



Passport to Happiness: Happiness at Home



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Managing Stress at Home

One thing I can do to manage my stress at home is:

Exhibit 2: Sleep Environment

Two examples of improvements that I am willing to make in my sleep environment are: _____

Exhibit 3: Children And Sleep

According to the National Sleep Foundation Recommended Sleep Ranges for Children chart, my children get an adequate number of hours of sleep (circle the one that applies):

Rarely or never Occasionally Most of the time All of the time

Exhibit 4: Declutter Your Home

I am willing to do these things to declutter my home: _____

Exhibit 5: Stay in Synch with Your Household

I am willing to share these household responsibilities: _____

and to attend these events _____

to maintain relationships with my household.

Exhibit 6: Nurture Relationships at Home

I plan to do these activities to nurture my relationships at home: _____

Exhibit 7: Time-for-Me

What are you interested in doing during your 15 minutes of Time-for-Me in the areas of:

Connecting: _____

Fun: _____

Relaxation: _____

Physical Activity: _____

Exhibit 8: Meditation

Try this 5 Minute BBLISS Meditation. Write down how you felt after completing the meditation. Try to make time each day for brief meditation: _____

Exhibit 8: Increasing Physical Activity with the Family

Examples of fun activities that you are willing to propose and plan to increase physical activity with members of your household are: _____

Exhibit 9: Moderating Screen Time

I am willing to moderate screen time at home by implementing the following:
