



# LET'S MAKE IT HAPPIER CHALLENGE



## A Guide to the Let's Make it Happier Challenge Cards

Welcome to the Let's Make It Happier Challenge! A 5-week challenge for you to take part in to discover ways to build on your happiness and spread it throughout your classroom, school and family.

### How can I use the cards?

Happiness is a process. These cards act as a starter for trying out new and fun ways of exploring how we can make ourselves and those around us happier. Some ideas you might like, others you might find more challenging but try to give everything a go.

The cards have been designed according to the ingredients sprinkled throughout The Happiness Project and then colour coded.



Connection: Orange



Gratitude: Blue



Kindness: Yellow



Creativity: Pink



Movement: Green

Your first step is to cut out the front and back of each of the cards and stick them together. Then you can decide which order you and your class would like to complete the challenge. You might like to shuffle the cards and complete the activities at random, or complete each Happiness Ingredient one by one. It's up to you!

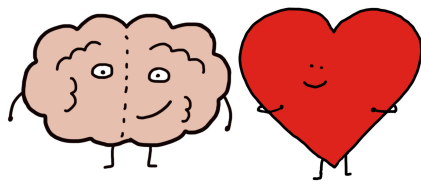
You can decide which order you and your class would like to complete the challenge. You might like to shuffle the cards and complete the activities at random, or section by section. There is no right or wrong way.



# LET'S MAKE IT HAPPIER CHALLENGE



## THE LET'S MAKE IT HAPPIER CHALLENGE



Happiness is a process. These cards are a way for trying out new and fun ways of exploring how we find happiness and share it with others. Some ideas you might like, others you might find more challenging but try to give everything a go.

The cards have been designed according to the ingredients sprinkled throughout The Happiness Project.



Connection: Orange

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Kindness: Yellow

Creativity: Pink

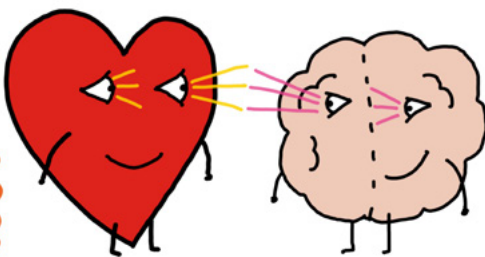
Movement: Green



Your first step is to cut out the front and back of each of the cards and stick them together. Then you can take out your cards each day and decide which challenge you would like to do!



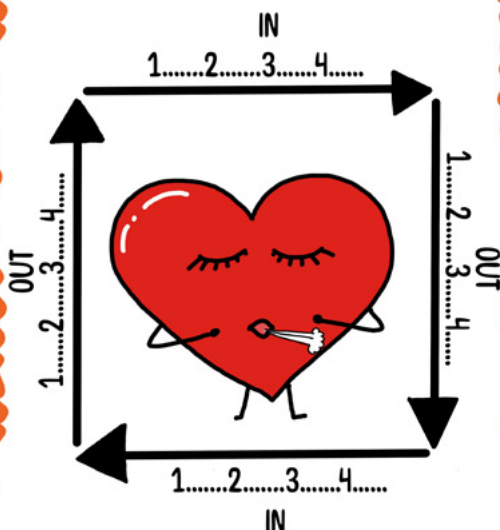
# LET'S MAKE IT HAPPIER CHALLENGE



## CONNECTION

### STARING CONTEST

Choose a partner and see how long you can stare into each other's eyes. Take a few minutes to reflect on how this feels.



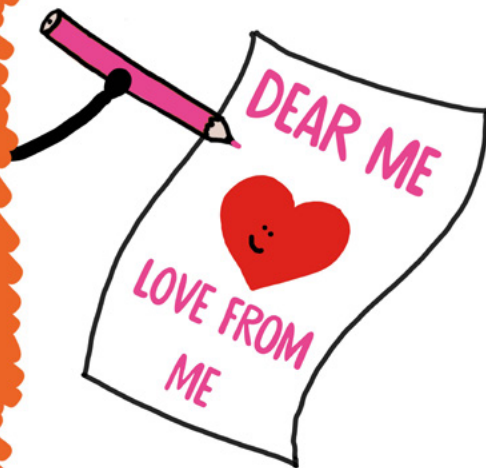
## CONNECTION

### SQUARE BREATHING

Imagine your breath is following the shape of a square: Inhale for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds, and hold your breath for 4 more seconds. Repeat this 5 times.



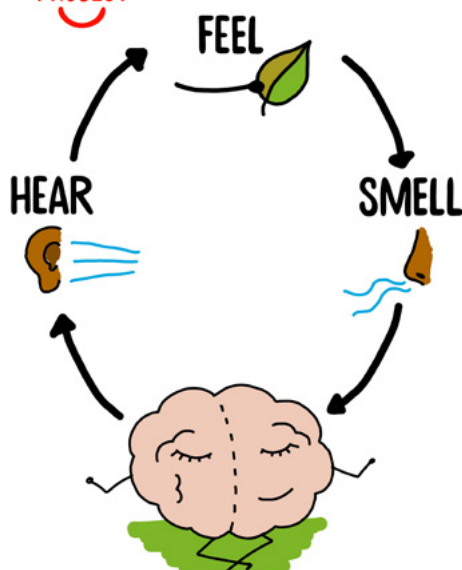
# LET'S MAKE IT HAPPIER CHALLENGE



## CONNECTION

### WRITE A LETTER TO YOURSELF

Imagine you are 30 years old.  
Can you write a letter  
to yourself?  
What advice would you give  
to yourself?



## CONNECTION

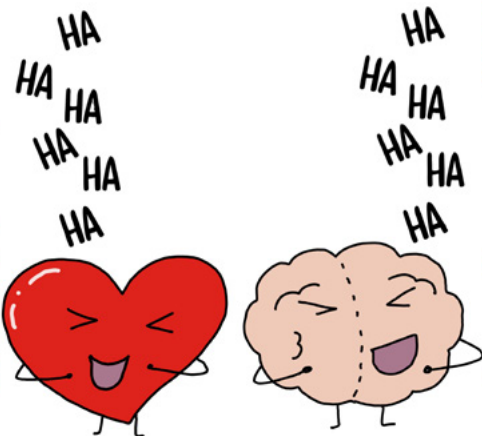
### OPENING SENSES

Go outside and find a quiet  
place and get comfortable,  
sitting or standing on the  
ground. Close your eyes, take  
a few deep breaths. Become  
aware of your environment one  
sense at a time. What can you  
hear? Smell? Touch? Start to  
notice what sensations  
come up.





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## CONNECTION

### LAUGH!

Bring joy to others. Share something which made you laugh. It sounds obvious, but it releases feel-good hormones and reduces stress hormones. Think about a time you laughed so hard your stomach hurt. How did it make you feel?



### HAPPY DANCE

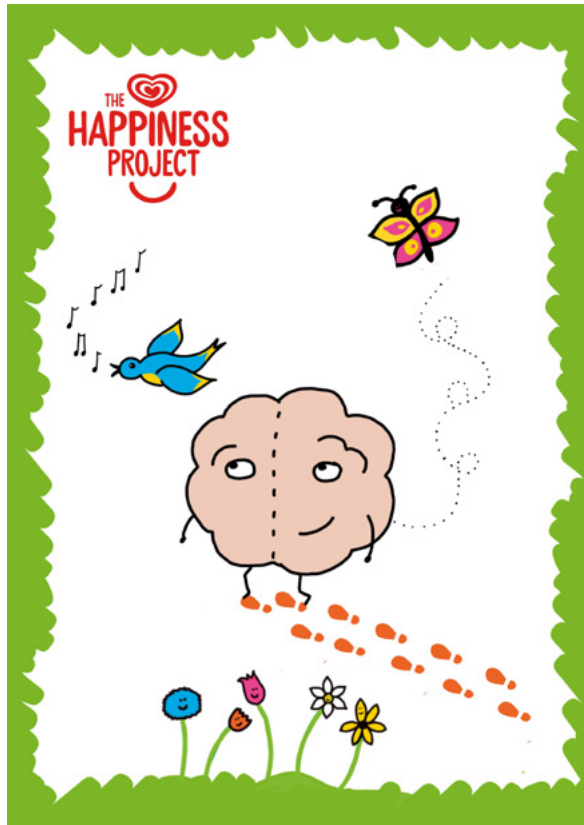
## MOVEMENT

### DANCE

For 1 whole minute play a song and dance in any way that feels right for you for the duration of the song! Afterwards, take time to reflect on how this felt.



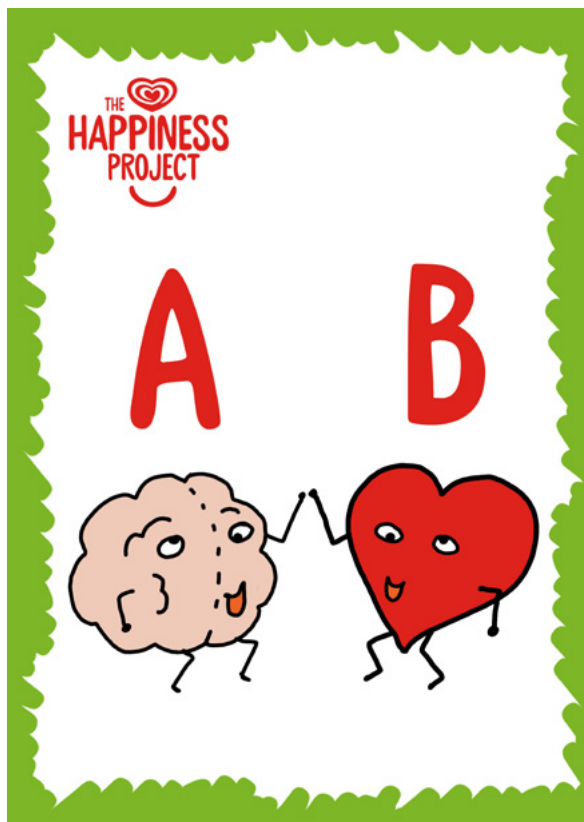
# LET'S MAKE IT HAPPIER CHALLENGE



## MOVEMENT

### NATURE WALK

Go outside for 5 minutes and see if you can notice 3 unexpected things. Remember to look up! What did you see? Did anything surprise you?



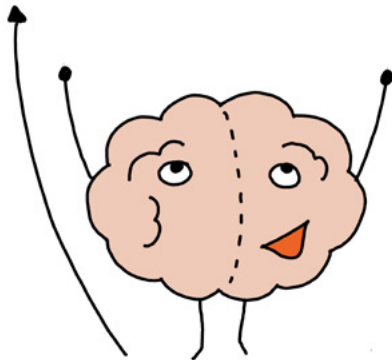
## MOVEMENT

### MIRRORING

Get into pairs and label yourselves pair A or B. Take it in turns to mirror each other's movements for 2 minutes each. What do you notice?



# LET'S MAKE IT HAPPIER CHALLENGE



S.....T.....R.....E.....T.....C.....H

## MOVEMENT

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### STRETCH

Reach up as high as you can, bend over and try to keep your legs straight, fold yourself into a tiny ball and repeat this 3 times.



## MOVEMENT

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### GO OUTSIDE

Go outside for 5 minutes. See if you can get your heartrate up. If you are able to, jump on the spot, or run as fast as you can. Can you feel your heart beating?



# LET'S MAKE IT HAPPIER CHALLENGE



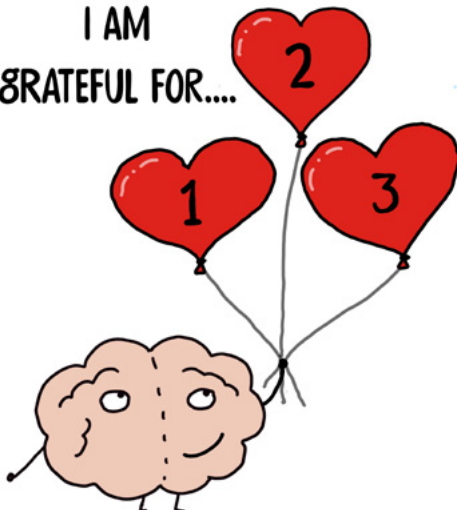
## GRATITUDE

### GRATITUDE SCAVENGER HUNT

Find something that makes you happy, something to give to someone else to make them smile and something that's your favourite colour.



I AM  
GRATEFUL FOR....



## GRATITUDE

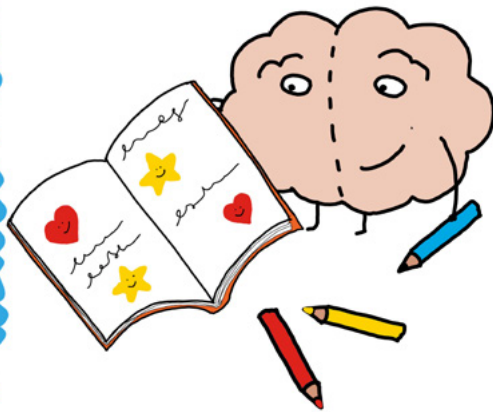
### GRATITUDE

Write 3 things you are grateful for today.





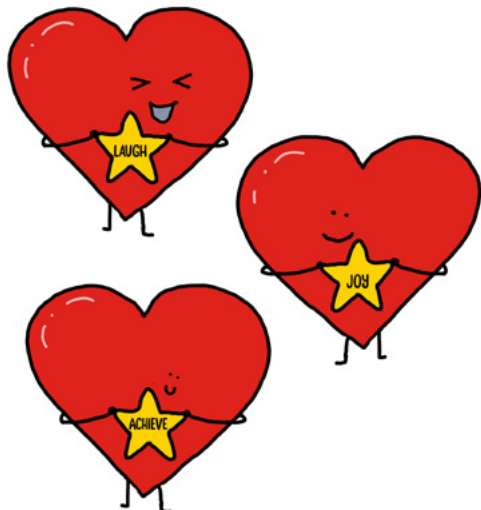
# LET'S MAKE IT HAPPIER CHALLENGE



## GRATITUDE

### JOURNALING

Reflect on what has gone well for you this week.  
What has made you feel proud or happy?



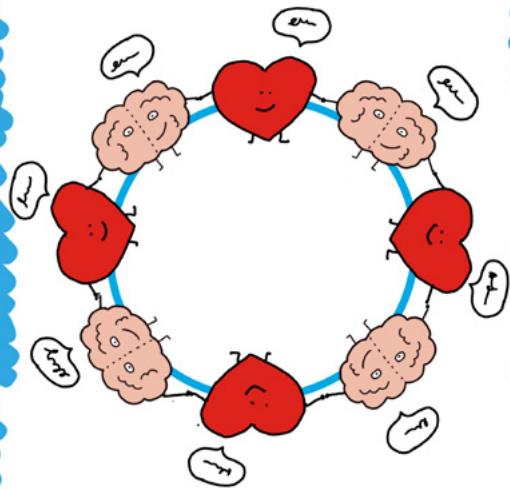
## GRATITUDE

### THREE TINY THINGS

Write a list of three things:  
one that brings you joy,  
one that makes you laugh,  
one that gives you a sense of achievement.



# LET'S MAKE IT HAPPIER CHALLENGE



## GRATITUDE

### MAKE A STORY

As a group, use your imagination to make a story. Going around in a circle, take it in turns to make up one sentence before passing the story on. Where will your story end up?



## CREATIVITY

### WRITING

Send an anonymous kind postcard to someone.



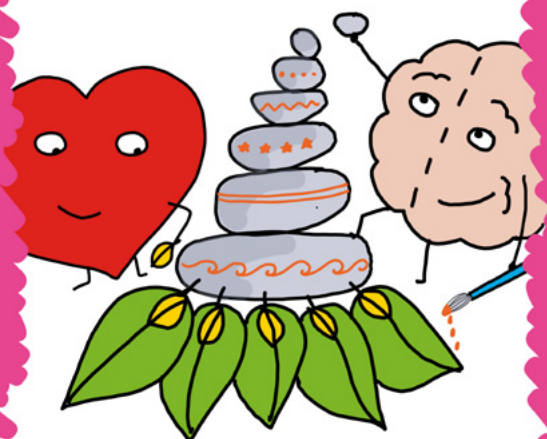
# LET'S MAKE IT HAPPIER CHALLENGE



## CREATIVITY

### GARDENING

If you can, take some seeds and go outside and do some Guerilla gardening! This means planting the seeds in any soil you can find. If you don't have any seeds, pick up some soil in your hands and look closely at it. What can you see? How does it feel to have dirty hands?



## CREATIVITY

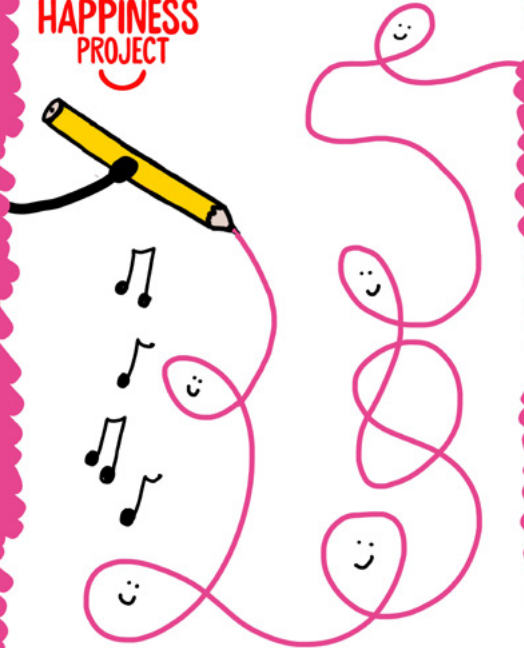
### NATURE ART

Create an impermanent artwork made from found elements of nature. Create a mini exhibition of your artwork for others to enjoy afterwards.





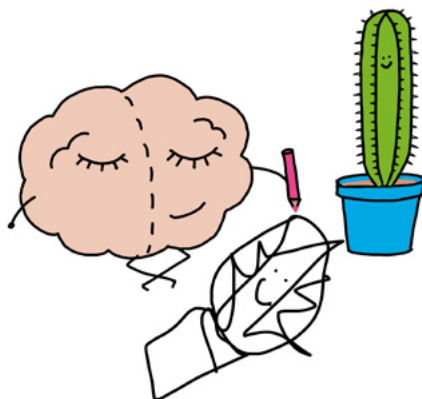
# LET'S MAKE IT HAPPIER CHALLENGE



## CREATIVITY

### LISTEN

Listen to music whilst making a continuous drawing. Keep the pen to the paper and don't lift it off until the song has finished. Can you see any creatures in your picture?



## CREATIVITY

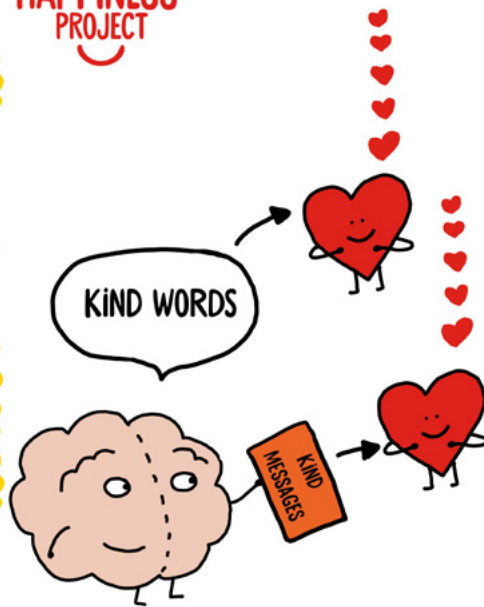
### DRAWING WITHOUT LOOKING

Pick something in the room with an interesting outline e.g. a plant or a shoe. You are going to draw this without looking at the page and without lifting your pen. Look closely, and focus your attention on what you see in front of you. No peeking!





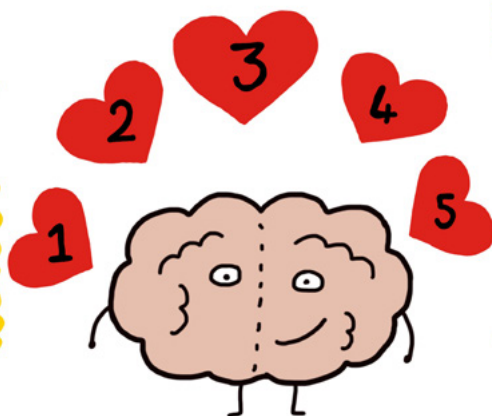
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## KINDNESS

### RANDOM ACT OF KINDNESS

Choose to do something kind for someone e.g. give someone a compliment or leave a positive message in a hidden place for someone else to find.



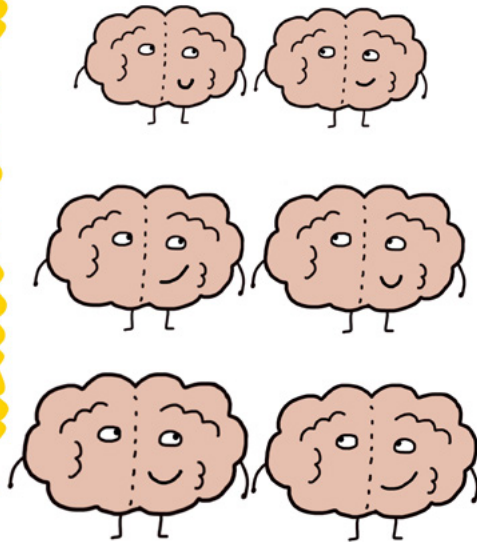
## KINDNESS

### PRACTISE SELF KINDNESS

Write a list of 5 things you enjoy most.



# LET'S MAKE IT HAPPIER CHALLENGE



## KINDNESS

### SMILE!

When you smile, it activates muscles sending waves of signals to our brains releasing endorphins, serotonin and dopamine, also known as the happy hormones. See how many different people you can smile at today.



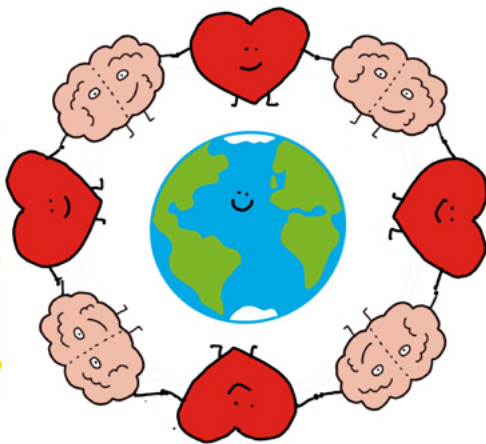
## KINDNESS

### A NATURE CLEAN-UP

Go outside into your playground/local park and collect as much rubbish as you can find in 5 minutes.



# LET'S MAKE IT HAPPIER CHALLENGE



## KINDNESS

### BE KIND TO THE PLANET

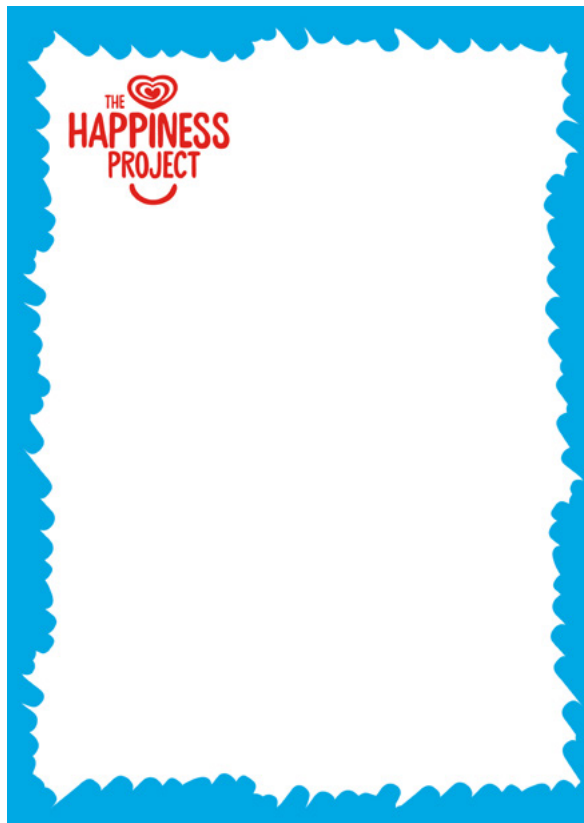
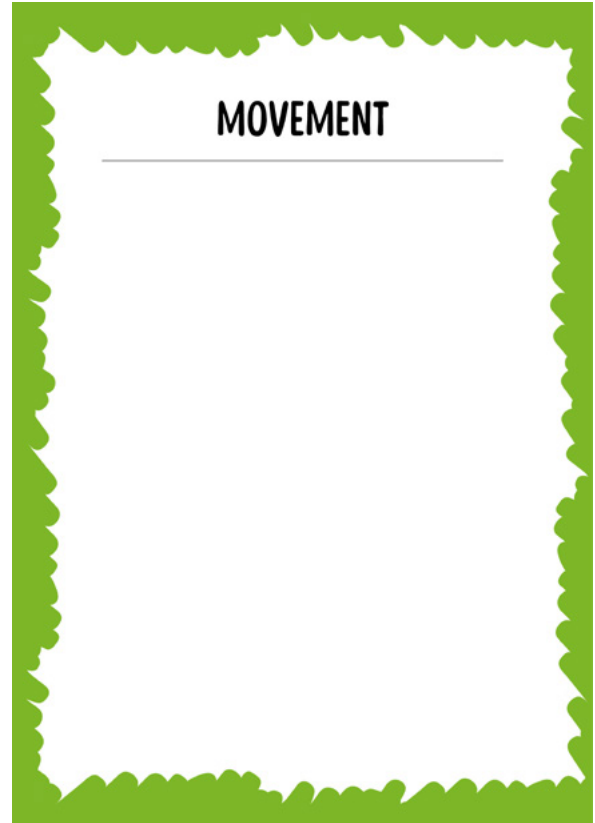
See if you can eat less meat this week. Turn off the light switches. Recycle as much as possible. Notice how being kind to the planet makes you feel.



## CONNECTION



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# LET'S MAKE IT HAPPIER CHALLENGE



CREATIVITY

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KINDNESS

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