**Happy Days**

Instructions: Place a sticker or draw a smiley face on each day of the week that you do any of these activities (or write your own activities) with family or friends. After a week, choose the activity you liked best and draw a picture of you and your family member or friend doing the activity on the next page.

- Played a game
- Sang a song
- Went for a walk
- Acted silly
- Read a book
- Talked about your day
- Played a sport
- Ate a meal
- Rode bikes
- Danced
- Played outside

**Other activities:**

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<th>Sunday</th>
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