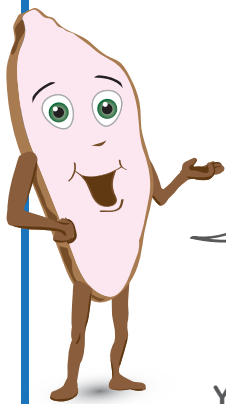


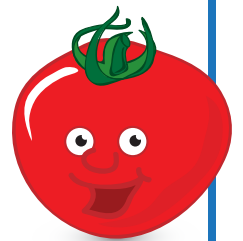
SETTING GOALS

THESE KIDS LOVE TO SET GOALS AND FEEL HAPPY.
THINK ABOUT TIMES THAT YOU FEEL HAPPY.
THINK ABOUT GOALS YOU WOULD LIKE TO ACHIEVE.



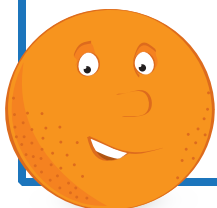
HEY KIDS!
DID YOU KNOW THAT
WHEN YOU FEEL HAPPY,
YOUR BODY IS HAPPY AND
HEALTHY AS WELL?

EACH DAY, WRITE
DOWN OR TALK WITH
FAMILY AND FRIENDS ABOUT
YOUR DAY AT SCHOOL.



YOU COULD TALK ABOUT SOMETHING INTERESTING FROM CLASS, OR A
NEW FRIEND YOU MET. YOU MAY HAVE LEARNED A NEW SPORT AND THAT
MAKES YOU FEEL GOOD.

OF COURSE, THERE ARE SOME DAYS YOU MAY NOT FEEL HAPPY. THAT'S
FINE TOO, BUT TALK TO PARENTS, TEACHERS AND FRIENDS ABOUT YOUR
FEELINGS.



A SMILE ALWAYS
MAKES ME FEEL HAPPY.
SMILE AND MAKE
A NEW FRIEND!
TRY IT TODAY!

The
SuperFoodies
TO THE RESCUE!