



LIVE YOUR WHY

Afterschool Edition



Ask someone about their week
and tell them about yours.



How did you find balance this week?



What were the highs and lows?



Were you ever bored?

What did you do to beat the boredom?



Did you learn something new?



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy