



**Happiness and
Positivity**

What makes you happy

Different things make different people happy.



Mrs Cope is happy when:



What is your happiness number right now?

**Not
happy at
all !**



**Okay -
quite
happy**



**Couldn't be
happier !**



1

5

10

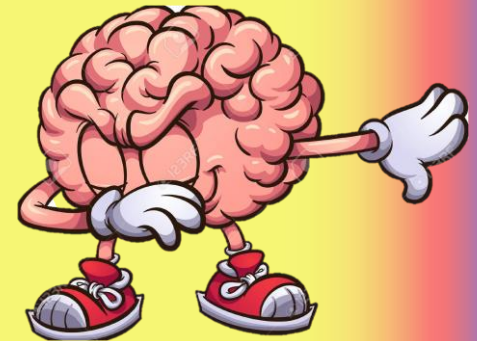
**What could we
do to make our
happiness
number higher?**



If you want to feel good, do good

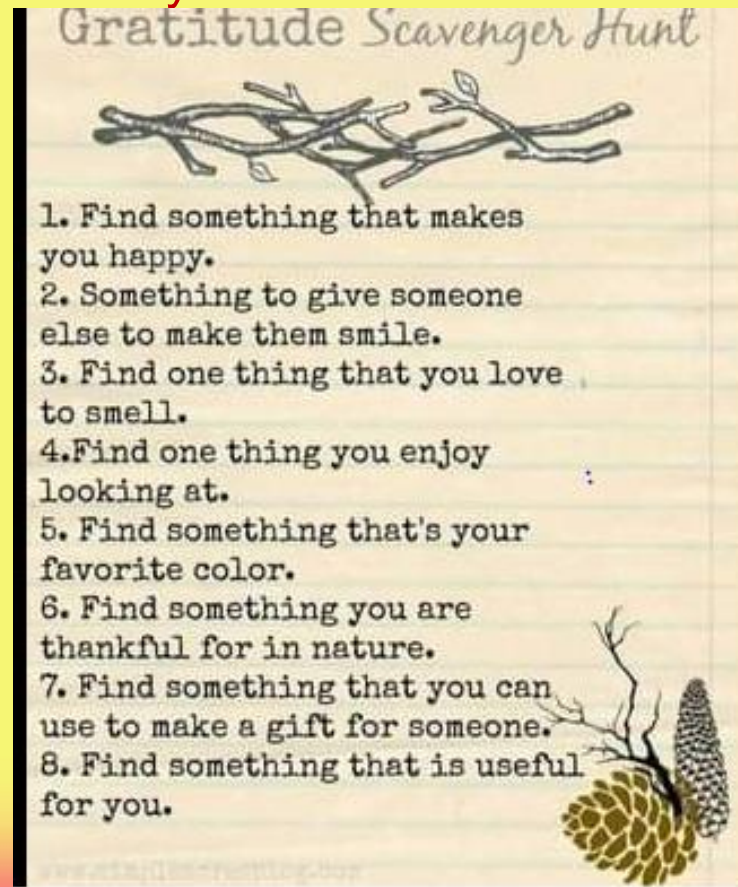


Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. It lights up the same parts of your brain as when you get a treat yourself.



Remember those gratitude moments

People who are grateful tend to be happier and healthier. Being grateful can help people cope with worry and can even have a beneficial effect on heart rate.





Relate to each other



Close relationships with family and friends provide love, meaning, support and increase our feelings of self worth and happiness



Take care of your body

Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of sadness.

We don't all need to run marathons - there are simple things we can all do to be more active each day. And we can also boost our well-being by unplugging from technology, getting outside and - importantly - making sure we get enough sleep!





Try something new

Mrs Cope recently learned to play
snooker!

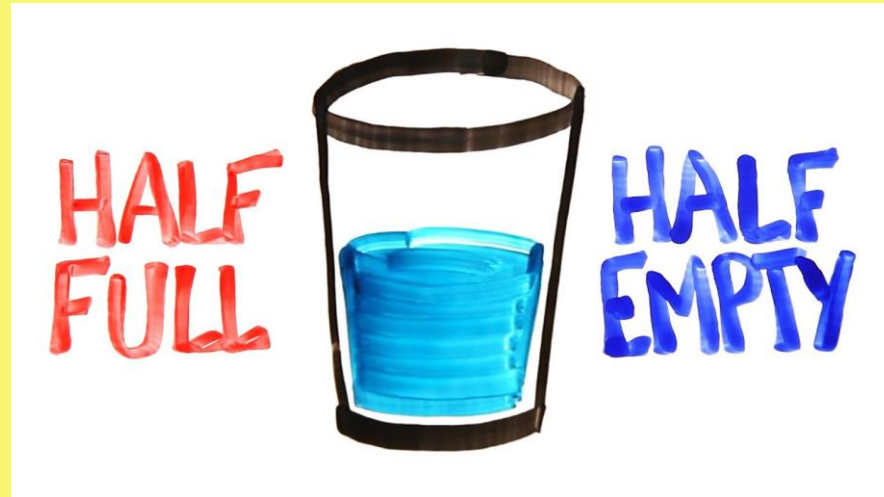
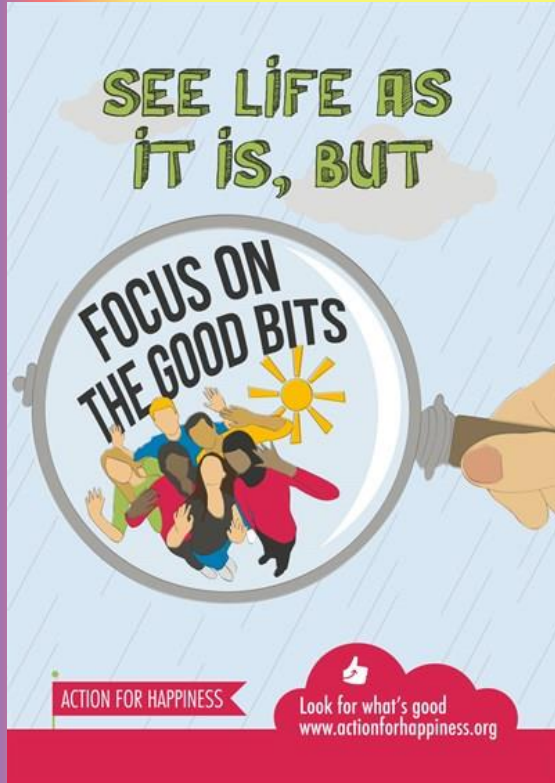
What new skill
could you
learn in
lockdown





Think positive

Positive emotions make us more resilient.





Resilience

Find a way to bounce back



Make someone happy by:

- Write a note or card and post it to someone you know
- Organise a virtual snack time with a friend
- Tell someone in your family why you love them
- Smile at someone and brighten their day
- Do a good deed for the day for your parents





ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

A Bottle of Happiness

- Now get your teacher or parents to click the link I sent you with the assembly video and listen to the story below



https://www.youtube.com/watch?v=F7EmUXK9AQc&ab_channel=LarkriseTelevision

