



JOURNAL YOURSELF HAPPY

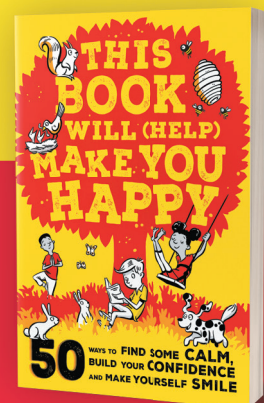


Journalling, making notes or keeping a diary can be a powerful way to express yourself. Writing out what you are thinking and feeling can stop your thoughts and feelings from bouncing around in your head. It can help you make sense of them and give you a clearer picture of the way things really are. When you read back what you've written, it can help you to see what you actually need to think about, and what you can let go of, such as things that aren't real or haven't actually happened yet. It can also help you to focus on what you need to do to feel better.

You can also use positive questions, such as 'What went well today?' Now, these are the entries we DO want to keep! Reading them later brings back the happy feelings! You can write about good things that have happened or things that you're looking forward to. Jot down your answers – they are there to be enjoyed again and again.

CHALLENGE 1: Write down how your day was and how you are feeling every day for a week!

CHALLENGE TAKEN FROM
**THIS BOOK WILL (HELP)
MAKE YOU HAPPY**





MAKE GRATITUDE YOUR ATTITUDE

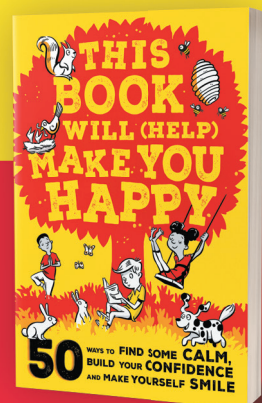
**When you get really good at spotting opportunities to be
THANKFUL, it changes how you see your day!**

Jot down things that make you thankful on small pieces of paper and pop them in your jar. Maybe it's the shady tree in your garden, the robin that comes to visit, a mug of hot chocolate, cuddles with your cat or a video call with Grandma. Whenever you need a lift, open up your jar and pull out one of your notes. You will always find something inside it to make you happy!

**CHALLENGE 2: Create a gratitude jar and
add notes to it for a week!**



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BE SOMEONE'S HERO



**Helping other people is a sure-fire way to feel connected,
and it will get you feeling positive about yourself.
It feels good to be kind!**

Have a think about the people around you – who could do with a **HELPING HAND**? Could you help make dinner or take the dog for a walk? Is there a friend who needs a bit of cheering up? Notice how much your brother or sister loves it when you involve them in your games.

Offer a smile, pay a heart-felt compliment, say thanks for someone else's hard work, hold a door open or take care of the environment by picking up litter.

CHALLENGE 3: Find five ways to be someone's hero this week.



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