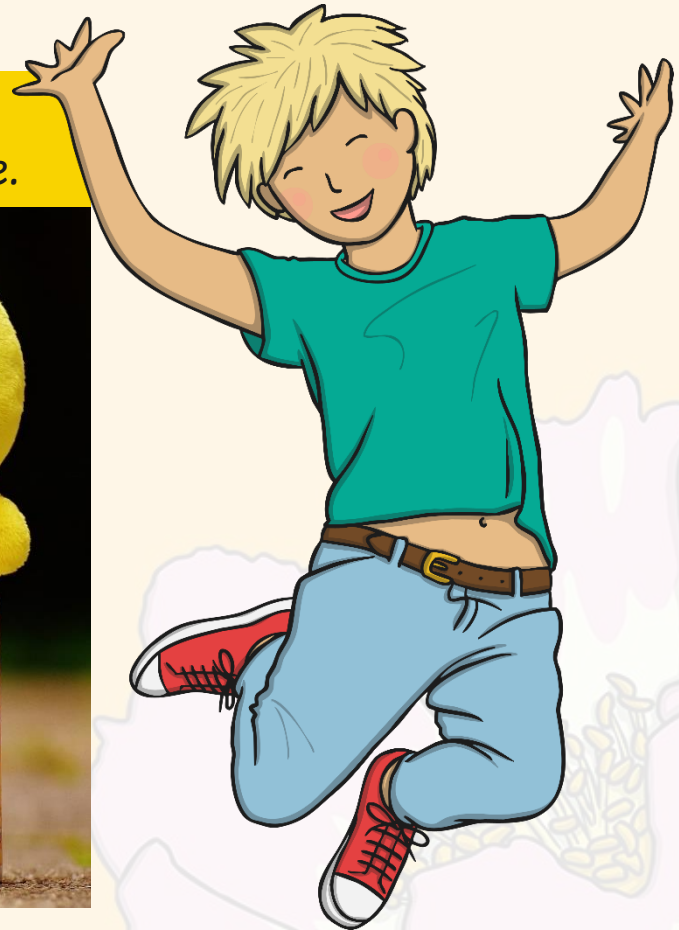


What Makes You Happy?

Lots of things can make us happy and different things make different people happy.

Think carefully about what makes you happy or something that makes you smile.



What Is the International Day of Happiness?

In 2012, the **United Nations** General Assembly declared that 20th March should be The International Day of Happiness (Happiness Day). It is now celebrated worldwide every year on this day.



United Nations – an international organisation of 193 countries that was set up to increase political and economic cooperation between them. They also try to improve human rights and reduce conflict across the globe.

Click on the words in bold to find out more!

What Is the International Day of Happiness?

It is organised by Action for Happiness, which is a **non-profit movement** of people from 160 different countries. Many other organisations help them to coordinate the day around the world and to spread the happiness.

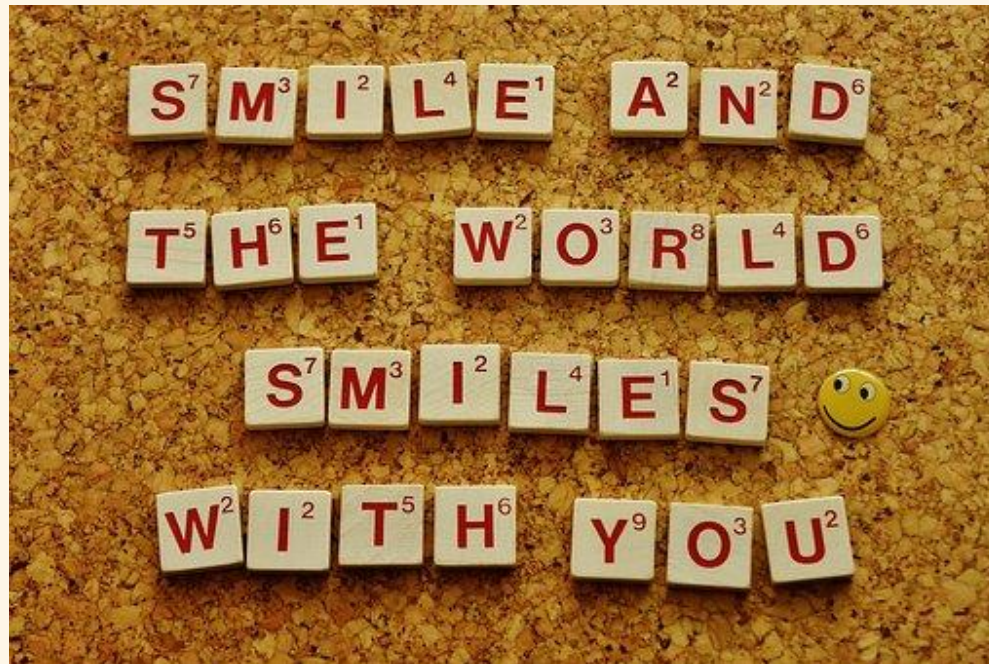
non-profit movement – an organisation that does not make any profits. Any money they earn is used to help keep the organisation going; it is not profit for the owners of the group.



Pledge to be Happy

There is a lot of negativity in the world and it is often easy to focus on things that are difficult or sad.

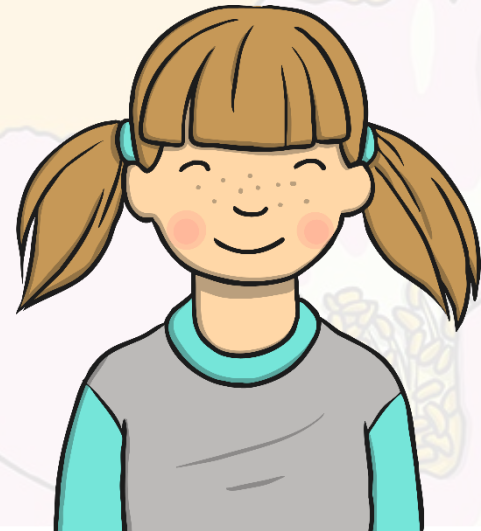
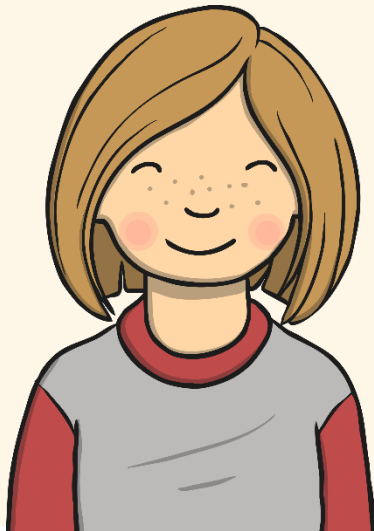
Today, we must try to think about all the things that happen to us that make us smile. We should also try to do at least one thing to make someone else smile.



Pledge to be Happy

How will you make the people around you happy?

A pledge is a promise to do something. We need to promise to try and create more happiness for ourselves and other people.



How can we be happy?

Do what makes you happy:

smile

be grateful

say thank you and mean it

eat healthily

spend time with friends

share

spend some time alone

listen to music

think positively

play a sport

spend time with family

read a book

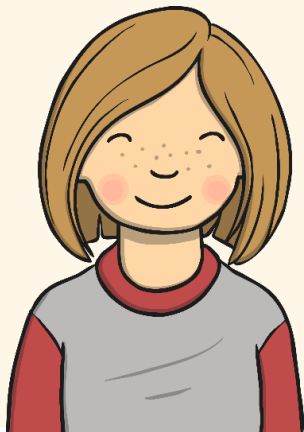
Do whatever makes you smile!

How Can We Show Our Happiness?

Share Your Happiness

Don't forget to do whatever you can do to make others happy too!

Happiness is **contagious**. Even just smiling at someone, can make their day brighter and more cheerful. Maybe ask someone to join in a game at playtime if they are by themselves, or help someone if they are having difficulties with a tricky task.



contagious – an emotion or action that spreads to others once someone else has done it first, e.g. laughing.

I'm happy, are you?

How Can We Demonstrate Happiness?

Being Grateful

There are lots of people in our lives who help us. This might be someone at school, a friend, a member of our family or someone on a sports team you play for.

They could be an adult or a child.

Why not make them a **gratitude** card or drawing – a small card or drawing that thanks them for their help. Imagine how happy this would make them!

gratitude – showing that you are thankful to someone for what they do.





Reflection

There are lots of ways to spread happiness and to show appreciation for all of the good things that we have in our lives.

Before we go onto our task, take just five minutes to think of up to three things that have made you smile today.

Also, you should try to think of something you have done to make someone else smile. If you didn't quite manage it, then you can always try again tomorrow!

It is important to reflect on how to think positively and share happiness not just today but every day.





Task

Create a postcard to send to someone who you are not able to see at the moment and make them feel happy. That way you can share your happiness .

On the attached document are 6 postcard designs. Choose one design and send to someone you have not seen for a while to make them feel happy. This could be anyone you choose, such as family member, a friend at school or a friend from a sports club or even a family member abroad.

If you like, you could print off all designs and send them to 6 different people and therefore make 6 people happy!