



The Smile Chart



Just
Smile

Get
Active

Thank
You
(gratitude)

Be
Kind

Treat
Yourself
(self care)

Lucky
List

Think
Happy

1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.

