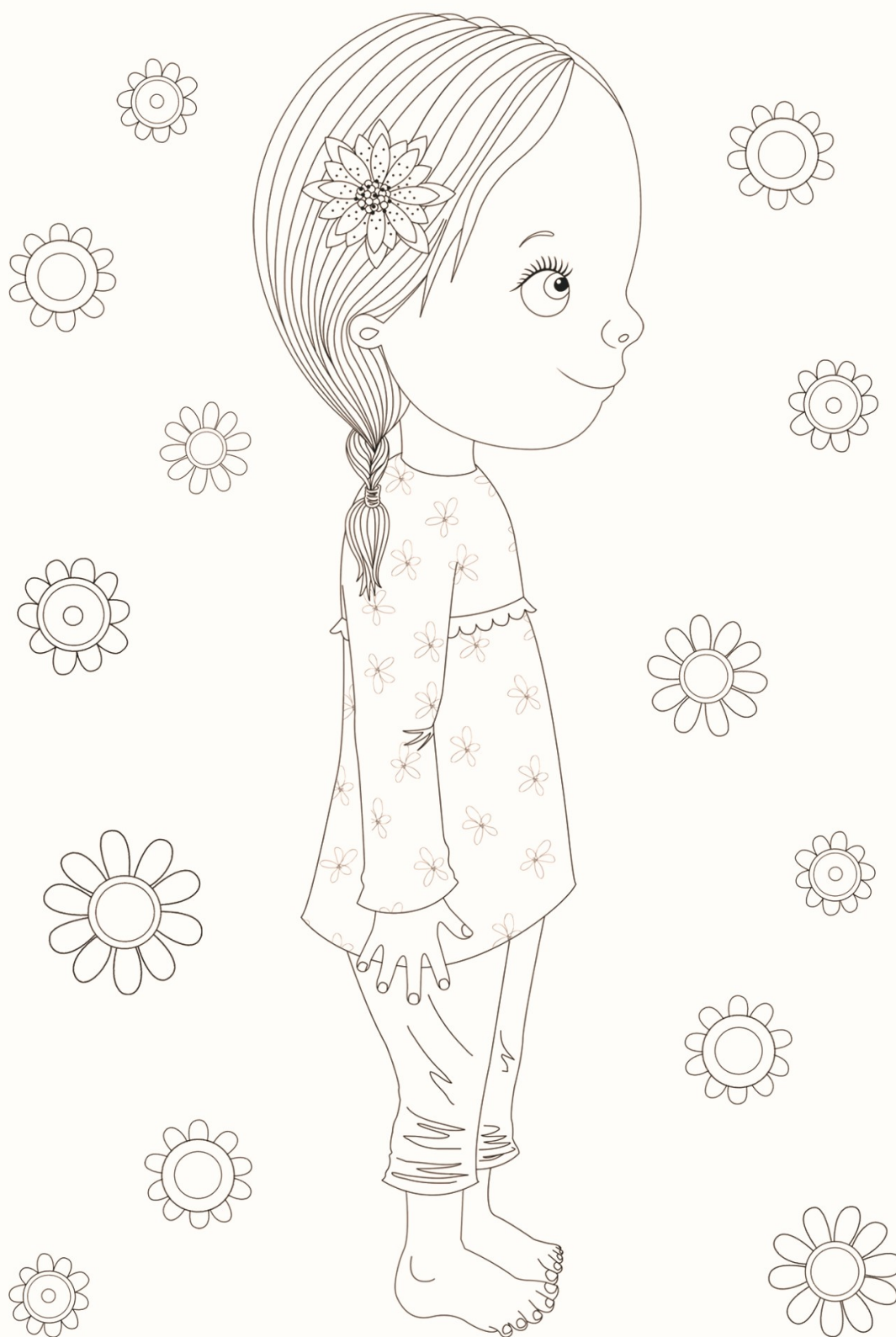
peas

Happy thought of the day



sunshine affirmation





# MOUNTAIN



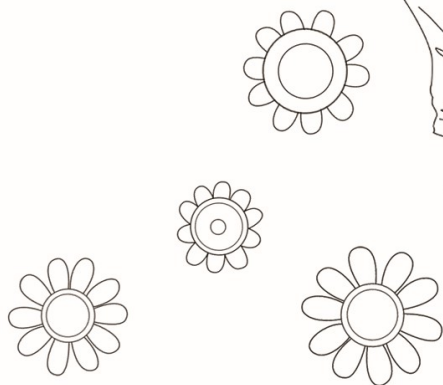
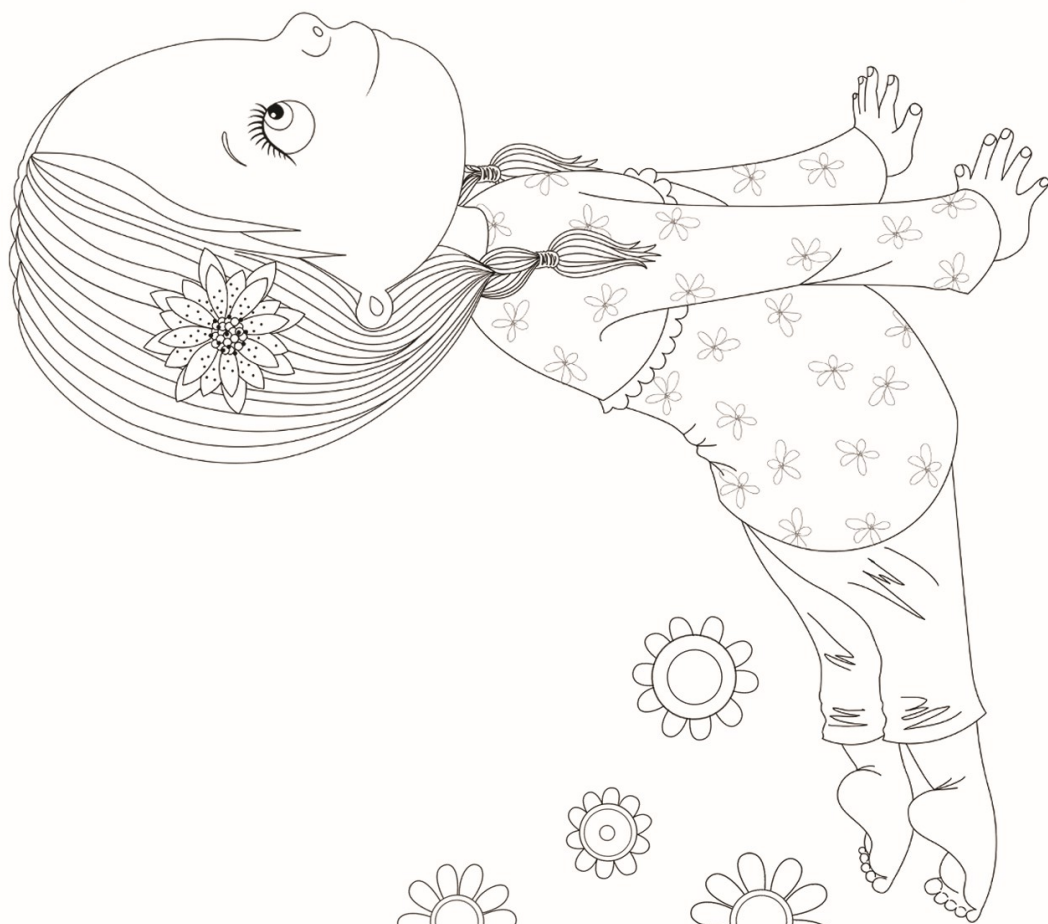
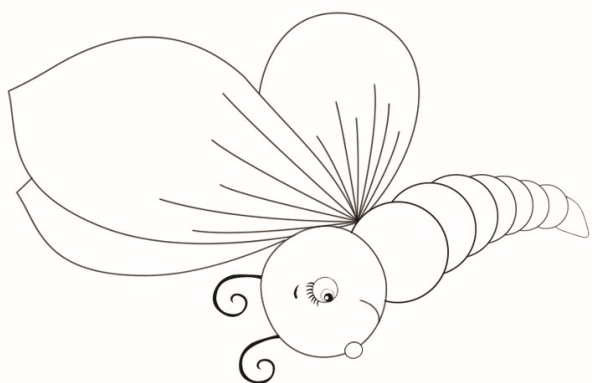




# LOW LUNGE

# PLANK





# GOBRA

