O- KEYS TO HAPPIER LIVING Giving O- KEYS TO HAPPIER LIVING Doing good feels good Relating Connect with people When we're together O- KEYS TO HAPPIER LIVING it feels better Exercising be active O- KEYS TO HAPPIER LIVING Awareness There's more to life when we stop and notice O- KEYS TO HAPPIER LIVING Trying Out

we try new things

International Day of Kappiness 2019 Komework Grid (Early Level)



Direction Set a goal and take O- KEYS TO HAPPIER LIVING the first step to make it happen Resilience O- KEYS TO HAPPIER LIVING change how you think about it Emolions See the glass half full O- KEYS TO HAPPIER LIVING rather than half empty Acceptance different and this is what makes us special O- KEYS TO HAPPIER LIVING Meaning

O- KEYS TO HAPPIER LIVING

a better place

ACTION FOR HAPPINESS <

Please tick or colour each box in the grid as you complete the tasks.

You do not have to do any written work for homework this week but if you take a photograph or draw a picture please bring it in to share with your class.