

HAPPINESS HEROES

WORKBOOK

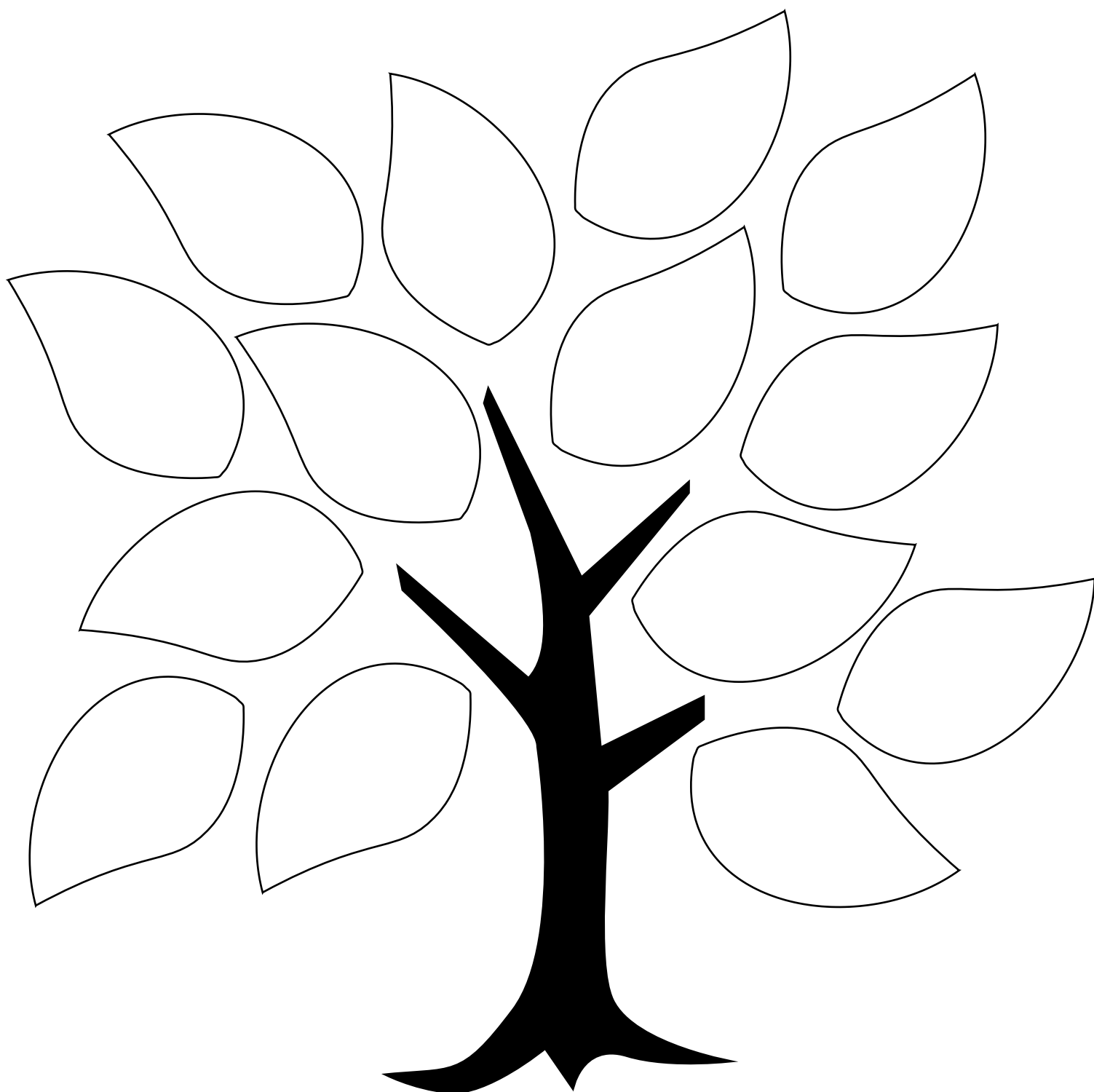


Name

Date

SESSION 1: FEELINGS TREE

Instructions: Fill your Feelings Tree with different leaves, each containing a different emotion.

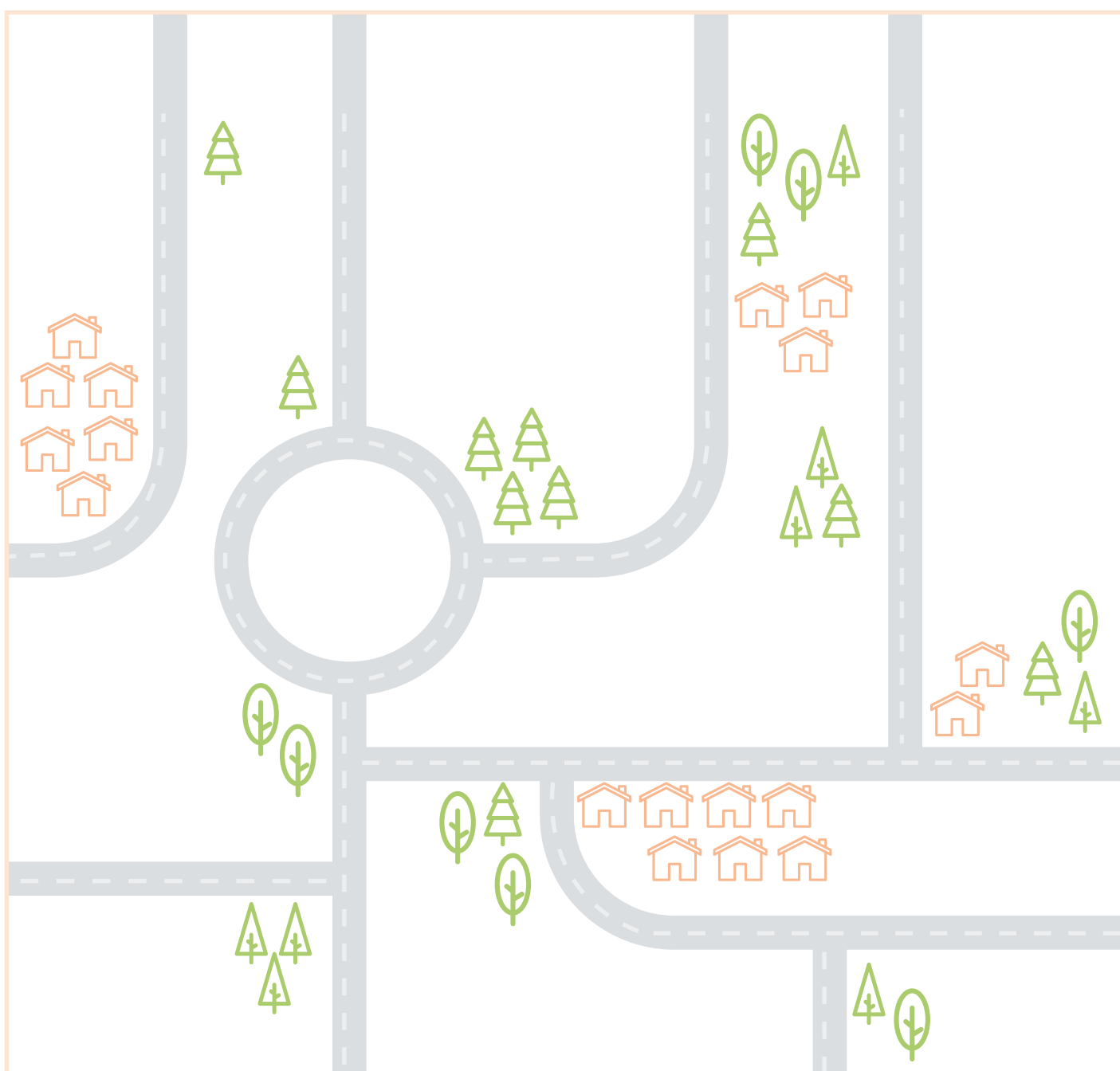


SESSION 2: HAPPINESS MAPS

Instructions: Use the prompt questions below to help you complete your Happiness Map. You can draw or write your thoughts. Whichever you prefer!

Prompt Questions:

- What is your happiest memory?
- Who makes you feel happy?
- Where do you feel happiest?
- What hobbies do you enjoy doing with friends?
- What are your favourite things to do with your family?
- What is something you love to do?



SESSION 3: HAPPINESS COMMUNITY CHARTER

Instructions: Now you're a Happiness Hero, what are your top ten tips for happiness to share with your community?

Where could you put up your Happiness Community Charter so that lots of people will see it?



COMMUNITY CHARTER

1

2

3

4

5

