

# 3 Minutes of Happiness

Share your 3 minute happiness strategies!

With quick reflection exercises, you can help foster your student's social emotional well-being during this time away from school. Use this worksheet to reflect on your 'three minute happiness strategies' with your student. These happiness strategies should be activities we can do in three minutes that make us feel happy, joyful, calm, relaxed, or more positive about a situation. Discuss your answers with each other, or encourage your student to draw a representation of their happiness strategy in the space below!

