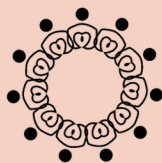
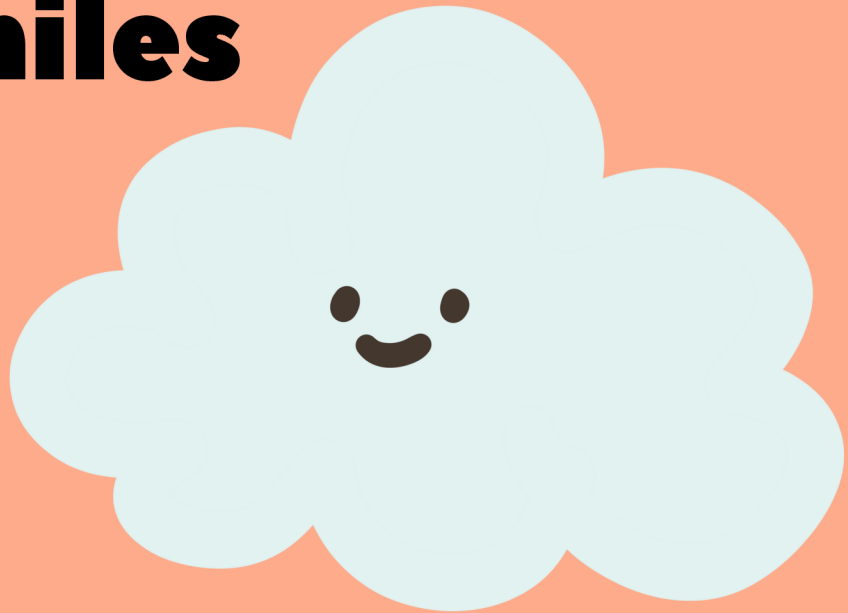


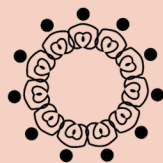
Floating Smiles



Floating Smiles

What You'll Need!

- **Paper for drawing**
- **Markers, crayons, or colored pencils**
(optional: scented markers for extra fun)
- **A quiet space to reflect on happiness**
- **An open mind to explore emotions through art**



Floating Smiles

Happiness can feel light - like it's floating! This activity invites you to explore what joy feels like and put it on paper.



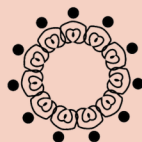
Create Your Floating Smile

Step 1: Draw yourself smiling or what happiness feels like to you.

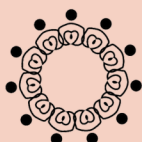
Step 2: Use your favorite colors - what shades remind you of joy?

Step 3: Let go of heavy thoughts! Option to draw or write any worries floating away.

Smiles are contagious - what makes yours feel light and free?



Floating Smiles



Share the Magic!


Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

