

FOOD & NUTRITION

WHAT DID YOU EAT DURING THE DAY?
DID YOU REMEMBER TO SNACK?
WHO DID YOU ENJOY YOUR MEALS WITH?
DID YOU EAT LEISURELY OR
WERE YOU IN A RUSH?

Sleep & rest

DID YOU SLEEP WELL?
WHAT TIME DID YOU GO TO BED?
DID YOU WAKE UP REFRESHED?
DID YOU HAVE TIME TO RELAX
AND REST?

RELATIONSHIPS AND EMOTIONS

HOW WAS YOUR MOOD TODAY?
WHAT MADE YOU HAPPY OR SAD?

DID YOU TELL SOMEONE
ABOUT YOUR EMOTIONS?
WHO DID YOU MEET TODAY?
WHAT WILL YOU DO
WITH YOUR FAMILY?

EXERCISE and moving together

DID YOU CLIMB,
RUN, CRAWL, DANCE OR
JUMP TODAY?
WHAT IS THE BEST KIND
OF EXERCISE?
WOULD YOU LIKE TO LEARN
A SOMERSAULT?
HOW DOES EXERCISE
MAKE YOU FEEL?



PLAYING AND CREATIVITY

DID YOU DO SOMETHING
CREATIVE? WHICH FUN
THINGS DID YOU DO TODAY?
WHAT IS BEAUTIFUL IN YOUR
EYES? WHAT KINDS OF STORIES
DO YOU LIKE?

mieli

Föreningen för
Mental Hälsa i Finland

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