

# THURSDAY

#BEHAPPY



**B**eing happy is not just about feeling good. Happiness is also about emotional health and wellbeing and being able to make the most of the good times and cope with the bad ones, to experience the best possible life. Happiness really is a skill that we can all learn that will last for a lifetime.

## THREE JOYFUL THURSDAY IDEAS TO #BEHAPPY

1.

### Happy Dance

Find a happy or silly song and dance or move for 1 minute in whatever way feels right to you. Ask a friend or family member to join in to spread some cheer!

2.

### Happiness Map

Draw a big squiggly shape on a piece of paper, making sure it has lots of lines that cross over. Fill all the sections with things that make you happy.

3.

### Gratitude

In a notebook, or on a piece of paper, write down 3 things every day for a week that made you smile or laugh. Try to notice the big and little things that bring you joy.

