

Name _____

Date _____

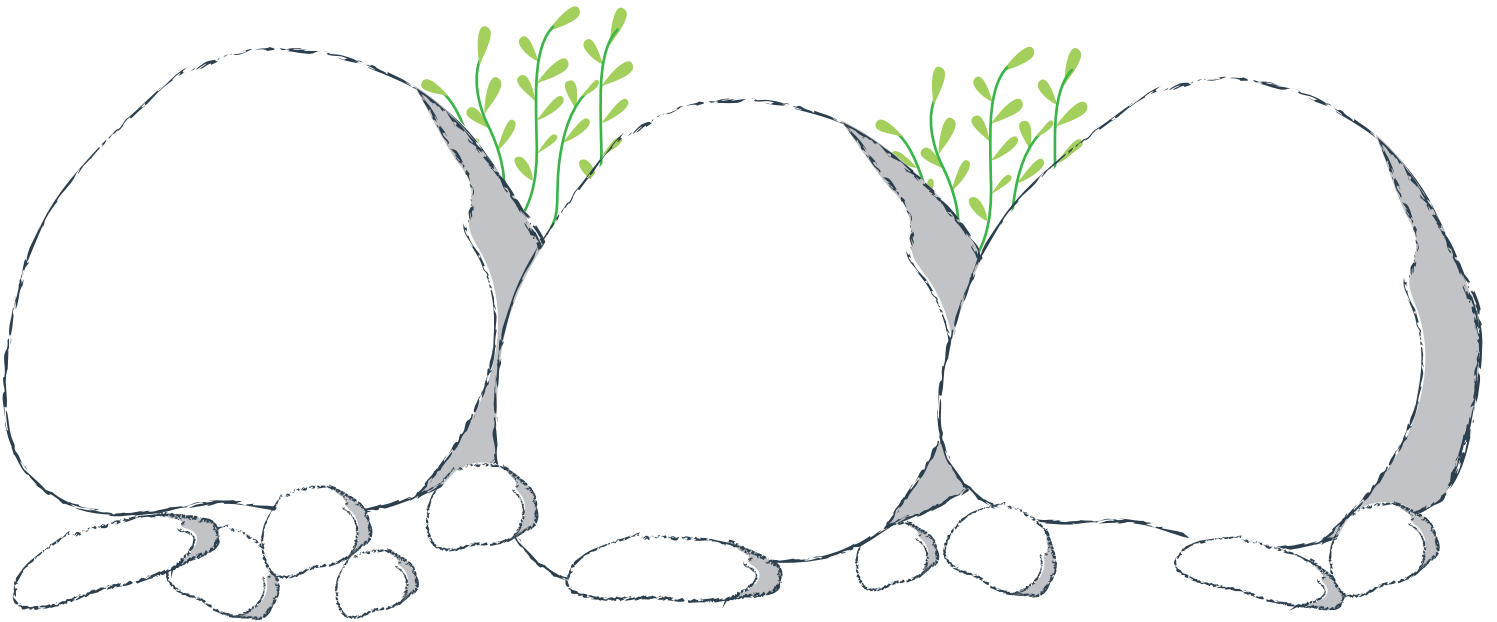


Lift Me Up

Draw three things that you like to do to “lift yourself up” and that make you happy in each flower below.
For example: Playing outside? Hug from a loved one? Listening to happy music?



Draw three things that you like to do to stay calm or “grounded” in each rock below. For example: Playing with your pet? Drawing?



Finally, place your drawing somewhere in your home where you will be reminded of things that lift you up!