

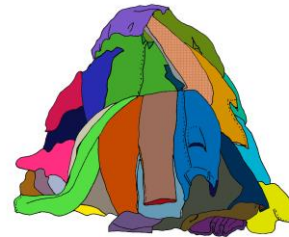


LIVE YOUR WHY

Afterschool Edition



Go through your room, closet, and house and see if there are any personal items or clothes that you can either share with a family member or friend or donate to a local donation center.



How do you motivate yourself to clean your room?



How do you feel after you donate or share something?



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