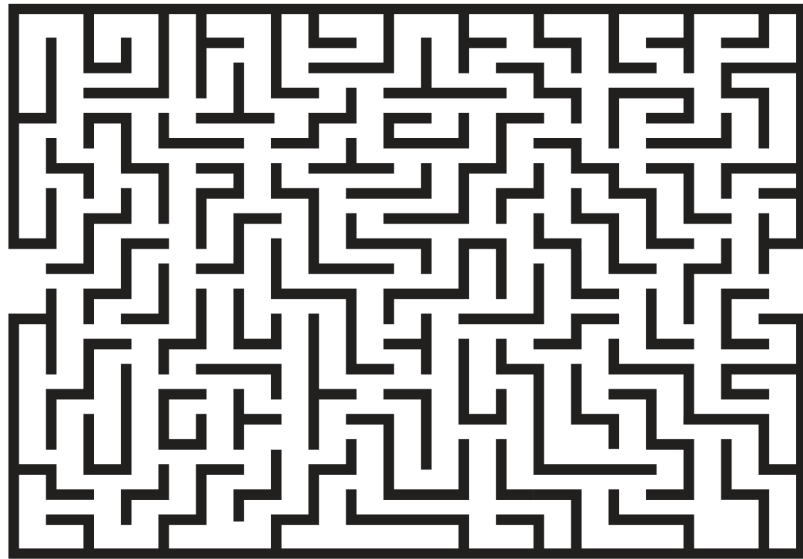


Can you find your way to happiness?

START



Finding Happiness, Live Now, Thankfulness,  
Kindness, Forgiveness, Friendship, Body, Mind, Soul

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

1 What stops us from doing/trying new things?	2 If someone asked you how they could be happy what would you say?
3 Why is it better to do different things rather than the same thing over and over?	4 If you could create a brilliant day what would you do/what would it look like?

LIVE LIFE TO THE MAX

# 10. Mixing It

This week we learned:

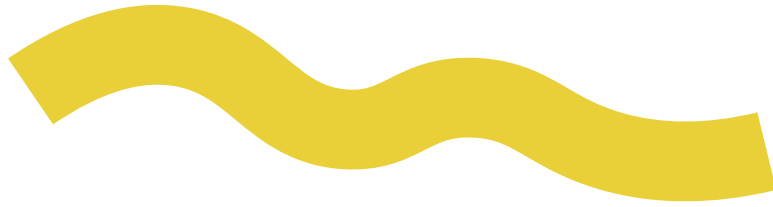
1. If we mix things up we don't get used to them and so enjoy them more.
2. It is important to have a mixture of everything we have learned in 10:10.
3. Variety is important.

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



Watch the film again

[www.1010.org.uk](http://www.1010.org.uk)

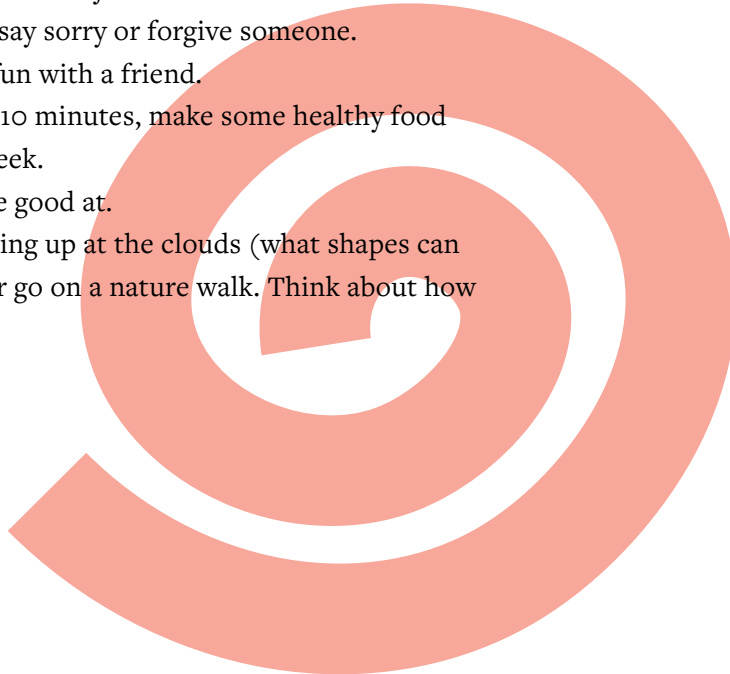


Experiment with these ideas and see what difference it makes to you in this next week!

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



- Tick if you've done it!
- Finding Happiness:** Do something you enjoy with your family.
- Live Now:** Go outside and draw what you can see.
- Thankfulness:** Play the alphabet game with your family and name something you are thankful for starting with each letter.
- Kindness:** Do something kind for someone - you could send a thank you card, our help with some jobs at home.
- Forgiveness:** Remember to say sorry or forgive someone.
- Friendship:** Do something fun with a friend.
- Body:** Do some exercise for 10 minutes, make some healthy food or go to bed on time for a week.
- Mind:** Do something you are good at.
- Soul:** Spend some time looking up at the clouds (what shapes can you make), go star gazing, or go on a nature walk. Think about how amazing the world is.



# Activity

Colour me in!

Finding  
Happiness  
Live Now  
Thankfulness  
Kindness  
Forgiveness  
Friendship  
Body, Mind,  
Soul