O- KEYS TO HAPPIER LIVING Giving O- KEYS TO HAPPIER LIVING Doing good feels good

O- KEYS TO HAPPIER LIVING

Exercising

ReLax

be active

Relating

Connect with people

When we're together it feels better

O- KEYS TO HAPPIER LIVING

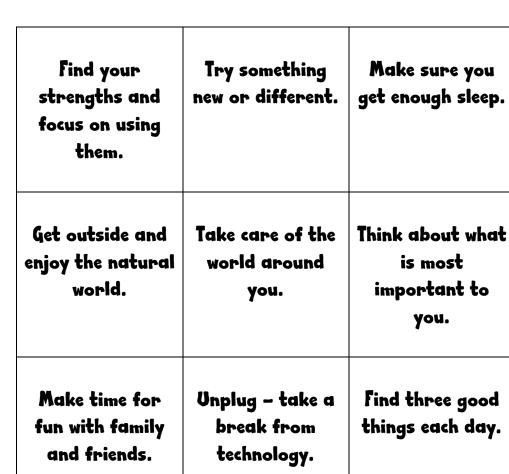
Awareness

There's more to life when

we stop and notice

International Day of Happiness 2019

Homework Grid (First Level)



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 i Emolions See the glass half full rather than half empty O- KEYS TO HAPPIER LIVING Acceptance different and this is what makes us special O- KEYS TO HAPPIER LIVING Meaning

O- KEYS TO HAPPIER LIVING

Direction

make the world a better place

Trying Out Life is more fun when we try new things

O- KEYS TO HAPPIER LIVING

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.