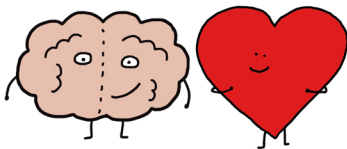




LET'S MAKE IT HAPPIER
TOGETHER CHALLENGE



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



Gratitude: Blue



Kindness: Yellow



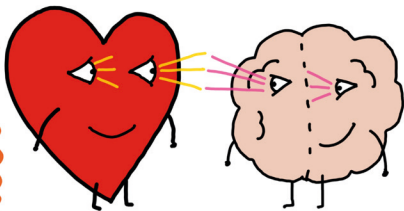
Creativity: Pink



Movement: Green

Your first step is to shuffle the cards and pick one. Then do your happiness challenge. Take a moment to reflect on how you feel afterwards. Take the card out of the pack and shuffle again and choose a new card tomorrow!

THE
HAPPINESS
PROJECT

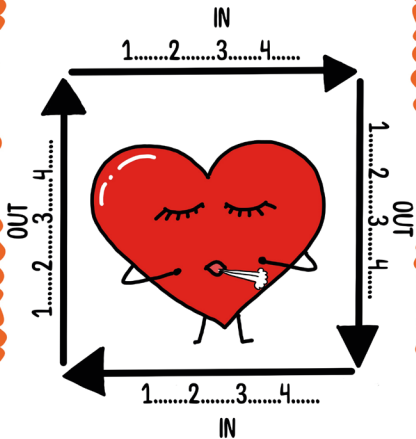


CONNECTION

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.

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HAPPINESS
PROJECT

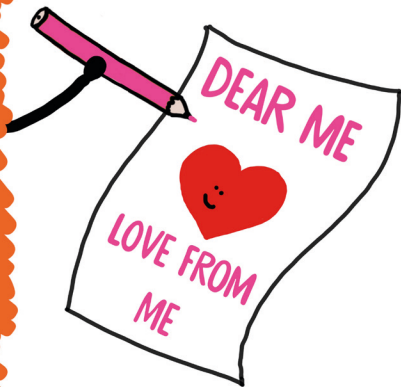


CONNECTION

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.

THE
HAPPINESS
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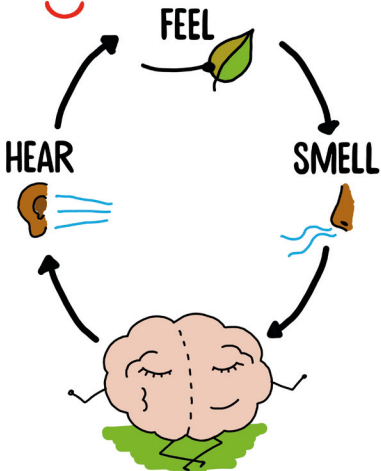


CONNECTION

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?

THE
HAPPINESS
PROJECT



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.

THE
HAPPINESS
PROJECT

HA
HA HA
HA HA
HA



HA
HA HA
HA HA
HA



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?

THE
HAPPINESS
PROJECT



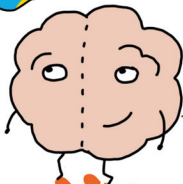
HAPPY DANCE

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.

THE
HAPPINESS
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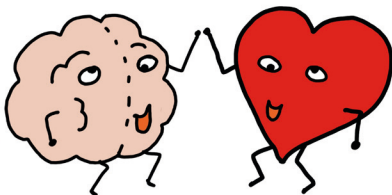
MOVEMENT

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?

THE
HAPPINESS
PROJECT

A B

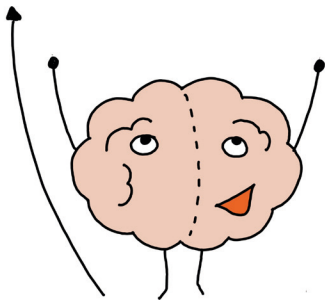


MOVEMENT

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?

THE
HAPPINESS
PROJECT



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

MOVEMENT

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.

THE
HAPPINESS
PROJECT



MOVEMENT

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?

THE
HAPPINESS
PROJECT



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....



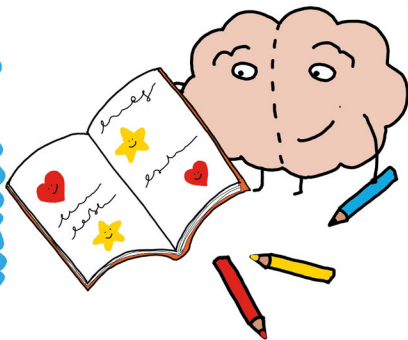


GRATITUDE

GRATITUDE

**Write 3 things you are
grateful for today.**

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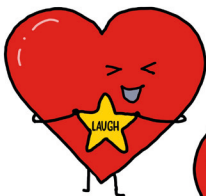


GRATITUDE

JOURNALING

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

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HAPPINESS
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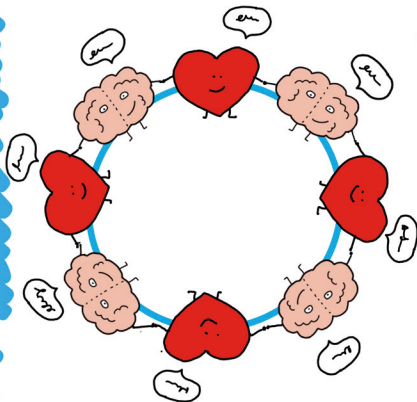


GRATITUDE

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.

THE
HAPPINESS
PROJECT



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?

THE
HAPPINESS
PROJECT

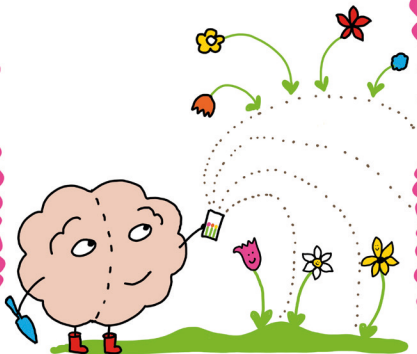


CREATIVITY

WRITING

Send an anonymous kind
postcard to someone.

THE
HAPPINESS
PROJECT



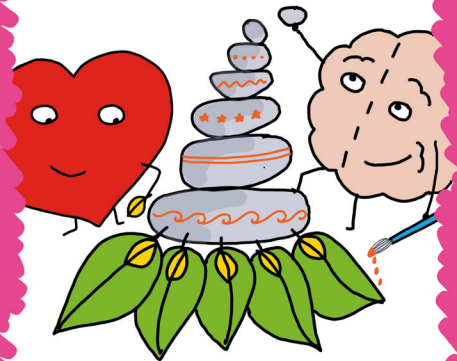
CREATIVITY

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?

THE
HAPPINESS
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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.

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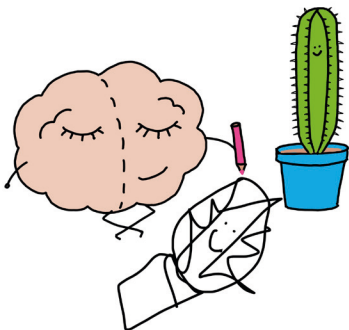


CREATIVITY

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?

THE
HAPPINESS
PROJECT



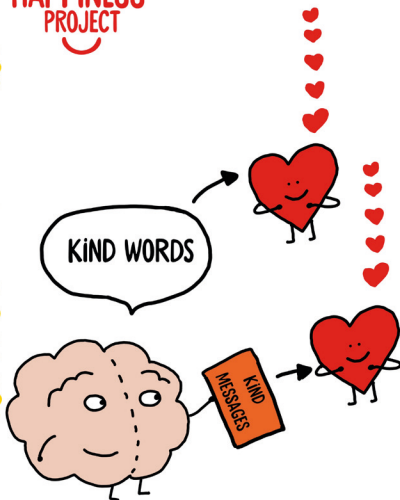
CREATIVITY

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!

THE
HAPPINESS
PROJECT

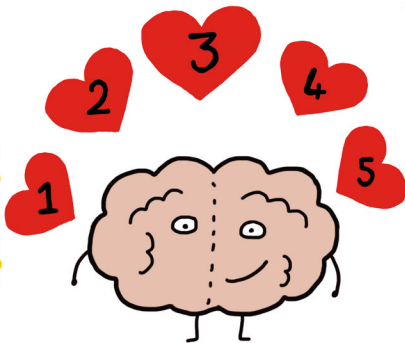


KINDNESS

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.

THE
HAPPINESS
PROJECT

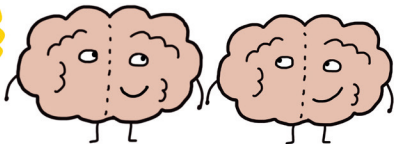
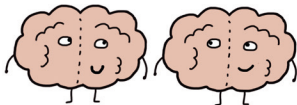


KINDNESS

PRACTISE SELF KINDNESS

Write a list of 5 things
you enjoy most.

THE
HAPPINESS
PROJECT



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.

THE
HAPPINESS
PROJECT

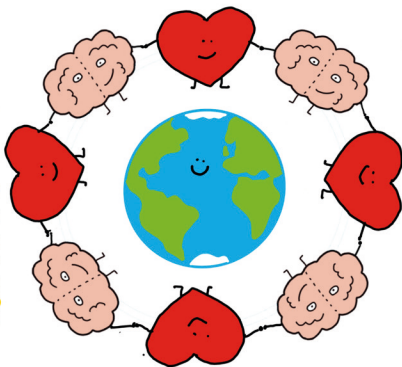


KINDNESS

A NATURE CLEAN-UP

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

THE
HAPPINESS
PROJECT



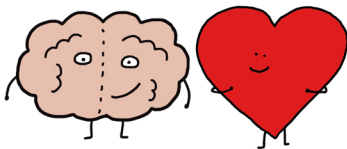
KINDNESS

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.



LET'S MAKE IT HAPPIER
TOGETHER CHALLENGE





CONGRATULATIONS

You have completed the
Let's Make It Happier Together Challenge.
Remember, you can use these cards at
any time and all of the challenges have
been designed to be repeated so you
have a toolkit of happiness challenges
with you.

Now, think of someone who could use
these challenge cards. Share the cards
with them so you can spread happiness
all around you!