

Draw a picture of a happy memory.

Take some time to think about why it made you happy.



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

1 When or where do you feel most relaxed?	2 Describe your happiest memory.
3 What causes you stress?	4 Why do people find it hard to stop looking at their phones?

LIVE LIFE TO THE MAX

## 02. Live Now

This week we learned:

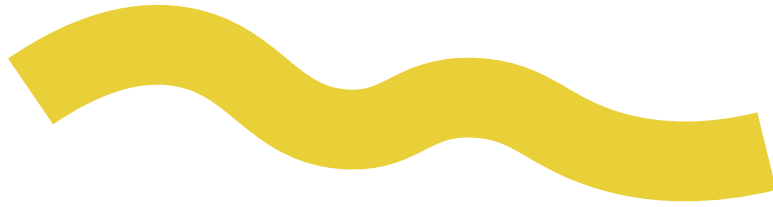
1. 'Living in the now' is good for you
2. Make the most of the moment
3. Look for the good things
4. To be aware of the everyday

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

**1. At home — be in the moment, not too future or past-focused.**

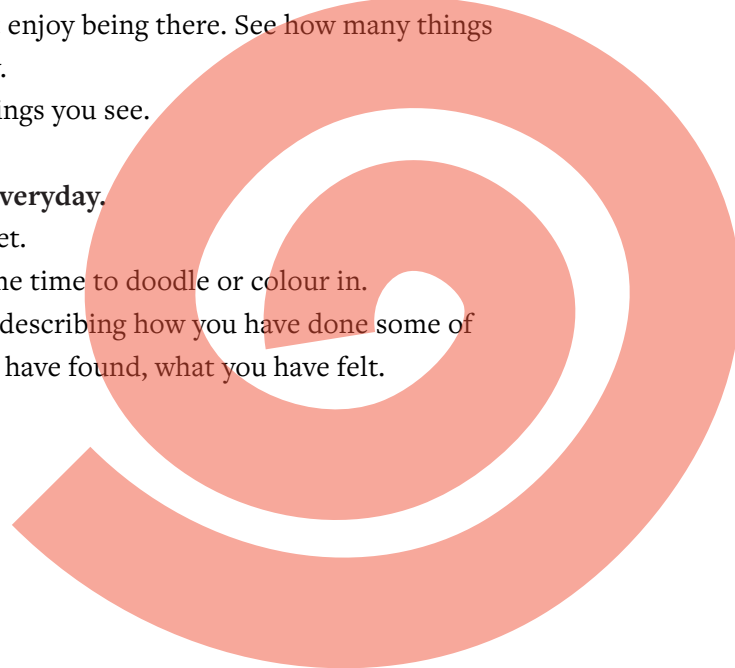
- The next time you have something to eat or drink, slow down and take time to enjoy the taste.

**2. At home — looking for the good things.**

- Go for a walk with an adult and sit somewhere and take time to look around you and relax. Just enjoy being there. See **how many things** you can see that are lovely.
- Photograph interesting things you see.

**3. At home — noticing the everyday.**

- Watch the sunrise or sunset.
- Draw a picture or take some time to doodle or colour in.
- Make a journal each week describing how you have done some of these things and what you have found, what you have felt.



# Activity

Why to take some time to slow down. Find a space either inside or outside and stop, sit down and take a deep breath. Spend a few minutes.

**What can you see?**

**How many things can you notice?**

**What can you hear?**

**How many different sounds are there?**

**What can you touch and feel?**

**What does it feel like?**

**What can you smell?**

**Smell different things around you.**