



SHOW GRATITUDE

Showing gratitude and reflecting on positive moments helps to improve overall happiness. For each topic below, list a person, thing or experience you are grateful for.

The people in your life

Beauty, art & colour

**Physical activity &
movement**

**Kindness, patience &
forgiveness**

**Freedom, choice &
education**

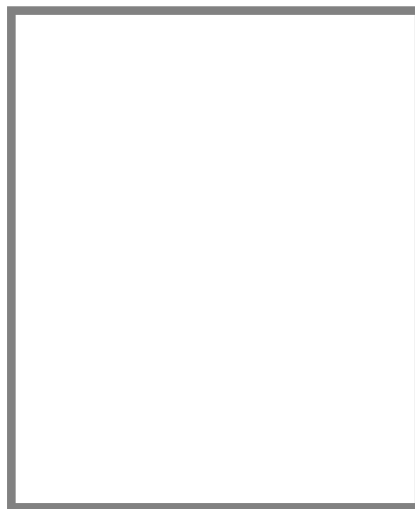


EMBRACE NATURE

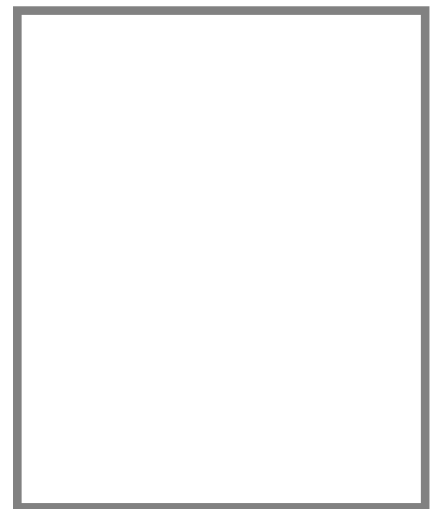
Spending time in or observing nature helps to reduce stress and increase happiness. See if you can spot and sketch each object below.



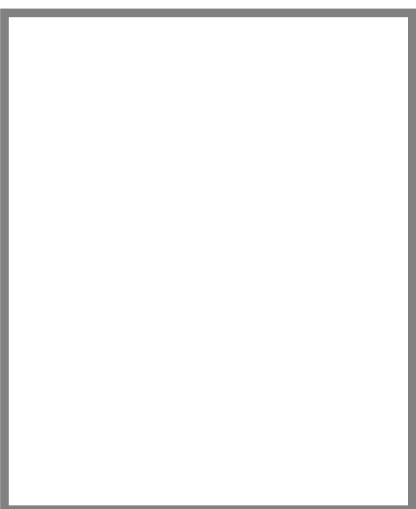
A cool-shaped
cloud



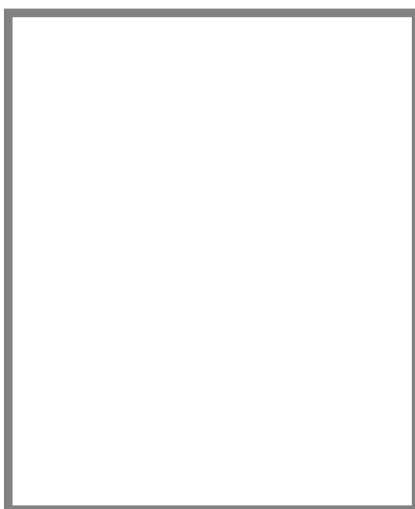
A pretty, colourful
flower



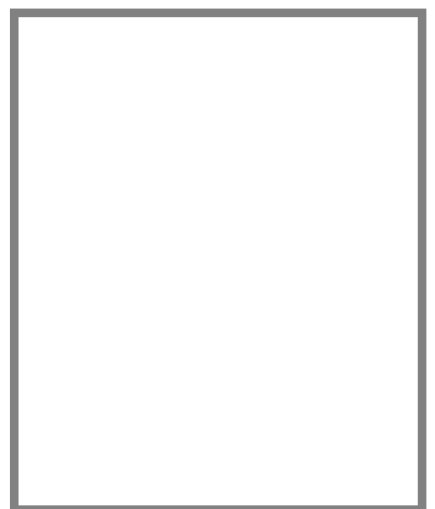
A tall, leafy
tree



A chirping
bird



A unique
stone or rock

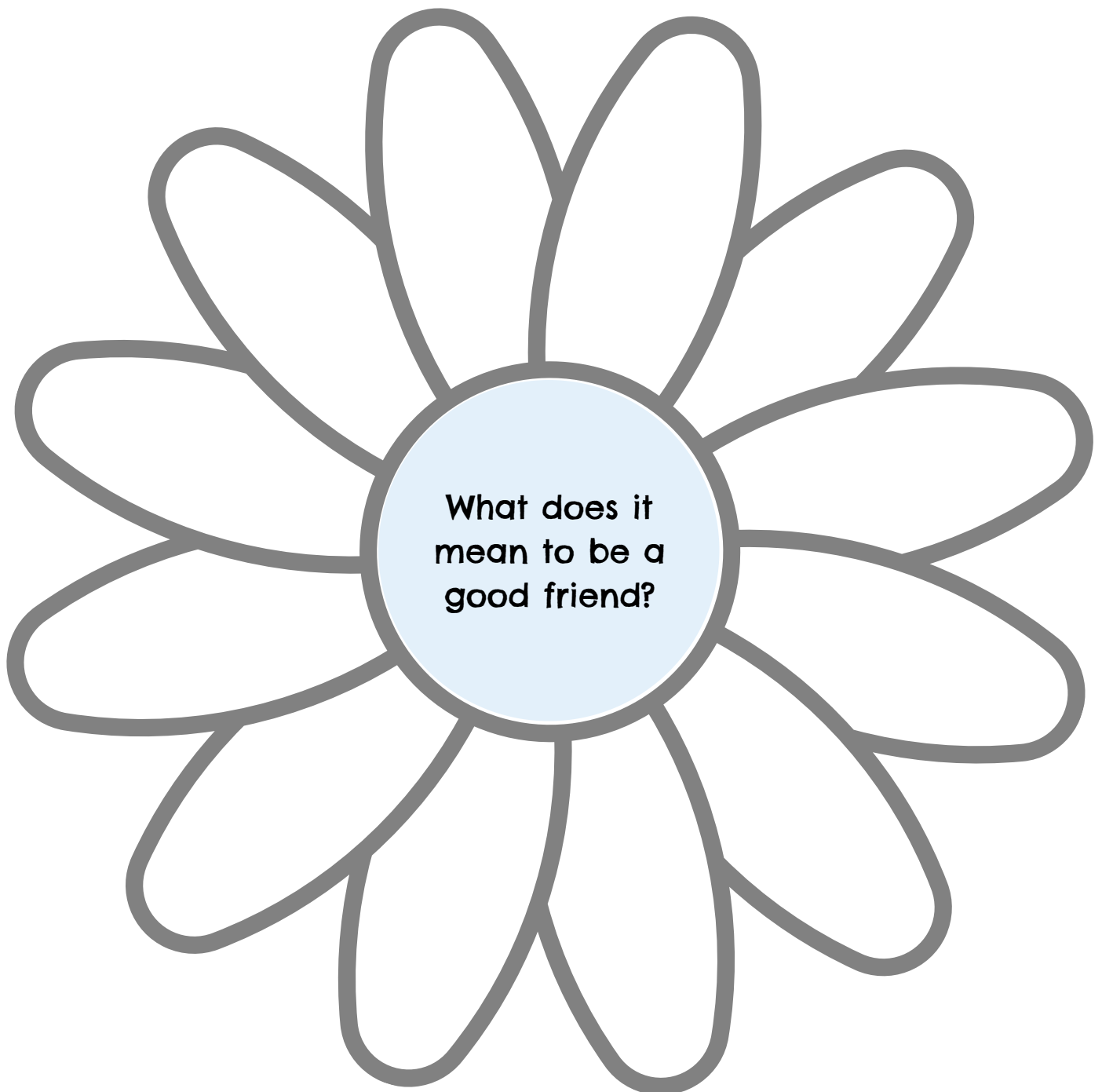


A tiny
insect



DEVELOP RELATIONSHIPS

Learning how to be a good friend is a key component to developing relationships. Use this 'Friendship Flower' to brainstorm what it means to be a good friends.





SHOW KINDNESS

Showing kindness to yourself and others helps brighten up the day. Complete this 'Random Act of Kindness Bingo' to make someone smile.

Write a kind note for someone to find	Help put the groceries away	Tidy up your bedroom	Say thank you for something you wouldn't usually
Clear the table after dinner	Invite someone to play a boardgame	Start reading a new book	Help cook lunch or dinner
Give someone in your house a hug	Video call someone you care about	Give a compliment to someone	List things you love about the world
Draw a picture for someone special	Smile at everyone you see	Start reading a new book	Write a kind letter to someone you miss



SET GOALS

No matter how big or small, setting goals helps us to grow and develop. Write down things you would like to achieve in each aspect of your life this year.

Learning

Self Care

Hobbies & Skills

Health

Friends

Just for Fun