

Happier
Hearts
Brighter
Skies
♥

MY FILL YOUR SKY DAY

What makes your inner sky feel brighter?

Good
People
Brighter
Days
♥

1 WHAT BRINGS ME SUNSHINE?

Circle or draw the things that make your heart feel happy.



Family



Friends



Animals



Outside



Music



Art



Sports



Reading



Rest



Hugs



Playing



Being Creative



Trying
New Things

Something else?

2 WHO FILLS MY SKY?

Who makes you feel safe, loved, or understood?



My
People
Make
My Sky
Brighter
♥

3 WHAT WOULD WE DO?

Plan something that would fill you back up!



I would: _____



With: _____



We would go/do: _____

4 HOW DO I WANT TO FEEL AFTER?

Circle the feelings you hope to have after your Fill Your Sky Day.



Happy



Calm



Loved



Energized



Connected



Like myself

Small
Moments
Big Sunshine
♥

You don't have to wait for a cloudy day
to fill your sky.
♥

@THESKYWITHINYOU

A Brighter
You
Always
♥