

BETTER CONNECTIONS

THE HAPPINESS

CHALLENGE

STRONGER MENTAL WELLBEING

5 LIFE SKILLS IN 5 DAYS
For a happier, more confident you

SCHOOL'S EDITION



WELCOME TO THE HAPPINESS CHALLENGE

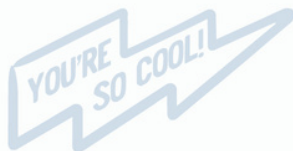
For five days, you will be focused on finding out about, and applying five key life skills.

All of these skills can contribute to increased happiness and wellbeing.

It's ideal to start each day with the daily affirmations supplied. Affirmations are used to charge the brain with positive intent helping reduce stress and anxiety, and help generate a feeling of greater optimism and self-belief. These can be done at home after waking or together as a class, perhaps during registration period.

THE FIVE KEY SKILLS ARE:

- ★ SELF AWARENESS
- ★ POSITIVE THINKING
- ★ GROWTH MINDSET
- ★ KINDNESS
- ★ BIG FEELINGS



Carry out the activities during each day and use your journaling page before bed each evening.

Daily journaling creates a positive ritual, teaching us to reflect on our past day and record our thoughts and feelings. This form of self-expression, when practiced daily, helps everyone better process their day and develop stronger connections with those around you.

Enjoy The Happiness Challenge and do join our Facebook Group www.facebook.com/groups/happyconfidentclub for hints, tips, and advice along the way.



WHY HAPPINESS MATTERS

Did you know that happiness is a magical feeling?

When we are happy it helps us with so much! We feel so many good feelings in our bodies, from excited to relaxed, smiley to giggly, safe, and warm inside. When we're happy it helps us to see the positives, and if things get tricky, we can easily bounce back from the difficult stuff.



When we are happy, we're kinder to others, we do great things, and care for the people and stuff around us.

So being happy has a HUGE effect on everything.

DID YOU KNOW... when you have fun, your brain releases happy-making chemicals that flood into your body and make you feel great?



This Happiness Challenge is here to help you find your happy place so the next time you're feeling down, sad, angry, frustrated, or worried (or any other big and unpleasant feelings), you'll know exactly what to do to make yourself feel better and get the good feelings flowing again.



1 THIS IS ME

Knowing yourself really well is something that the World Health Organisation lists as one of the 10 most important life skills. Self-awareness can have a huge effect on how we feel and behave every day.

Day One of our Challenge is all about self-understanding, thinking about, and sharing how we feel about ourselves. Start the day with these positive affirmations.

“To be beautiful means to be yourself. You don't need to be accepted by others, you need to accept yourself.”

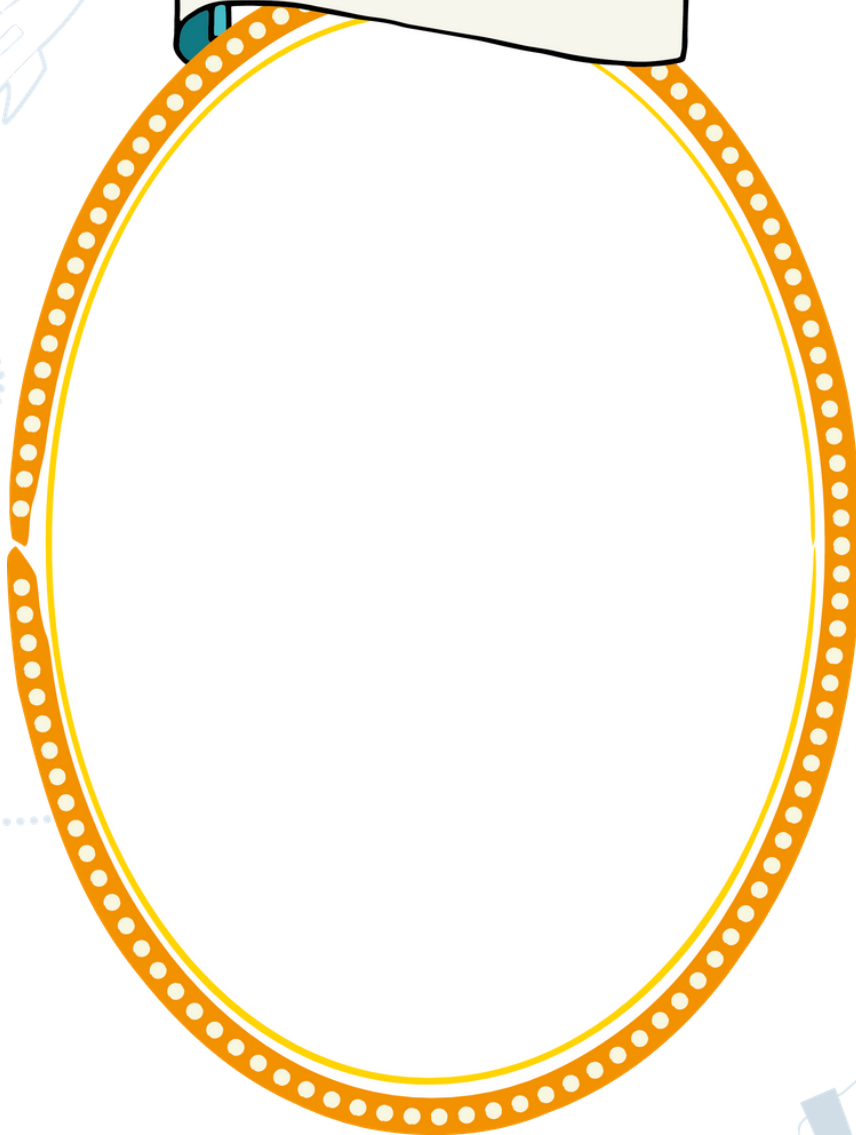
Thich Nhat Hanh





THIS IS ME...

Draw a picture of yourself in the frame, label it with all the things that make you, you. Ask your friends or family to add the things they love about you around the sides.



THINGS THAT MAKE ME HAPPY



Fill up these boxes with all the things you love, that make you feel happy. Then next time you're feeling not so great, you can use this list to work out how to get back to feeling great and put a smile back on your face.

FOOD THAT I LOVE...



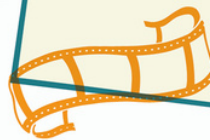
SONGS THAT MAKE ME SMILE...



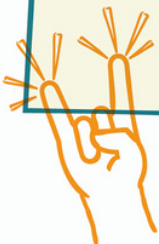
THINGS THAT MAKE ME LAUGH...



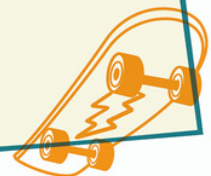
ACTIVITIES THAT MAKE ME FEEL HAPPY...



FRIENDS THAT I HAVE FUN WITH...



GAMES THAT I LOVE TO PLAY...



YOU'RE SO COOL!



THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!

1 THIS IS ME CHALLENGE

Tired

Hopeful

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

ANNOYED

LOVED

WORRIED

Three good things today...

'To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.'
THICH NHAT NANH



The superpower I'd like to have is...

.....

.....

Write a positive statement about yourself... "I am" ... "I can" ...

.....

.....





2 POSITIVE THINKING

Our thoughts have a huge effect on how we feel, and how we feel influences how we behave.

Simply put, the more positive our thinking, the more effective our behaviour becomes and the happier we feel. Positive thinking can also be seen as helpful thinking, negative thinking as unhelpful. Today's focus is about expressing ourselves with positivity. Get into the right frame of mind with today's affirmations.

“It's not what happens to you, but how you react, that matters.”

Epictetus

I am
OPTIMISTIC

I am
PROUD

I am
FOCUSED

Today I **commit** to
doing something
tough that I have
been avoiding.

POSITIVE THINKING

THE DIFFERENCES BETWEEN POSITIVE & NEGATIVE THOUGHTS

Positive thoughts are **HELPFUL**, negative thoughts are **UNHELPFUL**.

UNHELPFUL THOUGHTS tend to create **HORRID** feelings ... feeling sad, hopeless, wobbly or angry and frustrated.

But **HELPFUL** thoughts tend to make us feel the opposite...



UNHELPFUL THOUGHTS

I'm not good at this.

I will never be able to do this.

I'm not good enough.

I'm scared I will make a mistake.

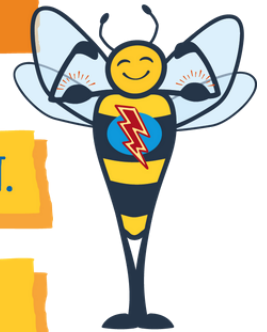
HELPFUL THOUGHTS

I'm not good at this **YET**.

If I practice...I'll get better at doing this.

I **AM** good enough.

If I make a mistake... I'll learn from it.



Helpful thoughts make you feel


CONFIDENT, STRONGER, CALM & HAPPIER

... like anything is possible!

POSITIVE THINKING

Today we are going to help each other turn unhelpful thoughts, into helpful thoughts. Each time anyone has an unhelpful thought, write it down. And then try and find a more helpful way to phrase this and write it down in the right column.

UNHELPFUL THOUGHTS	HELPFUL THOUGHTS



CHALLENGE

THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!

Tired

Hopeful

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

ANNOYED

LOVED

WORRIED

'It's not what happens to you, but how you react, that matters.'
EPICTETUS

Three good things today...



Today I was positive about...

I had fun today when...





3 GROWTH MINDSET

When we are born, we have a growth mindset, an inherent self-belief that we can do anything. That's how we learn to move, walk, talk, and eat. As we grow up, we become convinced that there are many things that we're not good at. And these thoughts become self-limiting because it's human nature to find ways to reinforce our beliefs. Today we focus on developing our growth mindset and increasing our self-belief.

**“The first step is you have to say
you can.”**
Will Smith

<p>I am MOTIVATED</p>	<p>I am CONFIDENT</p>
<p>I am BRAVE</p>	<p>Today I commit to doing something tough that I have been avoiding.</p>



MY GROWTH MINDSET

Think of all the things that you've learnt over the years. How to eat, walk, talk and speak for starters! Fill in the chart below to remind yourself of how far you've already come and set yourself a challenge to learn something new. Something you can't do... YET!

Things I couldn't do

How I learnt to do them



Things I can't do yet...

My next challenge



THE CHALLENGE LADDER



Using this Challenge Ladder, break down your next challenge into the little steps it will take to get there, and make your plan! Track your success below, starting at the bottom.



STEP 5

STEP 4

STEP 3

STEP 2

STEP 1

A grey lightning bolt icon pointing downwards towards the first step box.


MY NEXT CHALLENGE...

Started:

Finished:



4 KINDNESS

Kindness is the act of being friendly, considerate, and generous, as well as an attitude that can be displayed through expression, a look, or a touch.

And kindness is contagious. In fact, in carrying out acts of kindness we release feel-good hormones, making us happier, less stressed, less anxious and we feel healthier. Today we focus on kindness and empathy, and you'll see how it makes all the difference.

“Happiness doesn't result from what we get, but from what we give.”

Ben Carson

I am
HELPFUL

I am
KIND

I am
Grateful


I am friendly and patient
with everyone I meet and
treat them with respect.

KINDNESS IS CONTAGIOUS

Did you know every time you are kind to someone, your behaviour has a positive effect on them and they are more likely to be kind to others themselves. Check out the acts of kindness below and then on the next page create some of your own.

Show someone
they are

LOVED

with a big hug
for no reason.

Patience

Spend some time
helping someone who
is younger than you.

CREATIVE

Draw a picture, write
a letter, bake a cake,
make someone's day

SURPRISED

Think of something
unexpected that you can
do to pop a smile on
someone's face.

I am

KIND

HELPFUL

Offer to help with
someone else's
chores

Caring

Call a relative you
haven't spoken
to for ages.

Grateful

Tell someone you
love how much you
appreciate them



KINDNESS CHALLENGE

Set yourself a challenge to complete an act of kindness for each of the words below. Watch the responses from the people you are being kind to, think about how it makes them feel, and how their happiness affects you.

Grateful

.....
.....
.....

Patient

.....
.....
.....

CREATIVE

.....
.....
.....

SURPRISED

.....
.....
.....

HELPFUL

.....
.....
.....

Caring

.....
.....
.....

LOVED

.....
.....
.....



CHALLENGE

THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!

Tired

Hopeful

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

ANNOYED

LOVED

WORRIED

Three good things today...

'Happiness doesn't result from what we get, but from what we give.'

BEN CARSON



A helpful thing I did today was...

I smiled today when...





5 MANAGING BIG FEELINGS

In just one day we can have loads of different feelings. When we can identify them, it makes us feel better. Some feelings are easier to express than others. Today we focus on understanding, identifying, and better expressing our feelings and emotions. Today's affirmations will set you up on an open-hearted path creating intent around sharing more as a family.

**“Life isn't about waiting for the storm to pass,
it's learning to dance in the rain.”**

Vivian Greene



MANAGING BIG FEELINGS

We all have so many different feelings, some big, some small, some loud, and some very quiet ones. And in one day, we can all have lots of different feelings. Here are 20 common big feelings, circle the ones you had in the past week.

WORRIED

DISGUSTED

PROUD

SAD

ANGRY

SURPRISED

EXCITED

HAPPY

FRUSTRATED

OVERWHELMED

lonely

BRAVE

SHOCKED

AFRAID

SHY

LOVED

guilty

EMBARRASSED

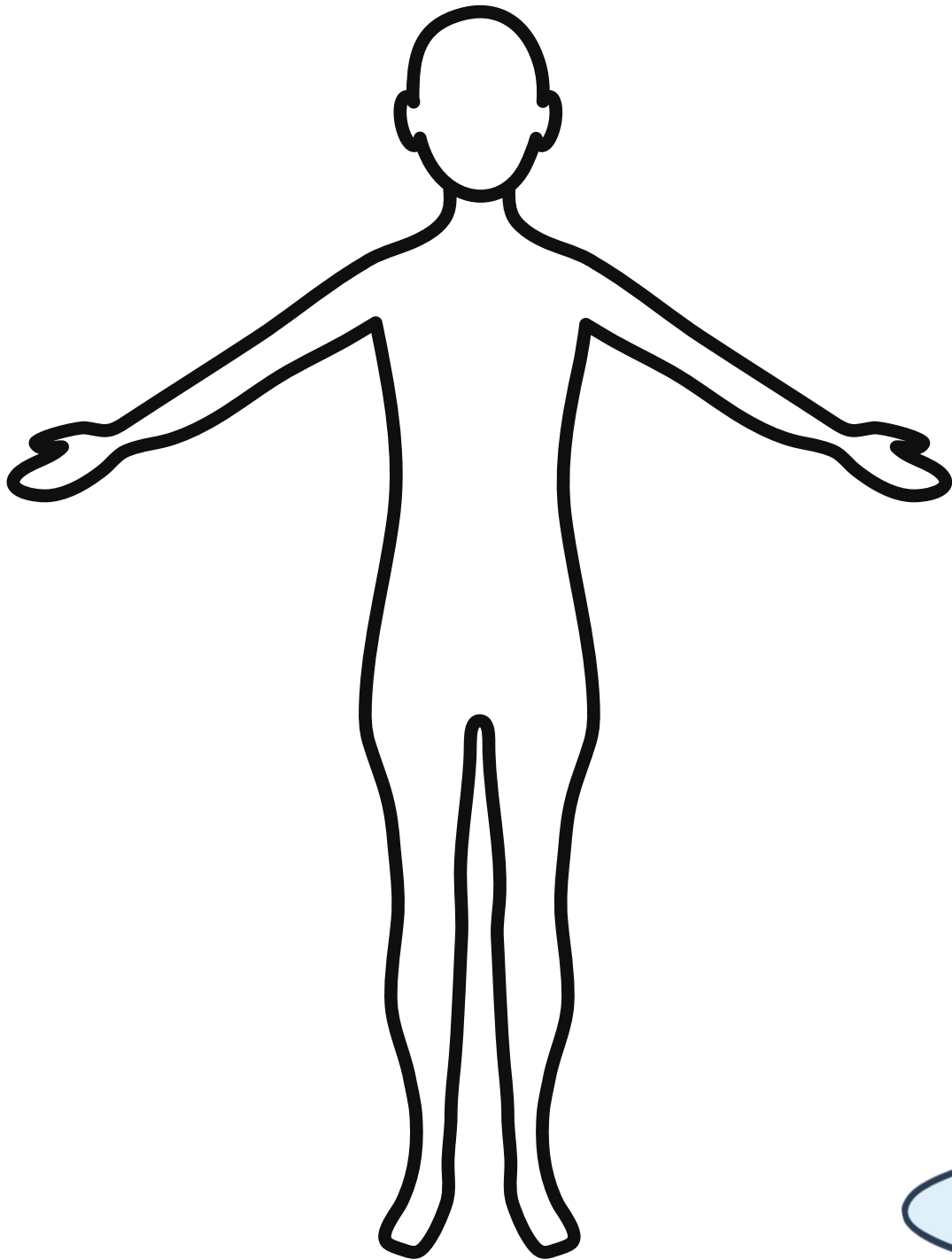
CONFIDENT





FEELING MY BIG FEELINGS

Did you realise that your feelings are almost always linked to a sensation in your body? Think of all the feelings you've had in the last couple of days and mark where you felt them on the body shape below.



THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!

5 BIG FEELINGS CHALLENGE

Tired

Hopeful

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

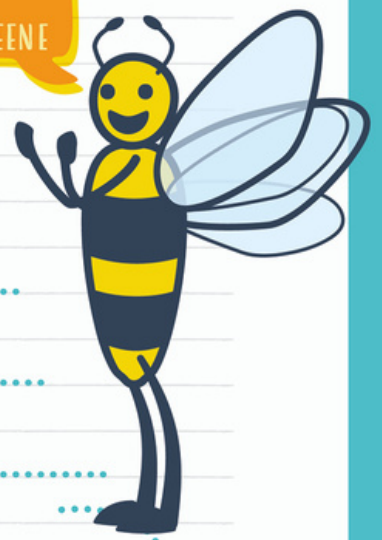
ANNOYED

LOVED

WORRIED

Three good things today...

'Life isn't about waiting for the storm to pass, it's learning to dance in the rain.'
VIVIAN GREENE



The strongest feeling I had today was...



I felt good today when...

YOU'RE SO COOL!

YOU ARE TRULY AMAZING!



So the Happiness Challenge is over, and it's time to go back over all the activities you have done and celebrate all that you have learnt about yourself, and what makes you brilliant.

I am
HAPPY

The things that make me happy:

I am
OPTIMISTIC

When I think positively it will help me to...



I am
MOTIVATED

Using my growth mindset will help me to...

I am
KIND

When I'm kind to others it makes me feel...

I am
CONFIDENT

All my feelings are important, and I can shift them if I choose by...



I am
Unique

I appreciate myself and accept every part of who I am...



.....

