

# Hygge for Hurried Times

*An activity of "Tee and Boba".*



Read Tee and Boba (page 28, *What's Up* February 2023)

1) Recall a time when you felt hurried, stressed, anxious or sad. Write down what happened to make you feel this way.

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2) Hygge can help us to find happiness even when times are difficult. Plan for something simple that can help you to inject a little Hygge in your life. What are some steps you would take? Write it down in this table ↓.

Example of a simple plan for a Hygge experience.	
What to do	Complete a craft project
Step 1	Clear my table.
Step 2	Have my craft instructions and materials ready.
Step 3	Play some quiet soothing music.
Step 4	Enjoy my craft making.

My simple plan for a Hygge experience.	
What to do	
Step 1	
Step 2	
Step 3	
Step 4	

- 3) Make a postcard that presents your Hygge plan: write down the steps and illustrate the postcard.



- 4) Keep your postcard as a reminder to carry out your plan. Every time you think of a new plan for another Hygge experience, make a card like this. Who knows? Making these cards may turn out to be a Hygge experience in itself.