

DRAWING ON HAPPY MEMORIES

DRAW
& COLOR

“When a man has found the joy of life in one place, he returns to that same spot to find more joy.” –Abdu’l-Bahá

When you’re facing troubles that shake you up, a happy memory can be refreshing. Reflect on your positive experiences to bring back the joyful feelings you had. Whether it’s winning a tournament, rollerblading with friends, or enjoying a prayer party, reminding yourself of past joys is a fun way to lift your spirit.

To make more amazing memories with family and

friends, shut out distractions such as phones, TV, and other devices when you’re together. Instead, give the people in front of you your full attention and savor the present moment. Use all of your senses to absorb details such as a great song, a delicious treat, or inspiring scenery. You can also take photos, create art, or find mementos that will help you appreciate your treasured times for years to come.

Draw a happy memory in the snow globe. Include people, pets, or things that helped you feel joyful, and add snowflakes or confetti. On the globe’s base, write about the moment.

