

Happiest Memories

Artistic Expression – All ages and abilities!

What you need:

- Any combination of creating materials that you have at home. This activity can be as simple as pencil on paper, or as complex as a 3-D sculpture, collage or film.



Step 1:

Ask your child about a time that they remember feeling extra happy.

Step 2:

Use the materials to create a picture, illustrating the memory.

Step 3:

Share your happy memories with friends, family, and/or with us at [@vanparkboard!](#)

Step 4:

Repeat often to extend the positive vibes.