

My Wellbeing Recipe

To create your own recipe for happiness at home, think about the different emotions that you can feel.

Now think about what makes you most happiest, cooking, dancing, art, yoga etc

Look at the example below and then write your own recipe for wellbeing!:

- › 20 mins of fun Yoga
- › 30 mins of catching up with a friend over Zoom!
- › 45 mins of cooking and eating your favourite recipe!
- › etc

Ingredients:

- › 2 cups of sharing
- › A sprinkle of your favorite home-cooked meal
- › 1 spoonful of fun time spent with a family member
- › Some dancing to your favourite song, for seasoning

Directions:

- › Take 2 cups of sharing.
- › Sprinkle with the kindness of a friend.
- › Using a spoon, carefully mix in the time with your best friend.
- › To finish, season with some dancing to your favourite song.



Name: _____

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Ingredients:

Directions:



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[layasupertroopers.ie](https://www.layasupertroopers.ie)
for more fun tips
and activities!

