

KEYS TO HAPPIER LIVING

JOURNAL
FOR CHILDREN



THIS JOURNAL BELONGS TO

KEYS TO HAPPIER LIVING

Fill in the name of the 'key' when you finish each section

G

R

E

A

T

D

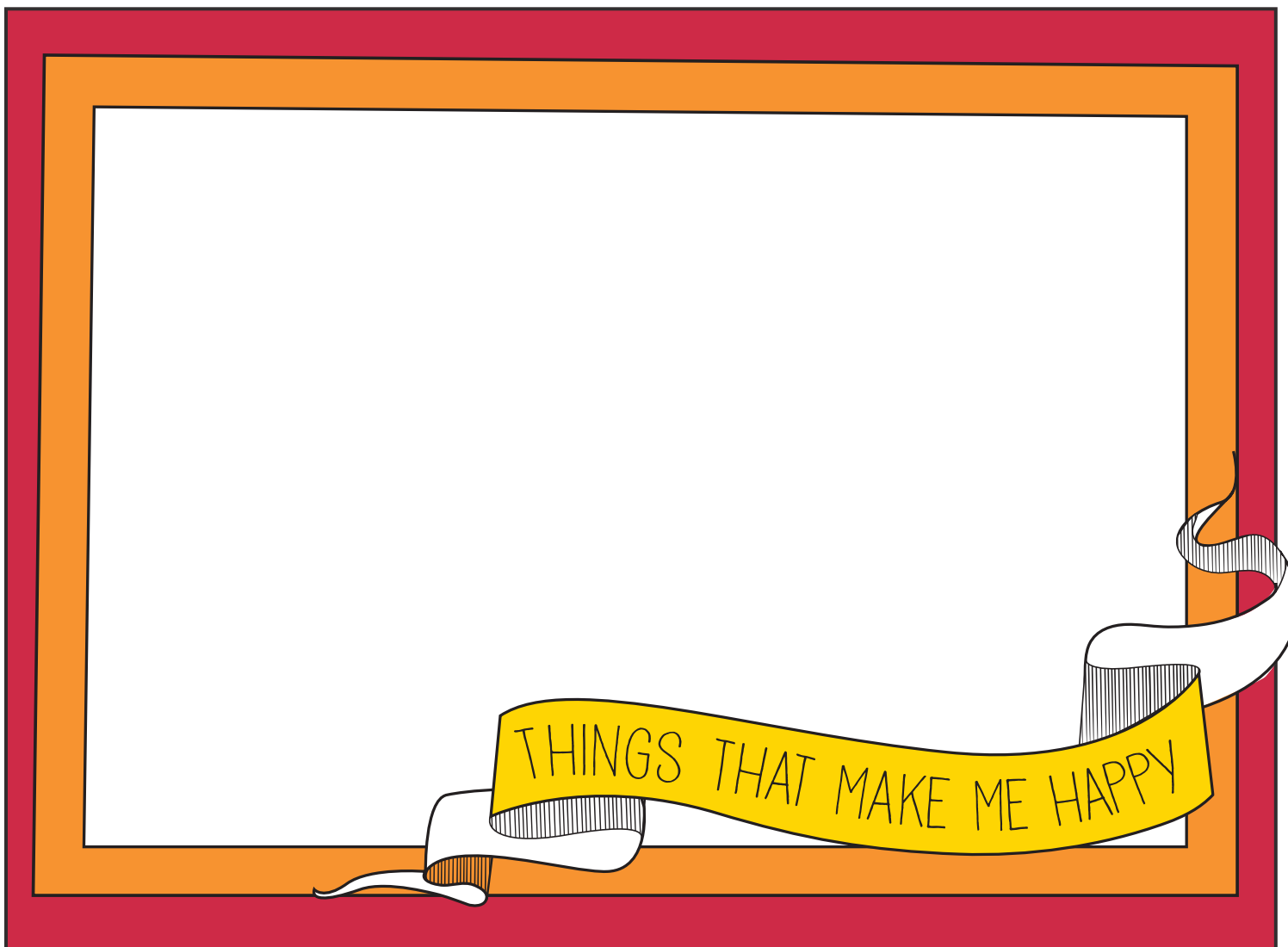
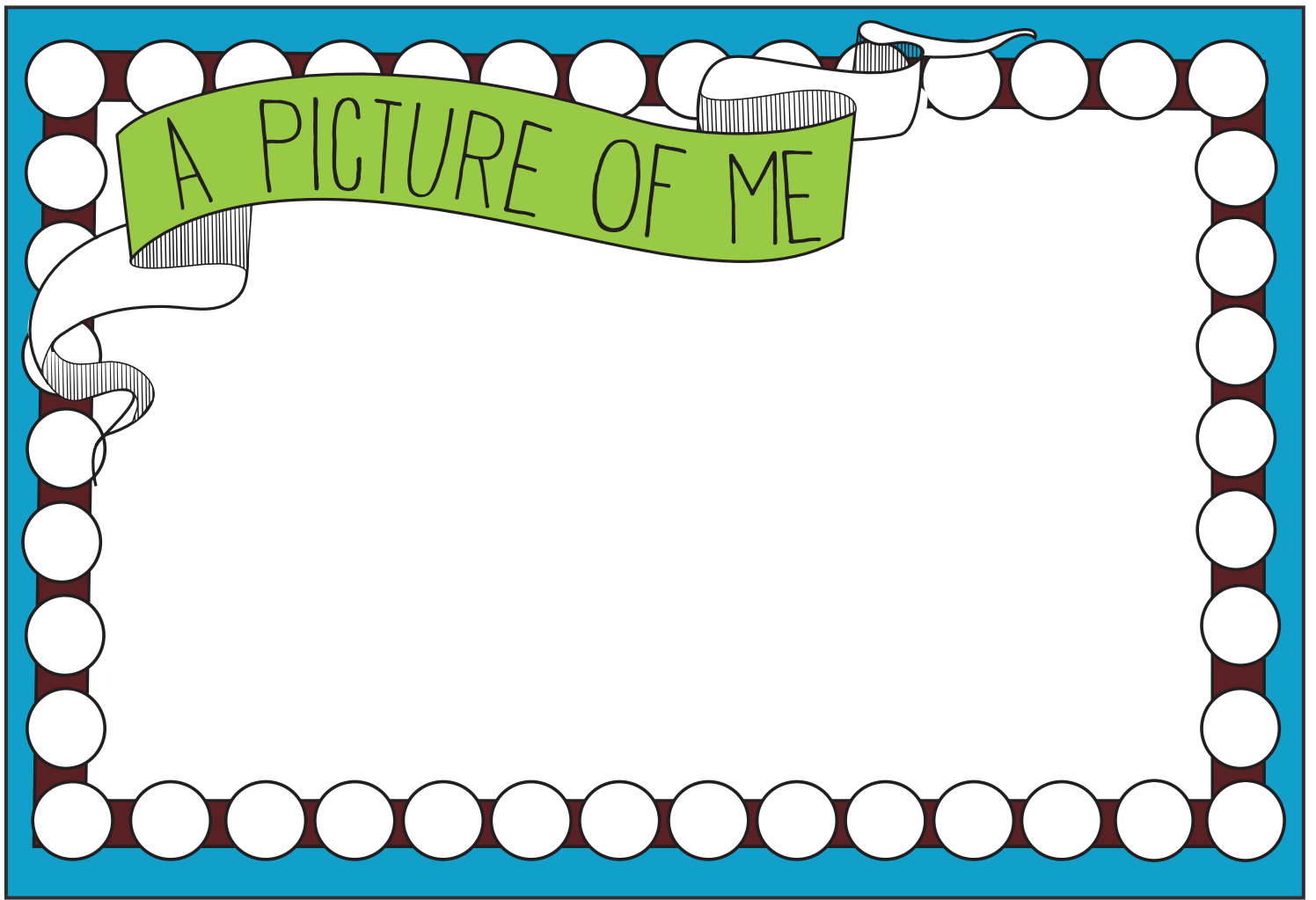
R

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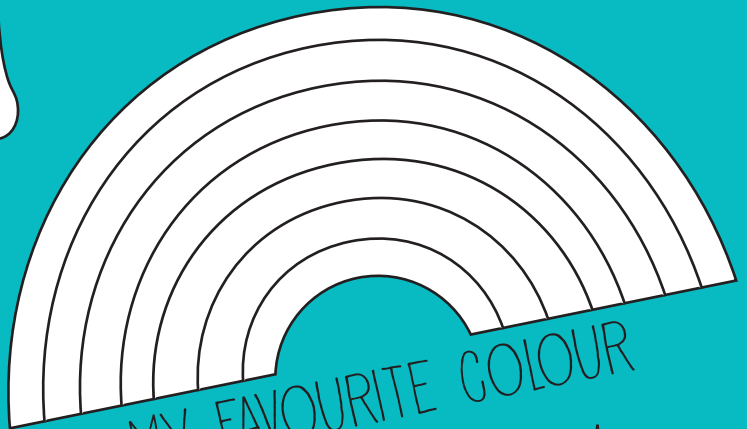
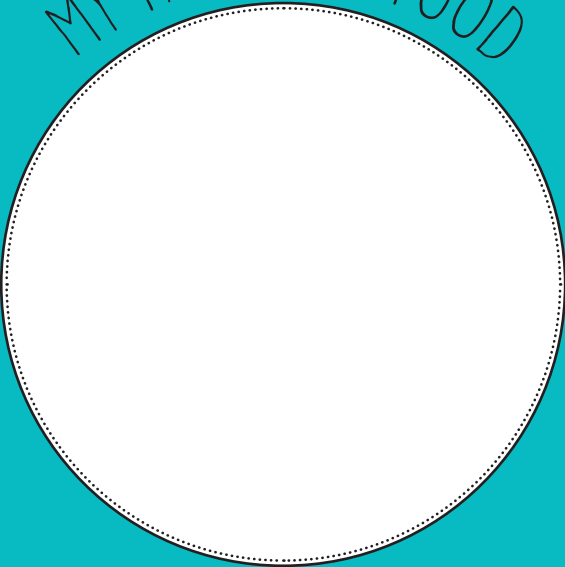
ALL ABOUT ME

I LIKE

MY TALENTS

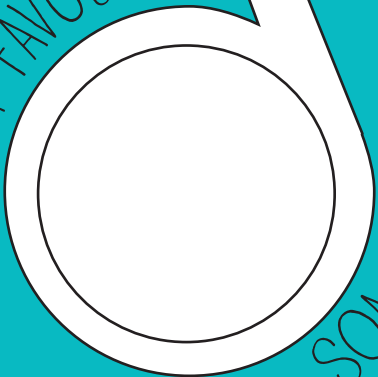
MY FAVOURITE FOOD

MY FRIENDS



MY FAVOURITE

MY FAVOURITE COLOUR



SONG

THINGS I LOOK FORWARD TO



GIVING

Do things for others

What have you done recently to make someone happy?

Choose 3 acts of kindness:

I will choose 3 acts of kindness for others

- Tell a joke and make someone laugh
- Help someone who is struggling
- Let someone know that you care
- Offer to help your teacher
- Hold the door open for someone
- Lend a pen or pencil to a friend
- Give your friend a hug or a 'high five'
- Draw a picture and give it to someone
- Say something nice to 3 people
- Think of your own act of kindness

When you do your acts of kindness, what do you feel?



GIVING



This is what I would teach a person from the Planet Sad about GIVING as a key to happier living

These are the GIVING actions that I will take this week

	Completed ✓
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I learned that I can...

This is what I felt



KEYS TO
HAPPIER
LIVING

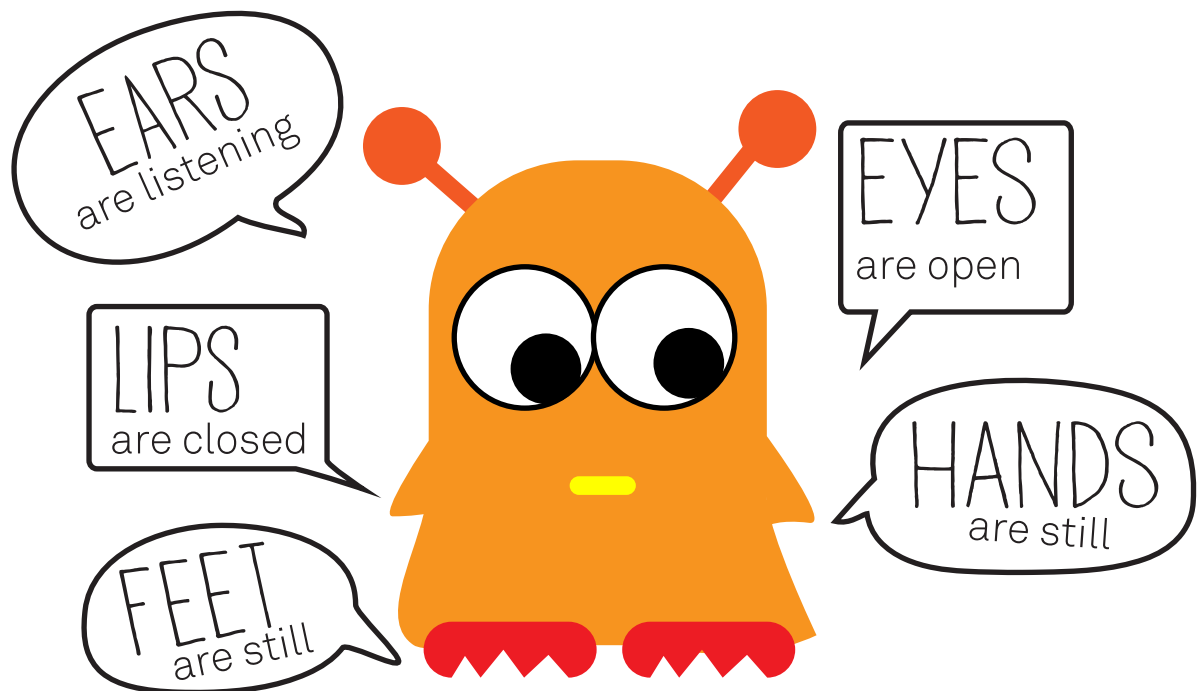
RELATING

Connect with people

**What helps you stay close to the people
who really matter?**

Listen well:

I will listen well when I am listening to my friends,
family and people at school.



Make more time:

I will make more time for the people that matter

**When you connect with people,
what do you feel?**

RELATING



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--	-----------------------

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KEYS TO HAPPIER LIVING

EXERCISING

Take care of your body

Which ways of being active and healthy do you really enjoy?

I will choose 2 activities from the list:

catch How many times can you catch a ball before dropping it?

bushtucker trial Ask a grown-up to line up fruit and veg you've not tried before. Ten points for each one you try!

keepy-uppy challenge Grab a ball, bounce it on your knees and feet. How many bounces can you do?

dance Learn a new dance and perform it to friends and family.

hula hoop See if you can get a hula hoop. How many circles can you do?

rainbow pasta salad Stir up your most colourful favourite veggies with yummy cooked pasta!

musical statues When the music stops everyone has to freeze like statues. Move a muscle and you are out!

juggling skills Learning to juggle is lots of fun!

an activity of my own choice Choose your own activity.

When you have done some exercise or eaten healthy food, what do you feel?



EXERCISING



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KEYS TO HAPPIER LIVING

AWARENESS

Live life mindfully

**What do you notice about where you are
and how you feel right now?**

**Everyday this week choose one good thing
that has happened to you**

e.g. I really enjoyed reading my book today

**Choose 2 things from the list below that
promote your awareness**

Stop and notice

At least once a day, stop and take 5 minutes to just breathe and notice what is around you.

Walk and notice

The next time you walk anywhere walk slowly and notice what is around you.

Eat and notice

Eat a meal in silence – notice what you can see, the smell, the sounds and the taste.

Giving thanks

Choose someone who has helped you and say thanks.

**When you take time to notice things
and say thanks, what do you feel?**



AWARENESS



This is what I would teach a person from the Planet Sad about AWARENESS as a key to happier living

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These are the AWARENESS actions that I will take this week

	Completed ✓
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I learned that I can...

A white rectangular box is located below the text 'I learned that I can...'. It is intended for the user to write their response.

This is what I felt

A white rectangular box is located below the text 'This is what I felt'. It is intended for the user to write their response.



TRYING OUT

Keep learning new things

What have you learned or tried for the first time recently?

This week make a decision to learn or try something new.

Look at the ideas below to help you choose what to try



When you have learned or tried something new, what do you feel?

TRYING OUT



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This is what I felt



DIRECTION

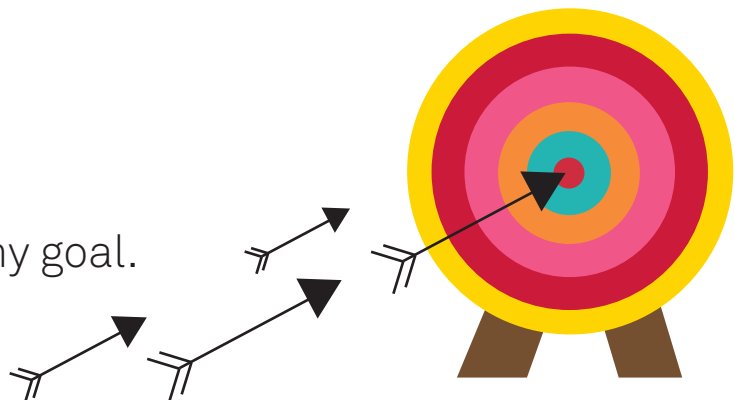
Have goals to look forward to

» —▶ **What is your most important goal over the next week?** ◀ —«

Choose a goal to work towards this week

I will:

1. Think of a goal
2. Tell someone about my goal
3. Write it down
4. Think about taking small steps to achieve my goal
5. Plan my first step
6. Work towards my goal
7. Ask for help if I need it
8. Keep going
9. Celebrate when I reach my goal.



**When you are working towards a goal,
what do you feel?**



DIRECTION



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	Completed ✓
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KEYS TO HAPPIER LIVING

RESILIENCE

Find ways to bounce back

What has helped you bounce back from difficult times before?

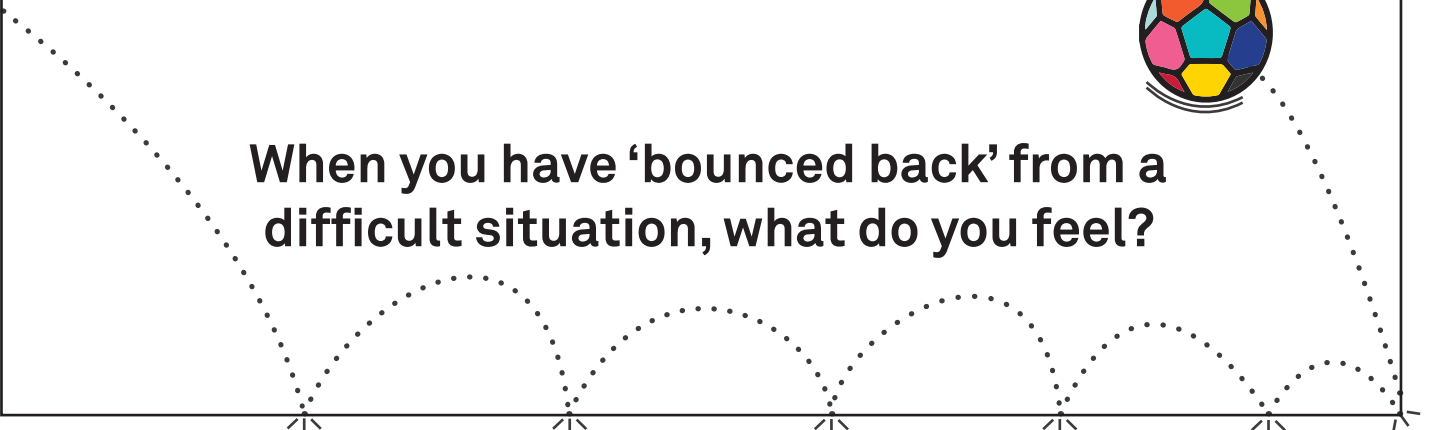
During the week think about resilience and what helps you bounce back from difficult situations

You could also:

1. Ask a safe adult to think of a time when they 'bounced back.' What was it that helped them?
2. Find out about someone who has overcome a difficulty and as a result they feel stronger.
3. When something is worrying you, do something you really enjoy and notice how this changes what you feel.



When you have 'bounced back' from a difficult situation, what do you feel?



RESILIENCE



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This is what I felt



EMOTIONS

Look for what's good

What good things have happened to you recently?

This week I am going to 'look on the bright side' and take a positive approach

I will choose at least one of these:

1. Choose to do something I know will make me feel good.
2. Try to smile and say something positive every time I walk into a room.
3. Find something every day that I have done well.

When you smile and/or 'look on the bright side' - what do you feel?



EMOTIONS



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These are the EMOTIONS actions that I will take this week

	<p>Completed ✓</p>
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This is what I felt



ACCEPTANCE

Be comfortable with who you are

**What are your greatest strengths
or hidden talents?**

This week I am going to:

notice the things that I do well and make a list of all of them (my strengths). I can ask a friend or a safe adult to help me.



I am also going to be as kind to myself as I am to others.

**When you notice the things that you
do well, what do you feel?**

ACCEPTANCE



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These are the ACCEPTANCE actions that I will take this week

	Completed ✓
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I learned that I can...

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This is what I felt

A white rectangular box with a black border, intended for writing a response to the prompt "This is what I felt".

KEYS TO HAPPIER LIVING

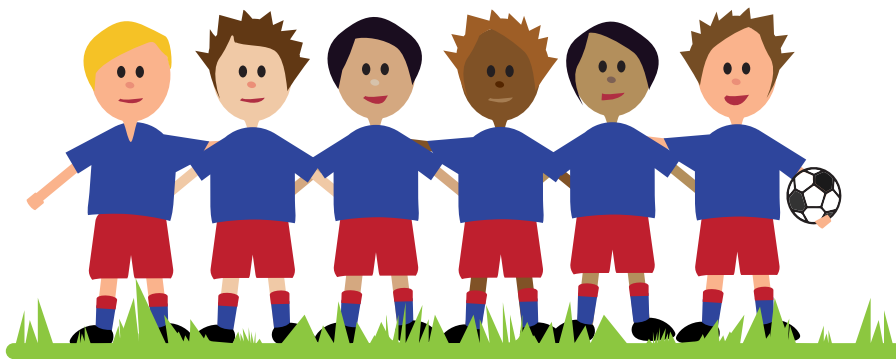
MEANING

Be part of something bigger

**What things in your life give you a
real sense of purpose?**

I am going to notice what I feel when I do an activity
with a group of people.

Does this give me a sense of purpose?



You could ask a safe adult what gives
them a sense of purpose in life.

There will be many different answers to this question.

Record what you will do in your journal

**When you think about your purpose,
what do you notice and what do you feel?**

MEANING



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These are the MEANING actions that I will take this week

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This is what I felt

MY PLAN OF ACTION

3 THINGS I WILL DO TO MAKE OUR WORLD A BETTER PLACE



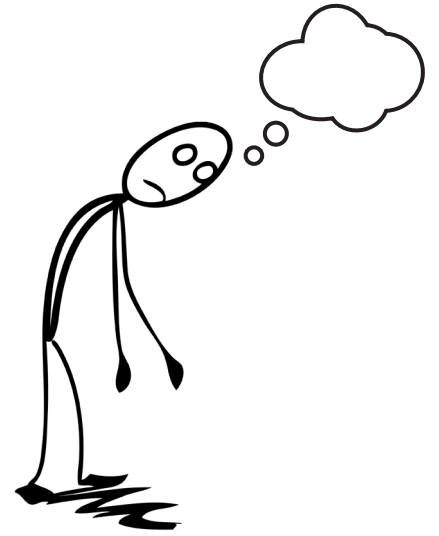
3 THINGS I WILL DO TO FEEL HAPPIER



IF YOU NEED SOMEONE TO TALK TO...

SAFE ADULT (YOUR CHOICE)

- Parent
- Carer
- Teacher
- Family Member



ORGANISATIONS YOU CAN CONTACT

Police

Emergency – ring 999

Not an emergency – ring 101

Childline

www.childline.org.uk

Ring 0800 1111

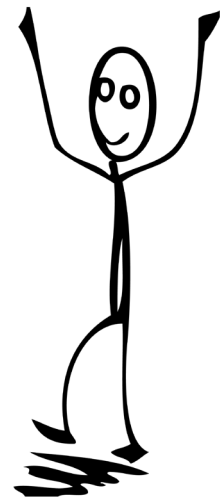
Supportline

Ring 01708 765200

BullyingUK

www.bullying.co.uk

Ring 0808 800 2222





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