



# LIVE YOUR WHY

## Afterschool Edition



**Share a story, joke, talent, skill, or passion with a loved one in-person or virtually.**

Ask them if they like to share something as well.



What skill do you want to get better at?



What new skills would you like to learn?



A Program of the Lamoille Family Center

Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)