

Draw one or two things that make you unhappy, or that you are worried about, and talk about them with an adult you trust.



Ask someone to pick a number, then ask them the question.

1 Do you think money and things can buy you happiness?	2 What would be your top tip for being happy?
3 Why are some people happy and others not?	4 Is it okay to ask for help?

LIVE LIFE TO THE MAX

01. Finding Happiness

This week we learned:

1. What makes me happy?
2. Is happiness what I want?
3. It's OK to not be happy, and to talk about it
4. You can change your level of happiness
5. Doing good stuff can make you happy

Why not tell one person at home what you learnt about happiness today!



Watch the film again

www.1010.org.uk

Activity

Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



Tick if you've done it!

1. At home, for yourself

- Find some time each day to do something that makes you happy
- Find some time to go somewhere that makes you happy this week
- Start/finish each day by thinking of three things that made you happy

2. At home, for others

- Do something that will make another member of your family happy
- Find something that will make a friend happy, and do it.

3. At school

- Find something that will make a friend happy, and do it.
- Make someone else happy by saying please and thank you to the teachers and other adults around school for a whole day or even every day!

Draw at least three different things you would like to do this week that will make you happy, and talk about them with the people you live with.

