



Nottingham City Wellbeing for Education Team resource pack:

Happiness



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Activity 1-Your happiness

Take a moment with a parent or sibling to think about what happiness means to you. Note down or draw whatever comes in to your head.

What does happiness mean to you? How do you feel inside when you are happy?



Example: *Feeling good about how things are going*

Now think about specific things that often make you happy. These could be activities, people, places or anything else that comes to mind.

What things make you happy?

Example: *A relaxing day at home with my family*

Think of a time when.....

Talk to an adult about what these words mean. Can you think of and talk about a time when you have been:

BRAVE

STRONG

CONFIDENT



Activity 2:

The things that can make us happy

Talk to an adult or sibling:

1. **GIVING** Do things for others

Q: What do you do to help others?

2. **RELATING** Connect with people

Q: Who matters most to you?

3. **EXERCISING** Take care of your body

Q: How do you stay active and healthy?

4.

TRYING OUT

Keep learning new things

Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious.



Q: What new things have you tried recently?

5.

EMOTION

Take a positive approach



Q: What are you feeling good about?

Activity 3: Three Good Things



Introduction: Talk through with an adult or sibling

Each day write down three good things that happened. They can be anything you feel good about or grateful for.

Even on a bad day there are normally some things that we can feel good about. Taking time to be grateful is not about ignoring the bad things – it just helps us focus our attention more on the positive, rather than dwell on the negative.

To get used to the idea, start by filling in the boxes below to describe three good things that happened to you **yesterday** and why they were good. Write or Draw

Try to include **why** you felt each of the things was really good.

Good Thing 1

Good Thing 2

Good Thing 3

Activity 4: Letter of thanks



Who are you really grateful to?

Think of three people who have been a really positive influence in your life and that you feel really grateful to.

They could be a member of your family, an old teacher, a friend or someone else who has made a real difference in your life.

Person 1: Who is it and why are you grateful to them?

Person 2: Who is it and why are you grateful to them?

Person 3: Who is it and why are you grateful to them?

Now choose one of these people to write to and tell them how grateful you are; perhaps someone you've not thanked properly before.

Think about the impact this person had on you and write a letter to tell them:

- What specifically are you grateful for?
- How did they help you?

You can write or draw the letter any way you like – but try to be really in touch with the feeling of being grateful to them as you write.

Who did you write your letter of gratitude to? How did it feel?

Dear _____

I am writing to say thank you for

This really helped me because.....

From:

Activity 5: Use your strengths

Introduction:

What are your strengths:

Helpful...Kind...thoughtful.....funny.....generous?

Which words describe the good things about you?

Step 1: Identify your strengths

<i>Strength 1</i>
<i>Strength 2</i>
<i>Strength 3</i>

How can you use your strengths?

Pick one of your top 5 strengths and ask yourself/talk to an adult:

- | |
|--|
| |
|--|
- How do I use this already and in what areas of my life?
 - What are other areas in my life that I could use it more?
 - What are other ways I could use it?

