



## Live Your Why – Afterschool Edition

**Try the 3 stars and a wish activity.**

The **stars** are the things you do well, and a **wish** is something we want to work on.

List or draw three things you do well (**stars**) and then draw or write something you want to get better at (**wish**).\*

\* <https://proudtobeprimary.com/goal-setting-for-kids>



What do you need to do to get better at your wish?



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