

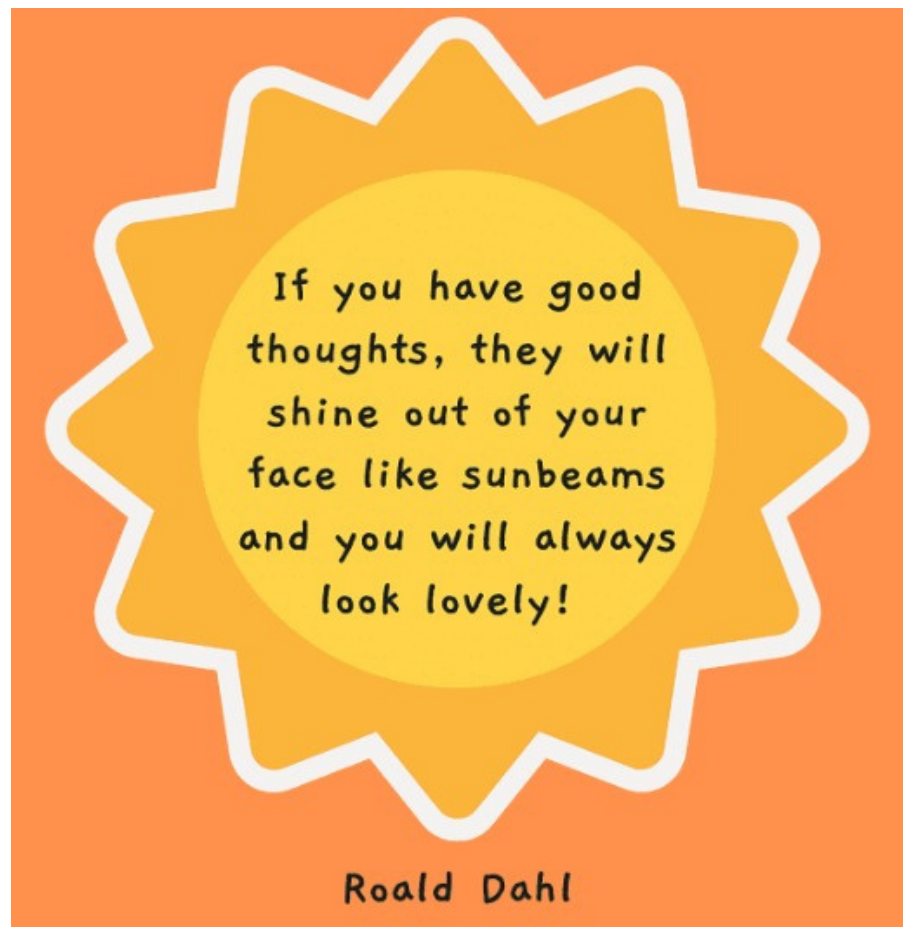


# My Happy Book

NAME:



# My Happy Book



Over the next few weeks we are going to fill in a page in your Happy Book. Finding the joy and thinking about the positives can help us to cope with life's tricky bits.



# Week 1

I have chosen to be happy because it is good for my health - Voltaire

Three things that have made me smile this week:



This week I have...

said thank  
you

tried something  
new

been a good  
friend

helped  
someone

# Week 2

Sometimes you win, sometimes  
you learn - John C Maxwell

Three things that have  
made me smile this week:



How have you helped someone this week?

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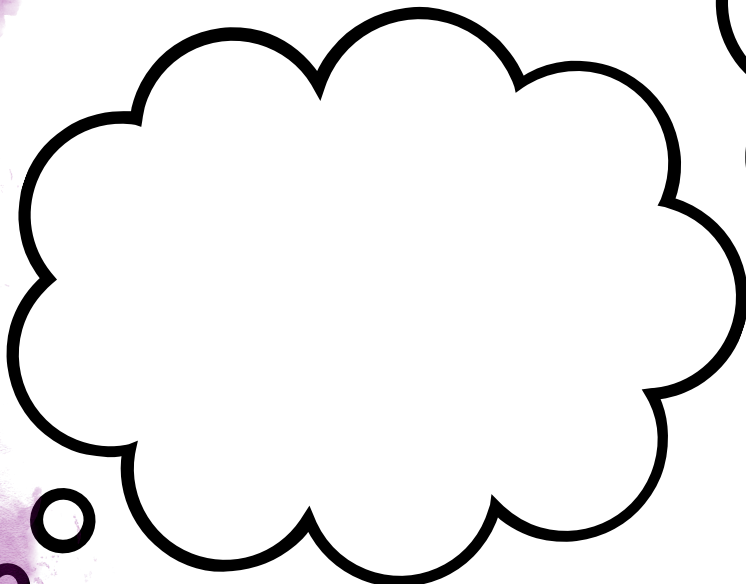
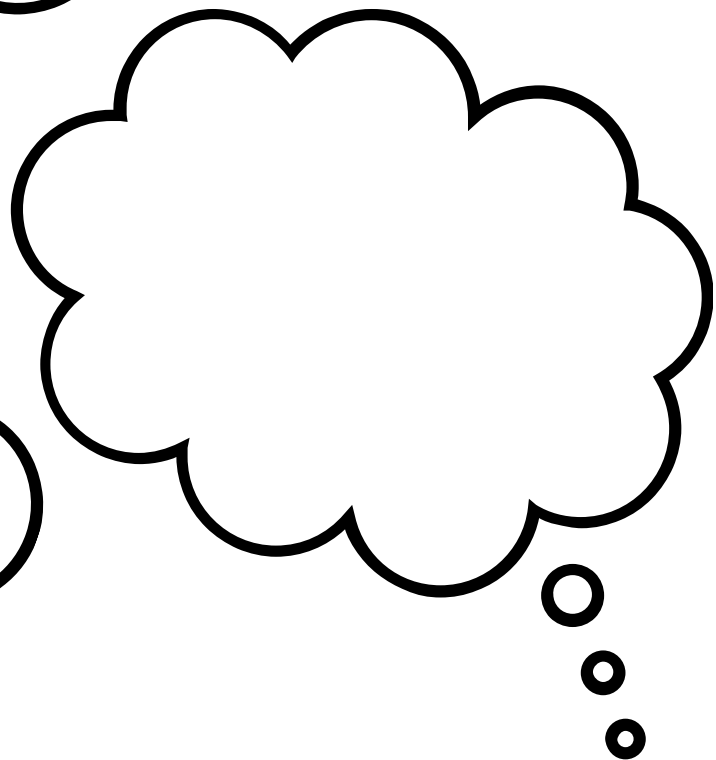
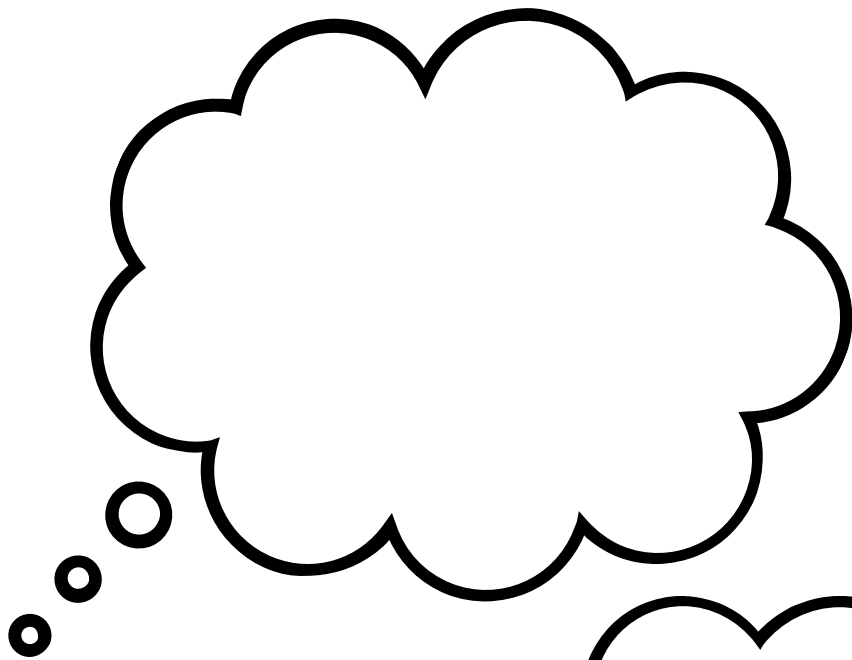
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# Week 3

A winner is a dreamer who  
never gives up - Nelson  
Mandela

Tell me about 3 of your  
dreams or wishes



# Week 4

Believe you can and you are half-way there - Theodore Roosevelt

I believe I can...

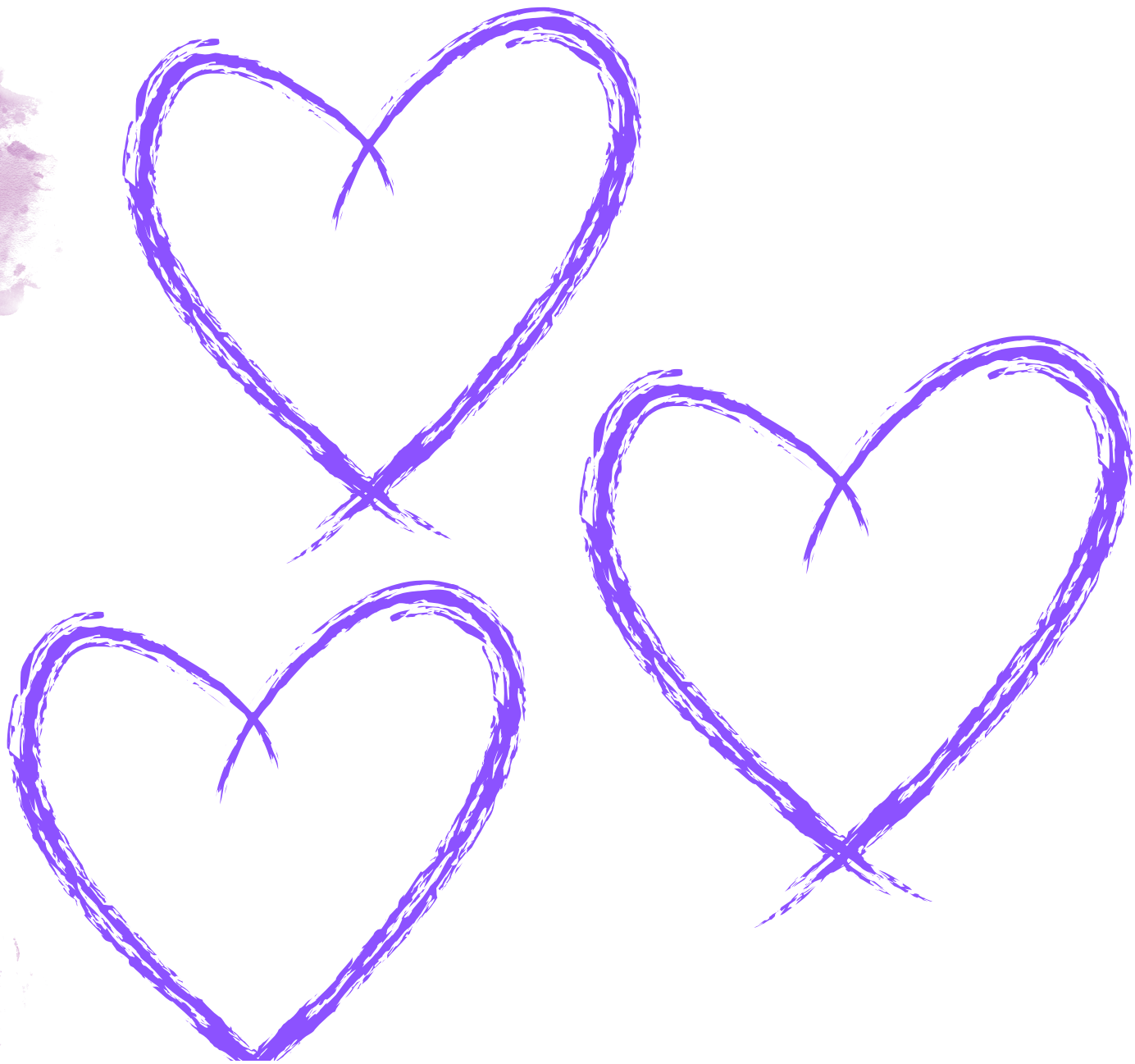
I am amazing because ...



# Week 5

Mistakes are OK. That's why pencils have erasers!

Self-care means that we should take some time to do the things we love. What do you love to do at home that makes you feel good?



# Week 6

I have chosen to be happy because it is good for my health - Voltaire

Three things that have made me smile this week:



This week I have...

helped an  
adult

smiled a lot

spent time  
outside

been brave



# Week 7

All our dreams can come true, if we  
have the courage to pursue them -  
Walt Disney



What are you grateful for today? Draw  
or write down three things you are  
grateful to have in your life.

# Week 8

Happiness is not something ready made. it comes from your own actions - Dalai Lama

Can you think of 3 ways we can show someone we are grateful for them without buying a gift?

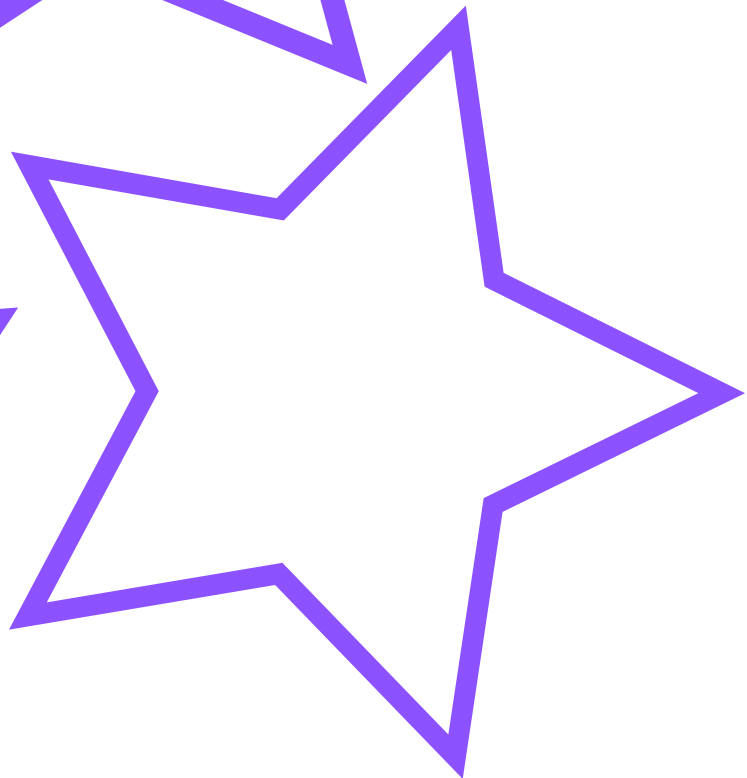
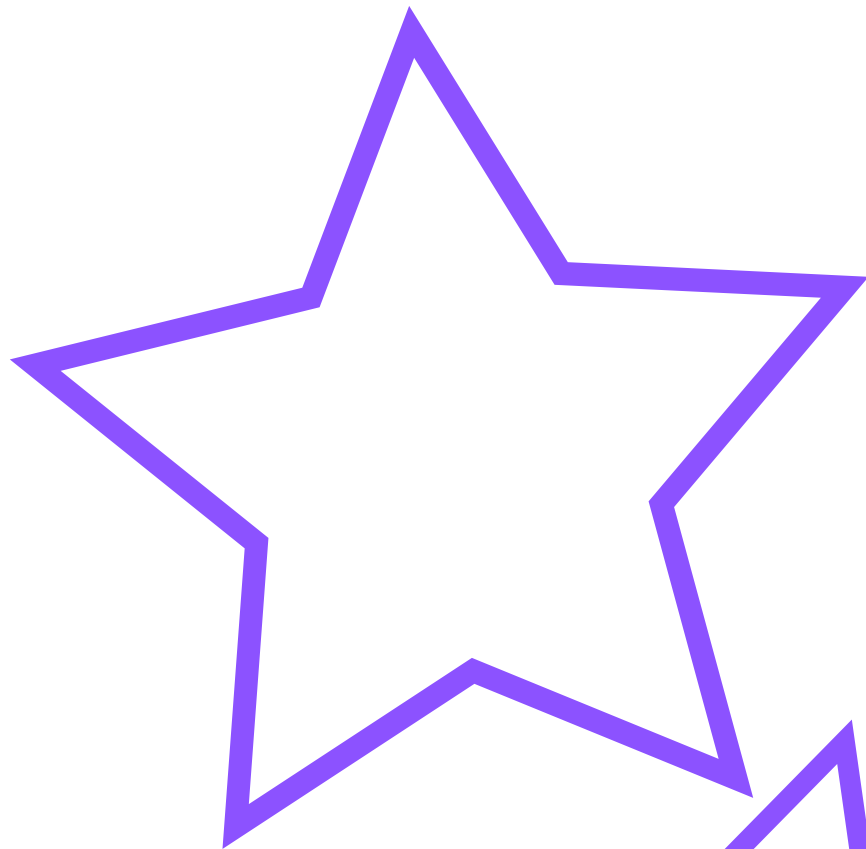




# Week 9

I have no special talents, I am only passionately curious - Albert Einstein

What are your special talents?



Week 10  
Things make me  
really happy...

