

# International Day of Happiness 2019

## Homework Grid (First Level)

Find your strengths and focus on using them.	Try something new or different.	Make sure you get enough sleep.
Get outside and enjoy the natural world.	Take care of the world around you.	Think about what is most important to you.
Make time for fun with family and friends.	Unplug – take a break from technology.	Find three good things each day.

Please tick or colour each box in the grid as you complete the tasks. There is no expectation for you to complete any written work for homework this week but please feel free to bring in photographs, pictures or notes you have made to share with your class.

