

THURSDAY 10 SEPTEMBER 2026

#BEHAPPY



Being happy is not just about feeling good. Happiness is also about emotional health, social health, physical health and wellbeing. It's about 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.



1.

HAPPY HATS PARADE

Make a "Happy Hat" using paper, recycled materials, or whatever you have at home. Decorate it with things that make you smile — sunshine, animals, family, or glitter! Then wear it proudly and do a little parade around your home or garden. This activity supports the UNCRC Article 12 - the right to be listened to. It encourages emotional wellbeing through creativity and joyful movement.

2.

KINDNESS CHAIN REACTION

Write or draw something kind for someone — a compliment, a thank-you, or a funny doodle. Pass it on and ask them to do the same for someone else. Watch the kindness ripple through your class, family, or community. It supports our My Health, My Rights Charter – a right to have my beliefs respected, protected and understood. It promotes happiness through connection, empathy and positive relationships.

3.

MY HAPPY PLAYLIST WALK

Create a playlist of songs that lift your mood. Go for a walk while listening or share your playlist with a friend and swap theirs. Reflect on how music and movement can help you feel better. It supports the EACH Charter Article 4 - the right to be informed in a manner appropriate to age and understanding. It encourages self-awareness, emotional regulation and peer sharing.

