

Miming Cards

jumping

smiling

laughing

dancing

singing

relaxing

reading

talking to a
friend

giving a hug

cheering a
friend up

giving a a gift

exercising

playing with
friends

helping each
other

painting

going for a
walk

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smelling a
flower

gardening

phoning a
friend

walking the
dog

sharing

visiting my
grandma

writing a letter
to a friend

riding my bike

Flipping the Feeling

1. Mention a bad thing that has happened to you. It could be a fight with a friend, a bad day at school, or something that you wanted but didn't get.

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2. What feeling or feelings did you have ?

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3. How could you deal with the bad feeling next time?

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4. How could you make yourself feel happier?

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Fact or Fiction Strips

Exercise makes you feel happier.
The way you look at life affects your happiness.
Having more money makes you happier.
Being kind to others will not make you happy.
We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place.
Happiness relies on what you behave and think and on the things you can control.
Using my strengths and talents will not make me feel happy.
Happy people are healthier people.
Comparing myself with others will make me feel better about myself.
We can create feelings of happiness ourselves.

Fact or Fiction Handout

Read these sentences about happiness and then tick if you think the sentence is true or false.

	True	False	Don't Know
1. Exercise makes you feel happier.			
2. The way you look at life affects your happiness.			
3. Having more money does not make you happier.			
4. Being kind to others will not make you happy.			
5. We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place.			
6. Happiness relies on what you behave and think and on the things you can control.			
7. Using my strengths and talents will not make me feel happy.			
8. Happy people are healthier people.			
9. Comparing myself with others will make me feel better about myself.			
10. We can create feelings of happiness ourselves.			

Three Things

Think of three things that you are happy about in your life. Mention them and then say what **you** did to make them happen.

What makes you really happy?

What did/do you do to make it happen?

1.

A purple rounded rectangle box with a double-line border, intended for writing the first thing that makes you happy.A blue rounded rectangle box with a single-line border, intended for writing what you did to make the first thing happen.

2.

A purple rounded rectangle box with a double-line border, intended for writing the second thing that makes you happy.A blue rounded rectangle box with a single-line border, intended for writing what you did to make the second thing happen.

3.

A purple rounded rectangle box with a double-line border, intended for writing the third thing that makes you happy.A blue rounded rectangle box with a single-line border, intended for writing what you did to make the third thing happen.

My Choice

We all go through bad times and this is normal and OK. Managing our feelings, our thinking and what we do during and after the bad time can make a difference in our happiness. Look at how Sandra dealt with the bad time and the bad feelings she had, and how she flipped the bad feelings into good feelings. Then choose a bad time you have gone through or are going through and see how you can deal with it.

Sandra

What is the bad time or situation?

My bad time happened when I had a really important football match and couldn't play because I had hurt my knee. I had to stop playing for a while.

What did/do you feel?

I felt really sad that I had to stop playing for some time. I also felt bored and lonely when I wasn't at football practice.

Good thinking

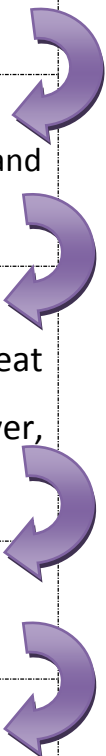
"Sometimes people who take part in sports get injuries. Even great footballers sometimes hurt themselves so it's not my fault. After I recover, I can play football again."

How can you deal with the bad feelings?

I talk to a close friend or a trusted adult.





How can you flip the bad feelings into good feelings?

Instead of staying at home, I could go to the football match to support my friends. During the time I usually go to football practice I can do other things that I like doing.



Now try it out for yourself:

Me

What is the bad time or situation?	
What did/do you feel?	
Good thinking	
How can you deal with the bad feelings?	
How can you flip the bad feelings into good feelings?	

Fact or Fiction Handout- Teacher's Copy

Read these sentences about happiness and then tick if you think the sentence is true or false.

	True	False	Don't Know
1. Exercise makes you feel happier.	✓		
2. The way you look at life affects your happiness.	✓		
3. Having more money makes you happier.		✓	
4. Being kind to others will not make you happy.		✓	
5. We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place.		✓	
6. Happiness relies on what you behave and think and on the things you can control.	✓		
7. Using my strengths and talents will not make me feel happy.		✓	
8. Happy people are healthier people.	✓		
9. Comparing myself with others will make me feel better about myself.		✓	
10. We can create feelings of happiness ourselves.	✓		

Discussion Points- Teacher's Copy

Discussion Points

1. Exercise makes you feel happier- True

Exercise releases endorphins which make us feel happy. Exercise also gives us more energy to do things. In general, living a healthy life will make us feel happier and is good for us. *What do you think? How does exercise make you feel?*

2. The way you look at life affects your happiness- True

Happy people generally look at the bright side of life and think good things will happen to them. People who look at the bad side of life and expect bad things to happen do not feel as happy. *What about you? Do you look at the positives or at the negatives?*

3. Having more money makes you happier- False

People who have the basic needs in life, like a safe place to live and proper food are happier. But having a lot of money, having an expensive car or a really big house do not really make people much happier. Being thankful for what you have and appreciating the good things in your life will make you happier than having a lot of money. *Let's practice. What are you most thankful for in your life? Try not to choose material things.*

4. Being kind to others will not make you happy- False

Helping others and making them happy will make *us* happy. *Have you ever done something kind or helpful to another person or animal that made you feel good about yourself?*

5. We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place- False

If we think that we will be happy when something in the future happens, like when we'll get a really nice toy, we lose sight of what makes us happy at the moment. We need to learn to be happy now. *Let's practice. What are you the happiest about today?*

6. Happiness relies on what you behave and think and on the things you can control- True

When we tie our happiness with things we can control, like managing our feelings, doing things that we love, and thinking about the good things in life the chance is we will feel happier. *What do you think? Can you think of things you can control that will make you feel happy?*

7. Using my strengths and talents will not make me feel happy- False

People who use their strengths and talents are happier. *What are your strengths? What are your talents? How can you use them in a good way?*

8. Happy people are healthier people- True

Happiness reduces stress. Happy people also live longer and healthier lives. *How does happiness make you feel?*

9. Comparing myself with others will make me feel better about myself- False

Happiness is different for everyone. To be happy, we need to look at ourselves. *Can you think of a time when you wanted something somebody else had? How did this make you feel?*

10. We can create feelings of happiness ourselves- True

We can increase our own happiness by what we think and believe, how we manage our feelings and how we act. Thinking about the good things in life, dealing with the bad feelings we have and doing more of what makes us happy are things we can control.

How can we deal with bad feelings? How can we change the bad feelings into good feelings?