



Live Your Why – Afterschool Edition

Either by yourself or with the help of an adult, make yourself a warm drink like hot cocoa, herbal tea, hot cider, or warm milk.



Take slow sips and be mindful when you drink.

Notice the taste and smell and the sensation of warmth filling your body.



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