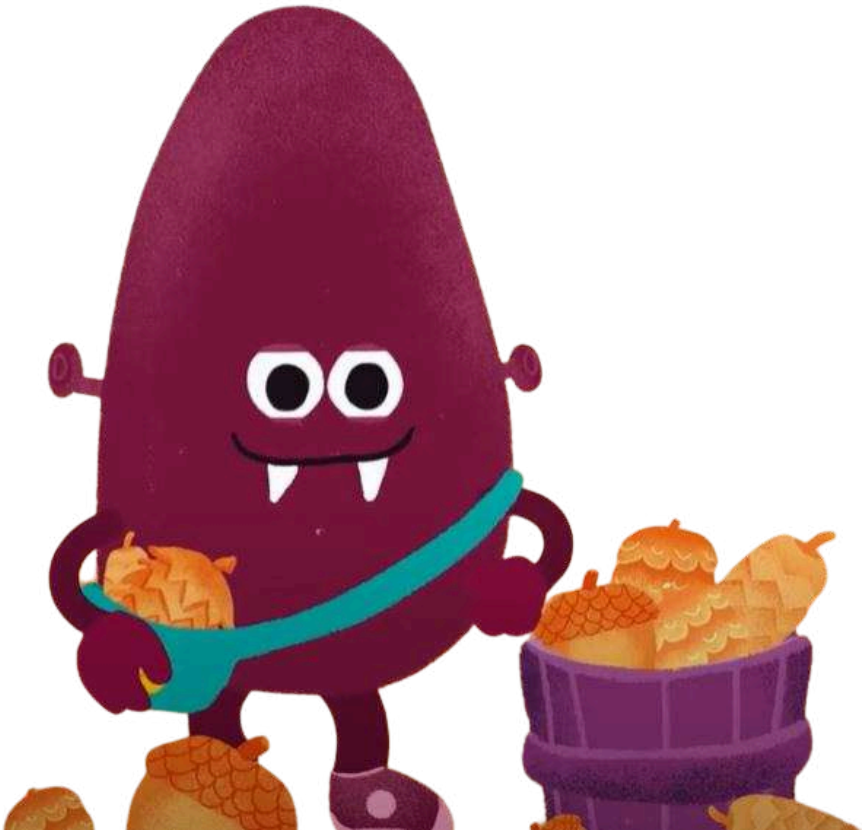
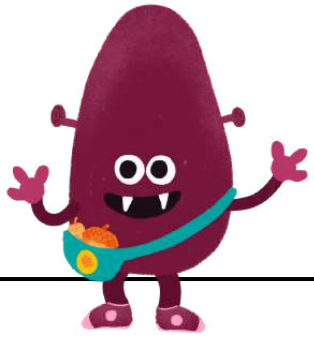
WELLBEING IN THE COMMUNITY



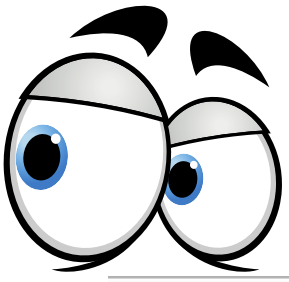
Wellbeing in the Community of Beastie Valley.

Activity Book

Draw MaroonBeastie

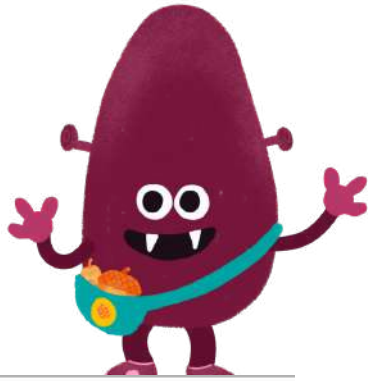


MaroonBeastie learns about all the things that they need to create happiness and balance like good food, rest, physical activity, doing brain activity like reading, spending time with family and friends, taking time to mindfully meditated and having exciting interests. It is important to listen to the mind and body to find out what you need.



WELLBEING

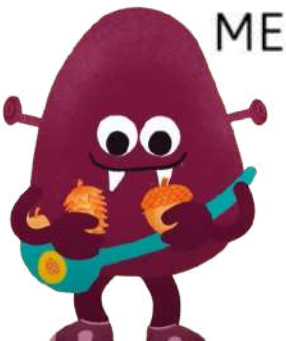
WORD SEARCH



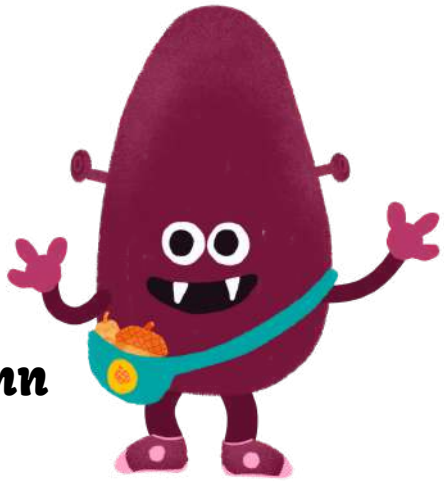
B	S	U	Y	M	L	L	R	F	S
C	Q	A	O	E	C	V	X	U	H
W	T	B	T	D	W	X	P	K	J
A	R	A	Q	I	M	H	P	E	P
L	A	L	H	T	S	C	L	U	O
E	F	A	C	A	P	F	I	L	C
M	R	N	Z	T	P	C	I	T	U
B	L	C	H	I	L	P	V	E	Y
W	V	E	X	O	L	L	Y	K	D
X	C	F	N	N	E	E	D	S	X

Word List

MEDITATION SATISFIED BALANCE HAPPY NEEDS



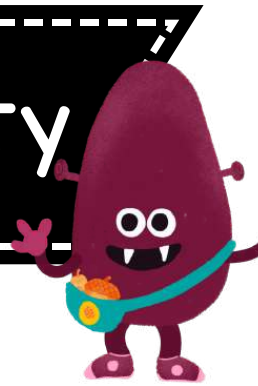
Wellbeing in the community



Match the words to the first column

One thing can't make you happy, need to have several things.	balance
Using activities like reading to learn about new things.	happiness
A feeling you get when you don't need anymore.	mindful meditation
SepiaBeastie shows how to create balance.	brain time
Practiced by sitting quietly, noticing what you see, smell, hear.	satisfied

Wellbeing In The Community

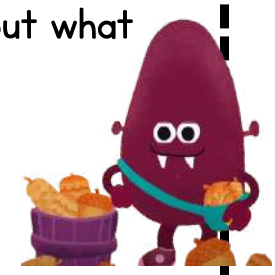


No matter how many tree cones MaroonBeastie collected they felt empty and they couldn't figure out how everyone but them were so happy.

Circle yes or no about how MaroonBeastie learned about happiness.

YES! NO! Asked other how they manage to be happy?

YES NO Taught to listen to their mind and body to find out what they need?



YES NO Getting more tree cones which made them happy?

YES! NO Balance is important, good food, sleep, mind and physical activity, mindful meditation, interests and friends and family?

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