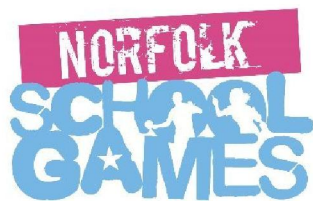




MY ACTION FOR HAPPINESS JOURNAL

Name.....

Class.....



ACTION FOR HAPPINESS

The COVID-19 pandemic continues to create a period of huge disruption and uncertainty for children, teachers and parents.

Ali Oliver, Chief Executive of the Youth Sports Trust. "After the disruption and challenges young people have faced in 2020, it could not be more important for us all to pull out every stop to support their physical, social and emotional well-being. When schools return in the new year, the recovery curriculum must urgently focus on the catch-up needed in physical, social and emotional development, as well as the broader curriculum".

For pupils and staff, life in school has become very different. Parents have been juggling the added responsibility of home learning. Everyone has been asked to make considerable changes and adjustments in order to continue providing the best possible learning environments for the benefit of the children. We should all be proud of how we have adapted and thank you to teachers and parents for the great effort you continue to put in day after day.

It is now more important than ever to consider our own health and wellbeing. So please find some time to recognise what it is, that will make you feel better about yourself. This resource is nothing new and is clearly the work of www.actionforhappiness.org

The resource provides 10 topics for discussion. Simply ask yourself the following questions and complete as many answers as you can. The link will then connect you to the 'Avengers Training Activity', designed to help you keep active. Have a go at the exercises, you can do as many as you like, just remember to keep hydrated.

If you would like to know more, please visit the **action for happiness** website or contact your local SGO.

**KEEP UP THE GOOD WORK
AND WE HOPE THIS RESOURCE WILL
HELP YOU TO FEEL HAPPY.**



GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

Please use this resource as you see fit. We suggest each word of the acrostic listed above would represent one lesson.

Pupils and Staff can consider the detail of each key and then fill out their own sun ray.



DOING THINGS FOR OTHERS - whether small, unplanned acts or regular volunteering - is a powerful way to boost our own happiness as well of those around us. The people we help may be strangers, family, friends, colleagues or neighbours. They can be old or young, nearby or far away.

Giving isn't just about money, so you don't need to be rich. Giving to others can be as simple as a single kind word, smile or a thoughtful gesture. It can include giving time, care, skills, thought or attention. Sometimes these mean as much, if not more, than financial gifts.

Scientific studies show that helping others boosts happiness. It increases life satisfaction, provides a sense of meaning, increases feelings of competence, improves our mood and reduced stress. It can help to take our minds off our own troubles too.

Kindness towards others is be the glue which connects individual happiness with wider community and societal wellbeing. Giving to others helps us connect with people and meets one of our basic human needs - relatedness.

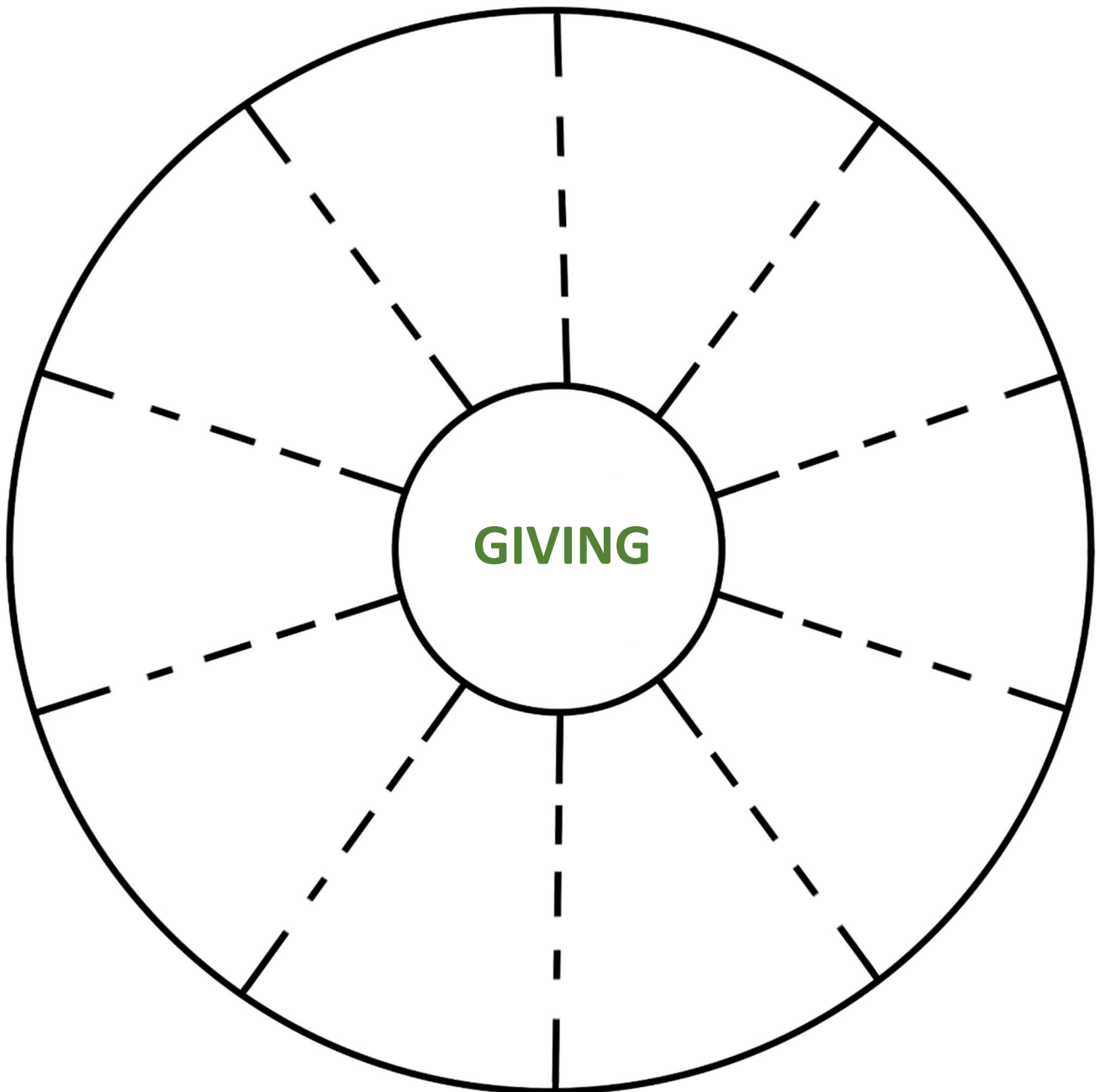
Kindness and caring also seem to be contagious. When we see someone do something kind or thoughtful, or we are on the receiving end of kindness, it inspires us to be kinder ourselves. In this way, kindness spreads from one person to the next, influencing the behaviour of people who never saw the original act. Kindness really is the key to creating a happier, more trusting local community



ACTION 1

GIVING: DO THINGS FOR OTHERS

Think about what you do for other? Friends, family, strangers. Write it down using the sun rays.



AVENGERS TRAINING ACADEMY: Spiderman Hit Workout

https://youtu.be/YC_V8hnU2PY



Our CONNECTIONS with other people are at the heart of happiness - theirs and ours. Whether these connections are with our partners, families, friends, work colleagues, neighbours or people in our broader communities, they all contribute to our happiness.

Scholars and scientists agree about the central importance of relationships for our wellbeing and our happiness. Many studies have shown that both the quality and quantity of social connections have an impact on our health and longevity as well as psychological wellbeing. Not having close personal ties poses the same level of health risk as smoking or obesity. Having a network of social connections or high levels of social support appears to increase our immunity to infection, lower our risk of heart disease and reduce mental decline as we get older.

Close, secure and supportive relationships are the most important for well-being, whether these are with our husband, wife, partner, relatives or friends. Research shows that it's the quality of our relationships that matters most. This is influenced by:

- Experiencing positive emotions together - e.g. enjoyment, fun
- Being able to talk openly and feel understood
- Giving and receiving of support
- Shared activities and experiences.

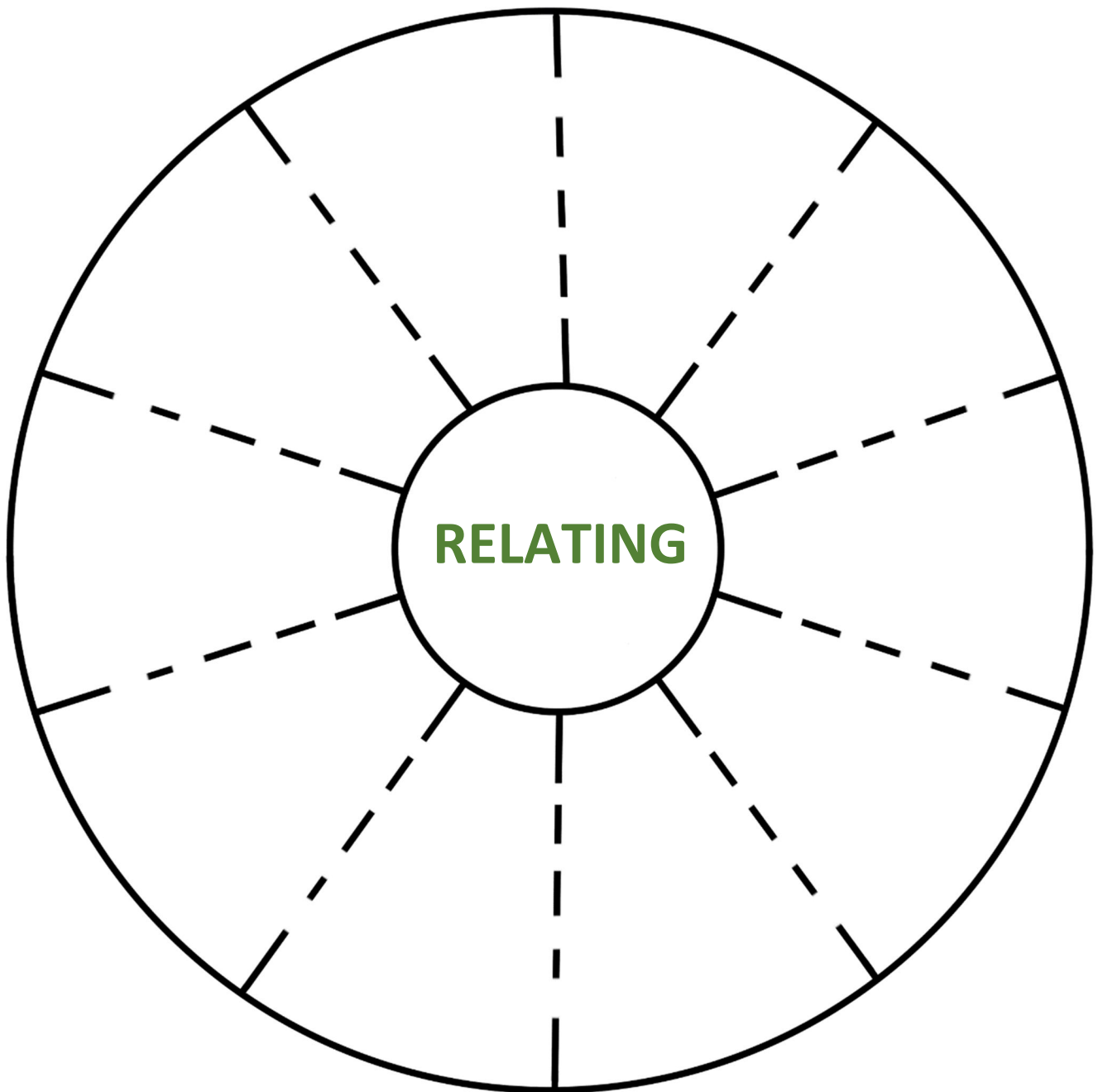
Just as relationships are a two-way thing, it seems the connection between happiness and relationships is too. Not only do relationships help to make us happier, but also happy people tend to have more and better quality relationships. So, working on our relationships is good for happiness and working on our happiness is good for our relationships. **That's a win all round!**



ACTION 2

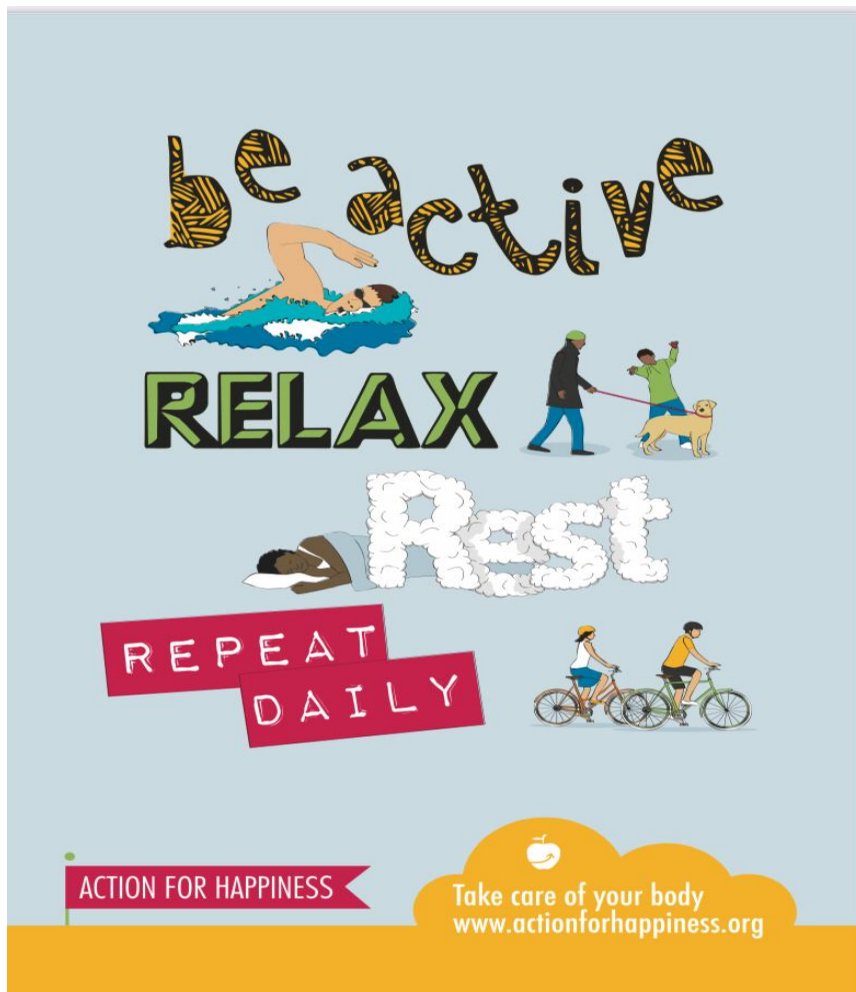
RELATING: CONNECT WITH PEOPLE

Think about the relationships you have with friends, families, teachers. Write down the strong connections you have with people and the relationships that will be important to you in the future.



AVENGERS TRAINING ACADEMY: Tabata Workout

<https://youtu.be/jyWyBern6q4>



TAKE CARE OF YOUR BODY

Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of a depression. We don't all need to run marathons - there are simple things we can all do to be more active each day. And we can also boost our well-being by unplugging from technology, getting outside and - importantly - making sure we get enough sleep!

Check out this video.

https://youtu.be/2gHNFj_ftc

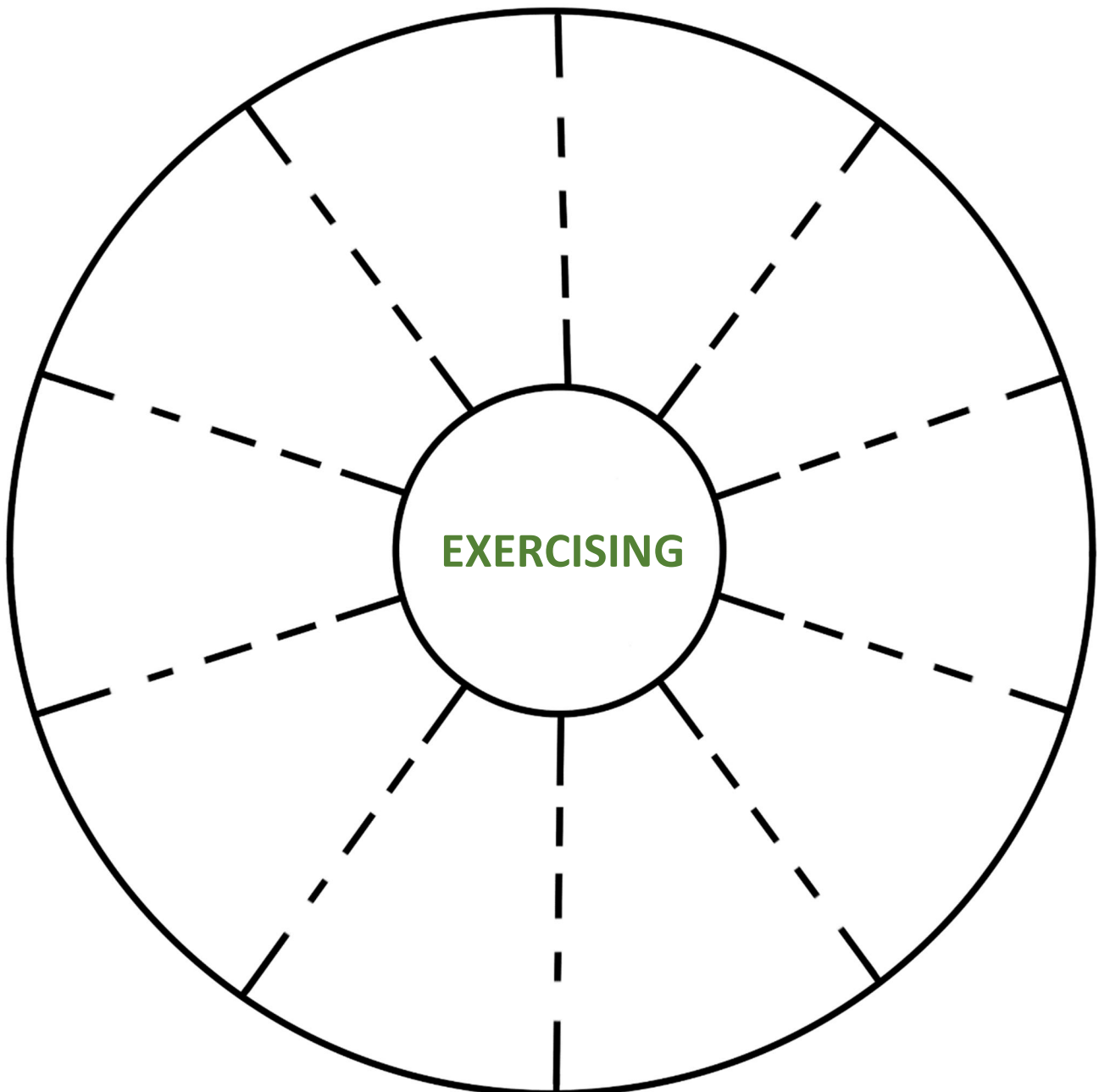
All exercise is good exercise and it is really important to recognise how going for a walk, jog, run can improve your mood.



ACTION 3

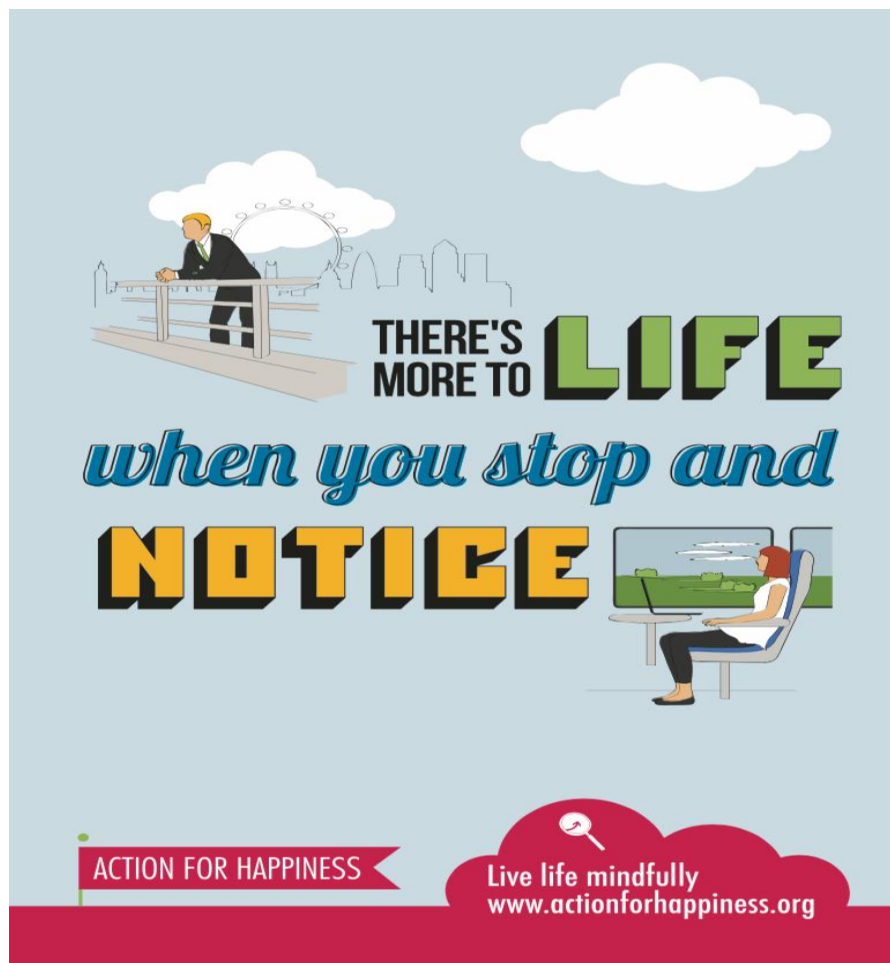
EXERCISING: TAKE CARE OF YOUR BODY

What exercise do you do? Walking to school, walking the dog, playing sports. Using the sun rays, write down all the different types of exercise you do each day. We should try to do at least 60 minutes of physical exercise each day.



AVENGERS TRAINING ACADEMY: Tony Stark HIIT Workout

<https://youtu.be/mGmvgtvX4z4>



AWARENESS

The key to taking notice is 'mindfulness'. Mindfulness is often defined as "the state of being attentive to and aware of what is taking place in the present". Two critical elements of mindfulness are that:

- It is intentional (i.e. we are consciously doing it); and
- We are accepting, rather than judging, of what we notice.

In other words, mindfulness is "openly experiencing what is there." It is about having as full as possible awareness of what is around us - what we can see, hear, touch and taste. And what is happening inside - our thoughts and feelings. Crucially it is about observing all this but not getting caught up in thinking and worrying about what we are observing. It then gives us more control of what we decide to give our attention to.

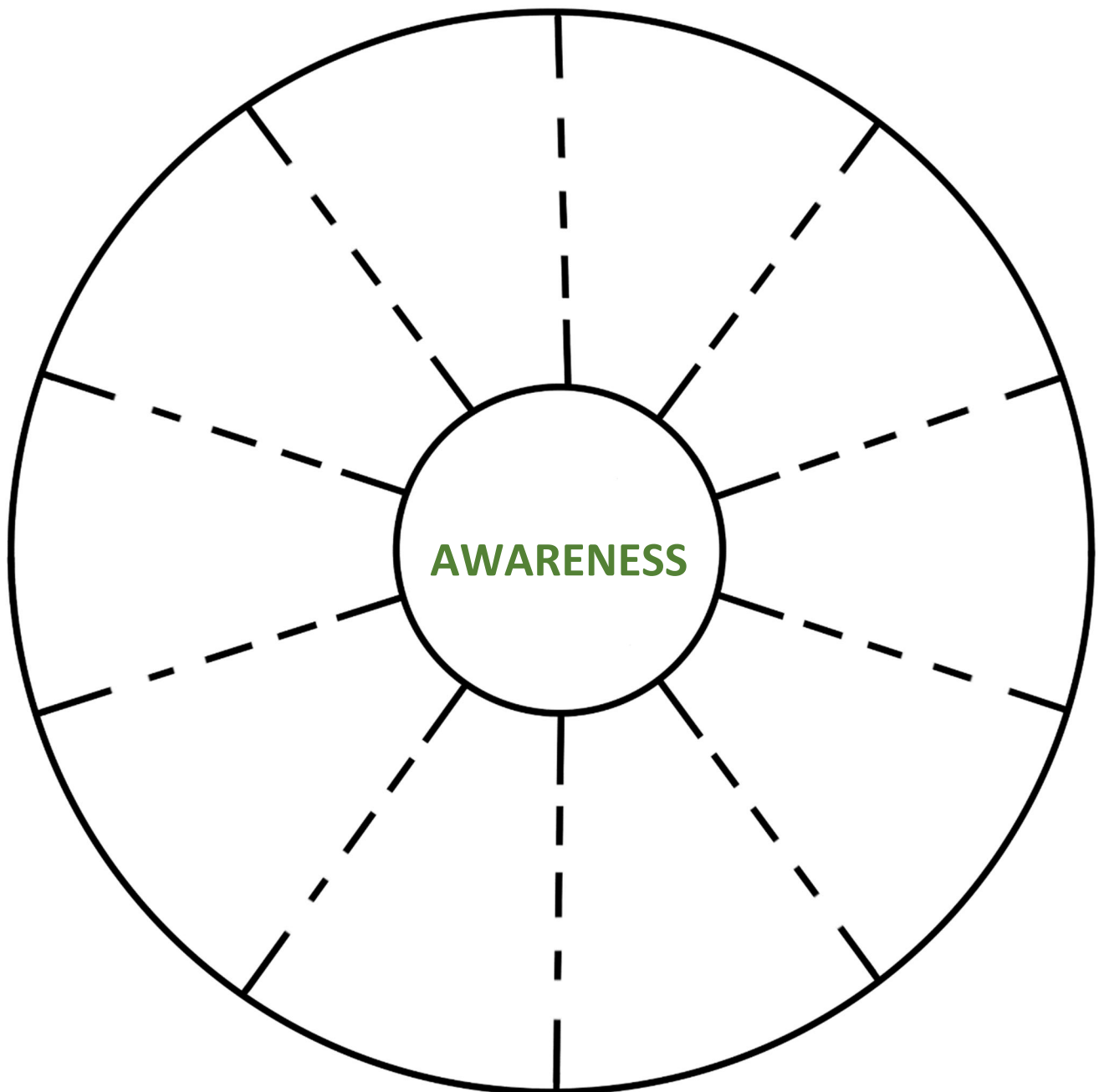
A growing number of scientific studies are showing the benefits of mindfulness in many aspects of our lives including our physical and mental well-being, our relationships and our performance at school and at work. And it appears to have benefits for everyone, from children through to the elderly.



ACTION 4

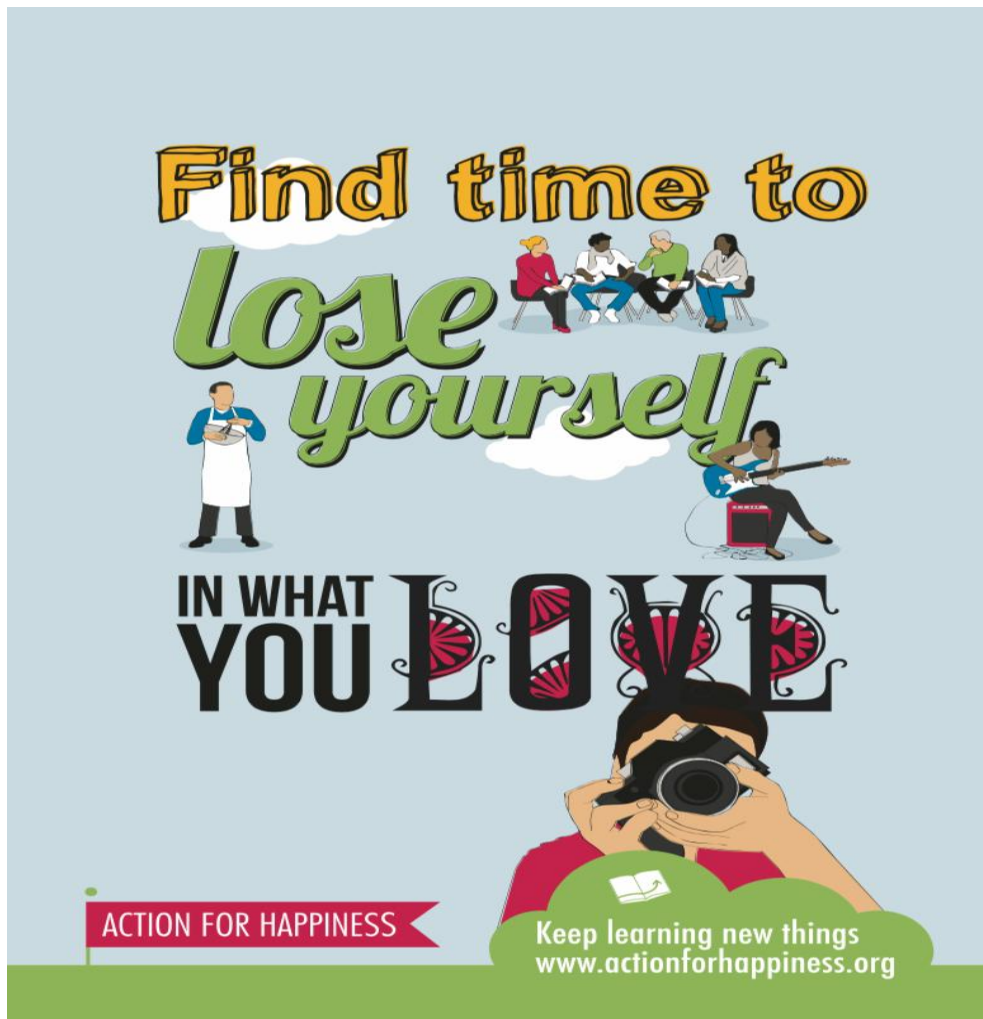
AWARENESS: LIVE LIFE MINDFULLY

Think about what has made you happy, what has made you sad and what you are grateful for today? Use the Sun rays to write down your thoughts.



AVENGERS TRAINING ACADEMY: Captain America Workout

<https://youtu.be/Zm9qhyh4TJk>



LEARN NEW THINGS – TRYING OUT

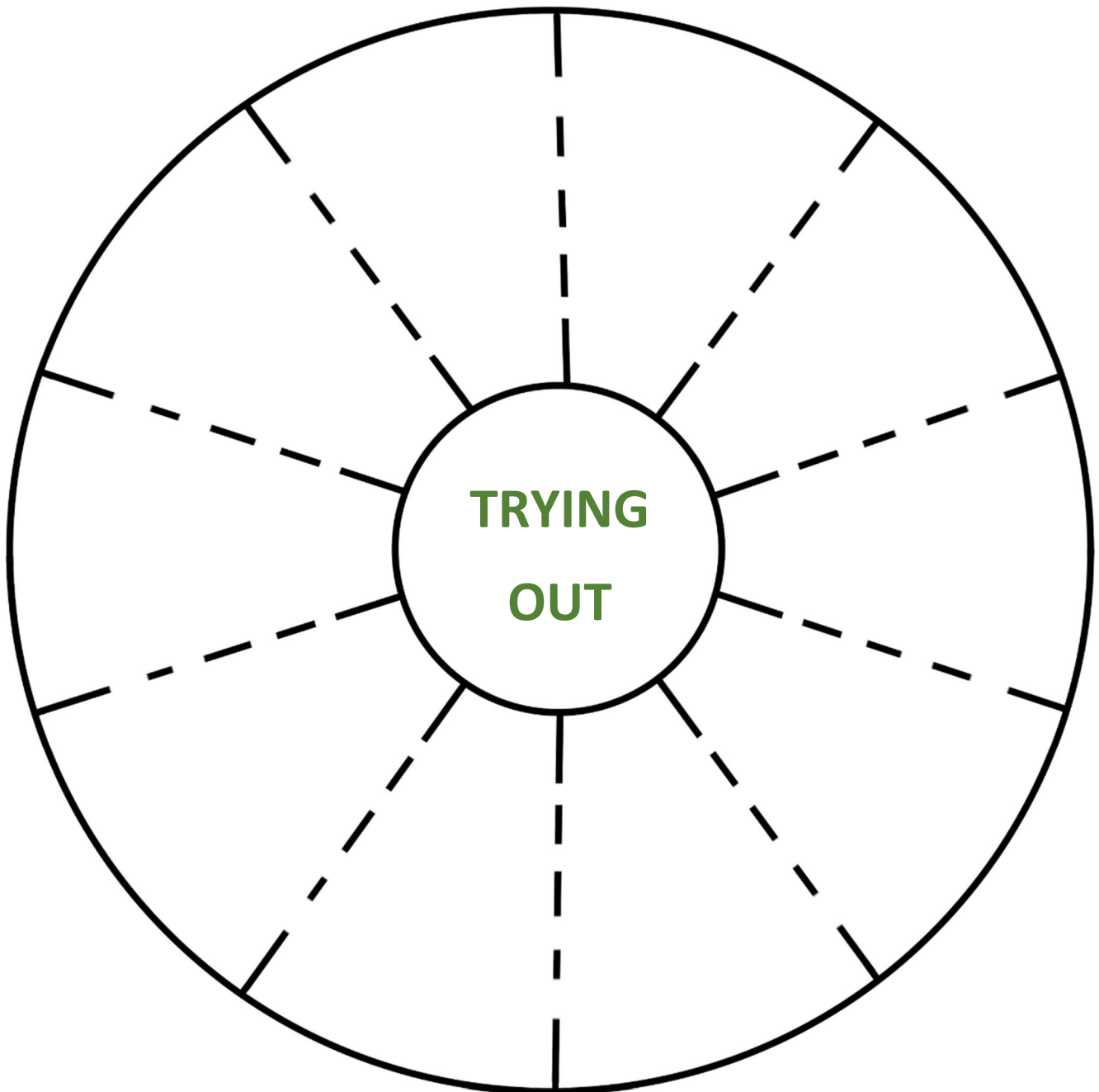
Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things - not just through formal qualifications. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more.



ACTION 5

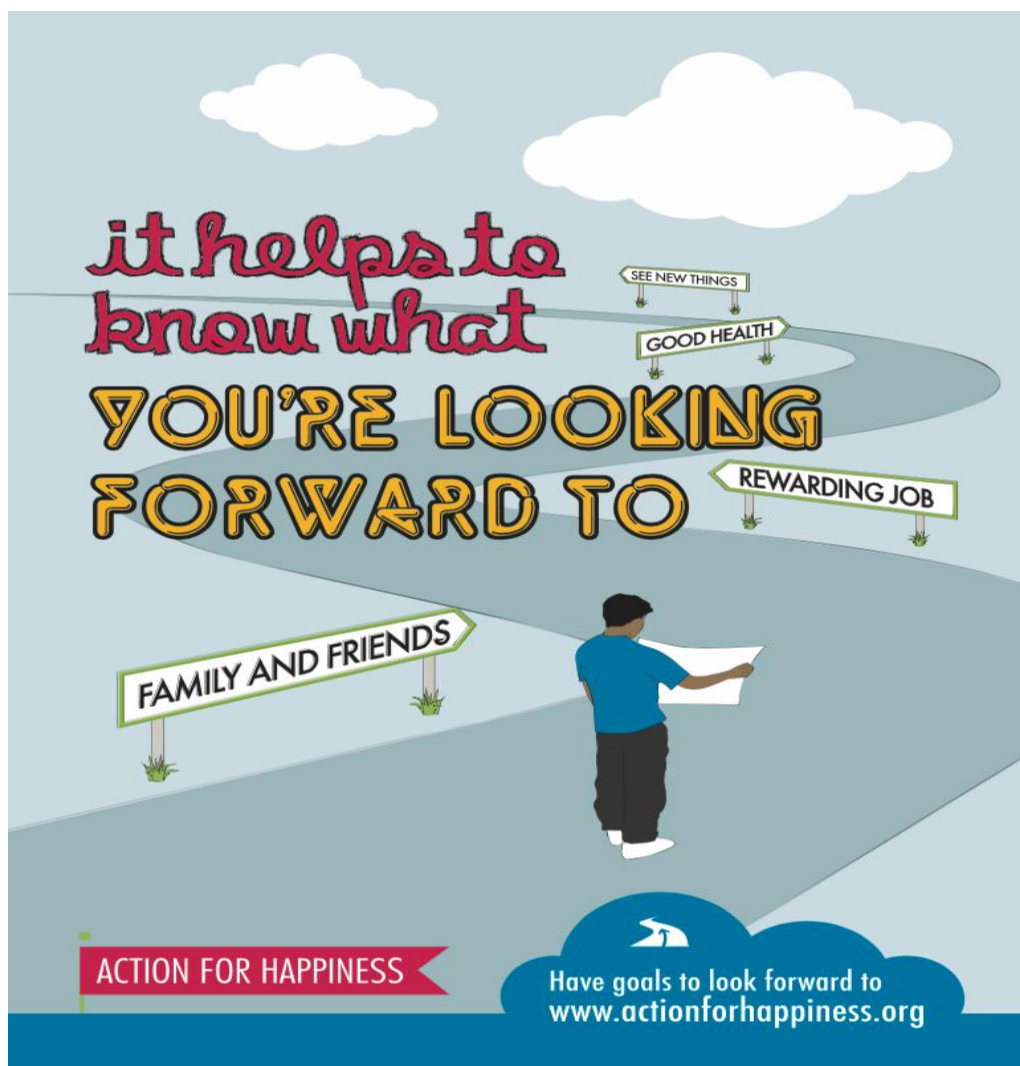
TRYING OUT: KEEP LEARNING NEW THINGS

Think about what you can learn from the world around you, from the people around you. Think about what new skills you might like to learn that will help you become the person you want to be. Use the sun beams to write down the new skills you would like to learn?



AVENGERS TRAINING ACADEMY: Star Lord Work Out

<https://youtu.be/H186QQvWXXk?list=TLPQMDQwMTlwMjFUikI7HRWbzg>



DIRECTION

Goals are the way we can turn our values and dreams into reality. Happiness doesn't just happen - it comes from thinking, planning and pursuing things that are important to us. Scientific research shows that setting and working towards goals can contribute to happiness in various ways, including:

- Being a source of interest, engagement or pleasure
- Giving us a sense of meaning and purpose
- Bringing a sense of accomplishment when we achieve what we set out to (or milestones along the way) - this also builds our confidence and belief in what we can do in the future

Goals help focus our attention. Actively working towards them appears to be as important for our well-being as achieving the end results we are aiming for.

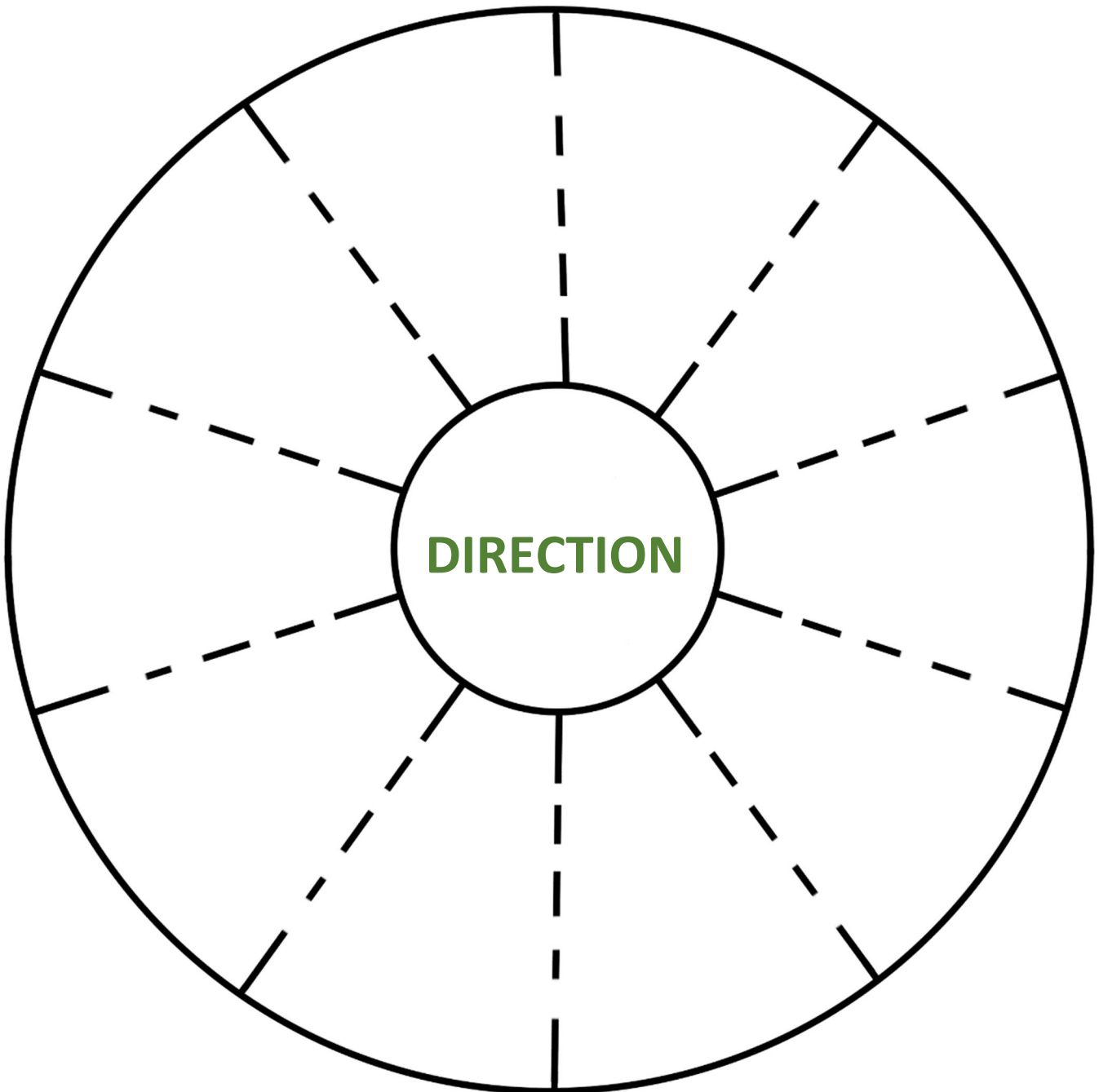
Goals are most successful when they're something we really want to achieve and when we set them for ourselves - rather than being something someone else wants us to do.



ACTION 6

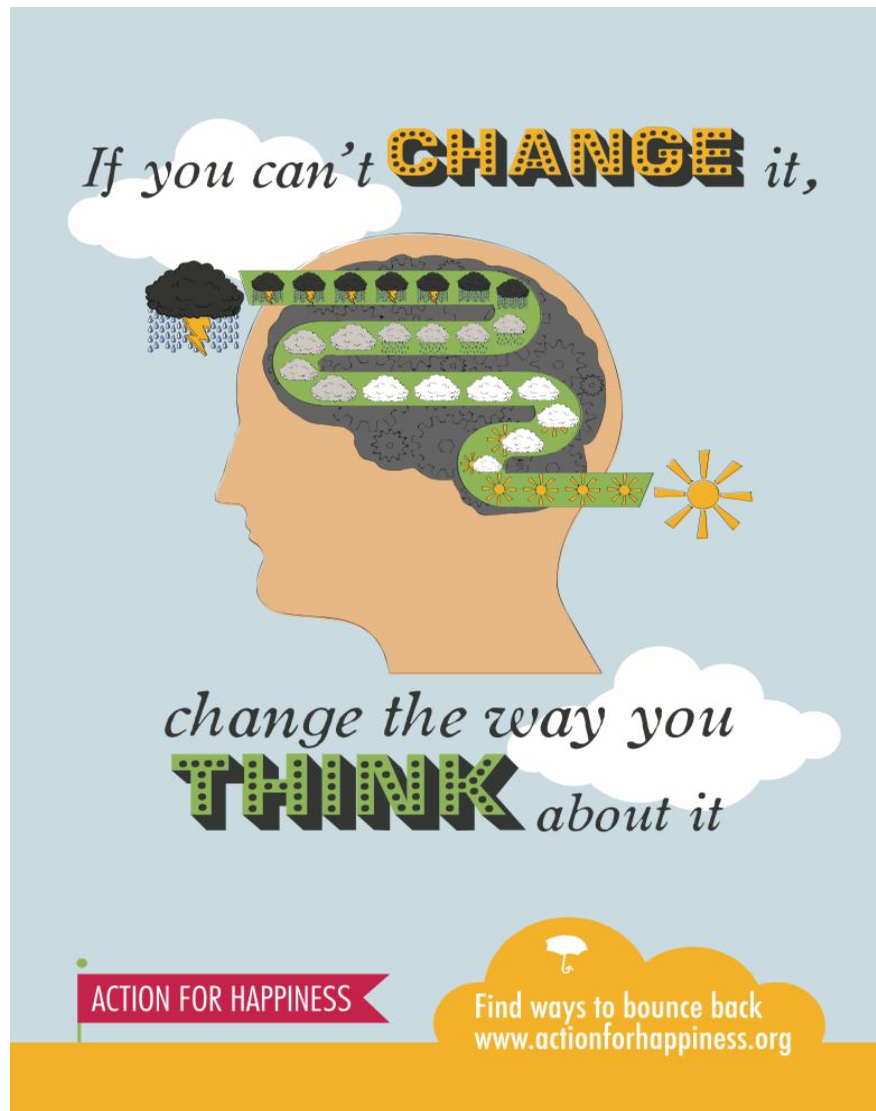
DIRECTION: HAVE GOALS TO LOOK FORWARD TO

Think about what you want to achieve. Aim big and set yourself some goals. Include your home life, school life and friendships. Think about yourself there, may some personality traits you might like to improve – Can I be more understanding? Can I listen better? Use the sun beams to set your own goals.



AVENGERS TRAINING ACADEMY: STAR WARS JEDI WORK OUT

https://youtu.be/Q9pB8I_vqCw?list=TLPQMDQwMTIwMjFUikl7HRWbzg



RESILIENCE

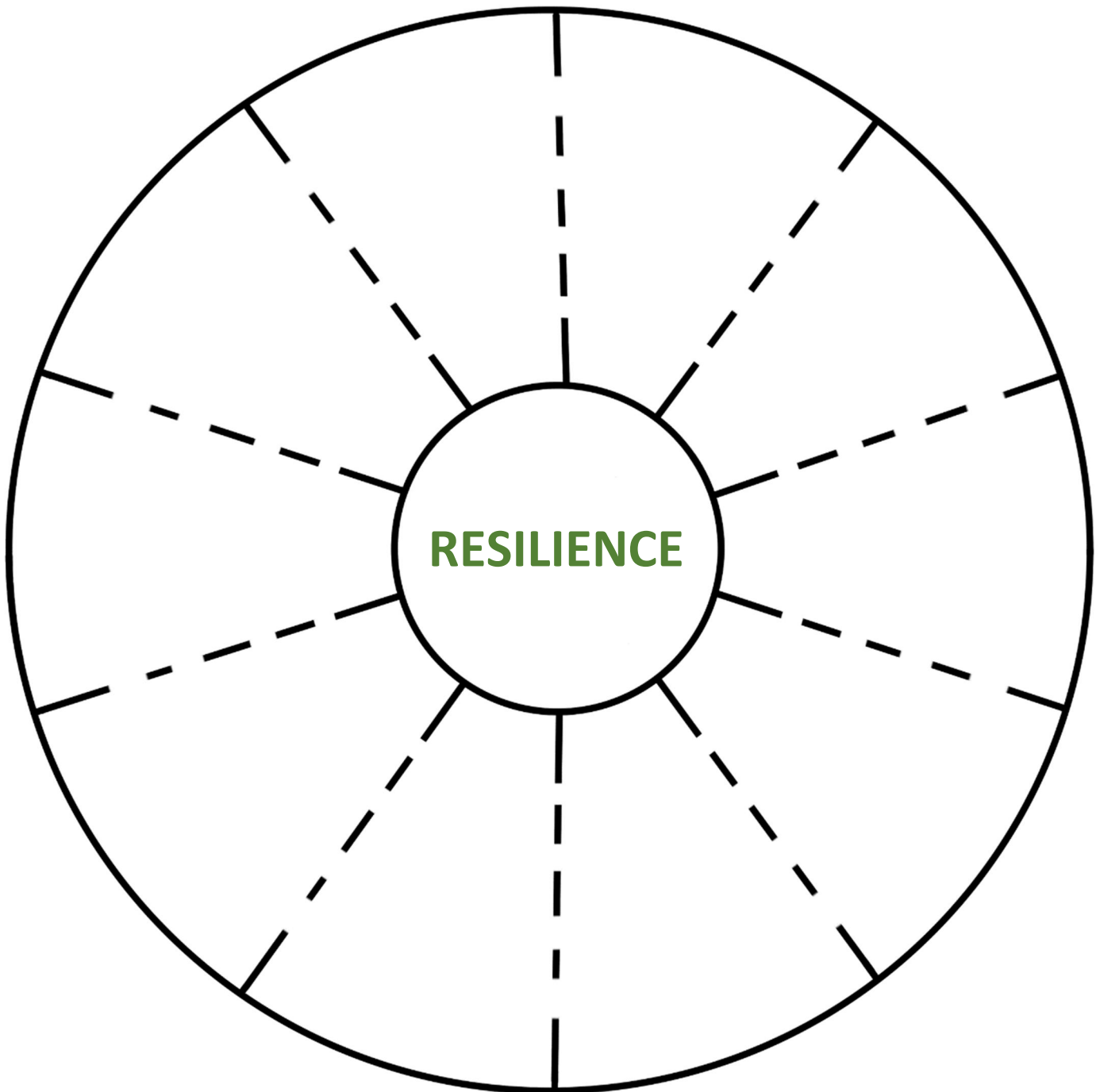
All of us have times of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our wellbeing. We often cannot choose what happens to us, but in principle we can choose our own attitude to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.



ACTION 7

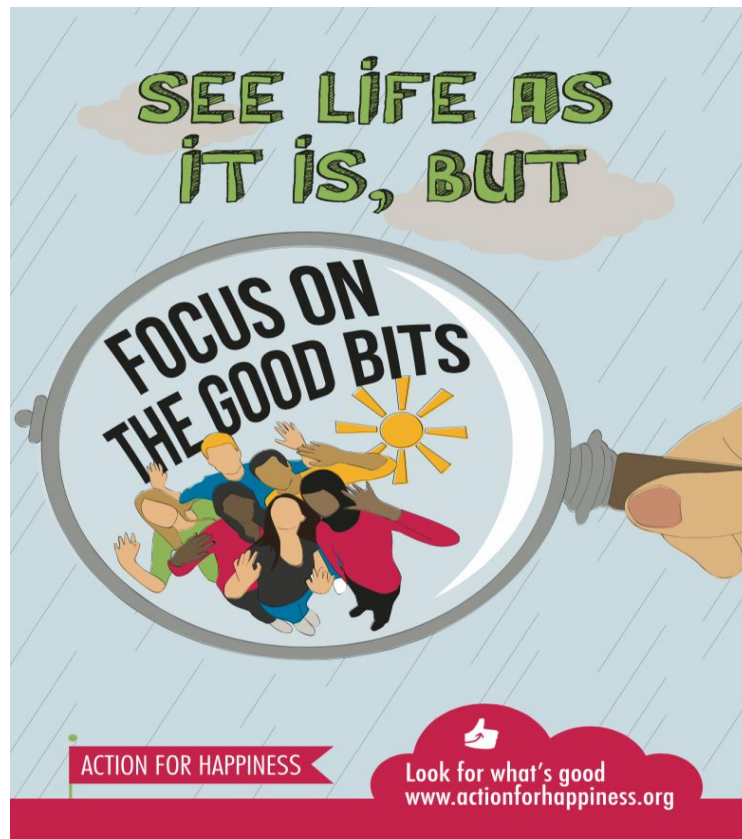
RESILIENCE: FIND WAYS TO BOUNCE BACK

Sometimes situations are out of our control. People sometimes might say or do things that we disagree with. It is our choice as to how this might affect use. Try to think about ways in which you can bounce back and use the sun beams to write them down.



AVENGERS TRAINING ACADEMY: The Black Panther Work Out

<https://youtu.be/9SDWArXm4mA?list=TLPQMDQwMTlwMjFUiki7HRWbzg>



EMOTIONS

For a long time, the purpose of positive emotions has been a puzzle. Although these feelings are nice to have it didn't appear, they were vital for our survival as a species. Negative emotions on the other hand, were essential - helping us when we face threat by triggering by our 'fight or flight' response.

But now ground-breaking scientific work is showing that positive emotions have the effect of broadening our perceptions, in much the same way that negative emotions narrow them. This broadening helps us to see more, respond more flexibly and in new ways and be more creative. It makes us more open to different ideas or experiences and we feel closer to and more trusting of others.

Let's take a few simple examples:

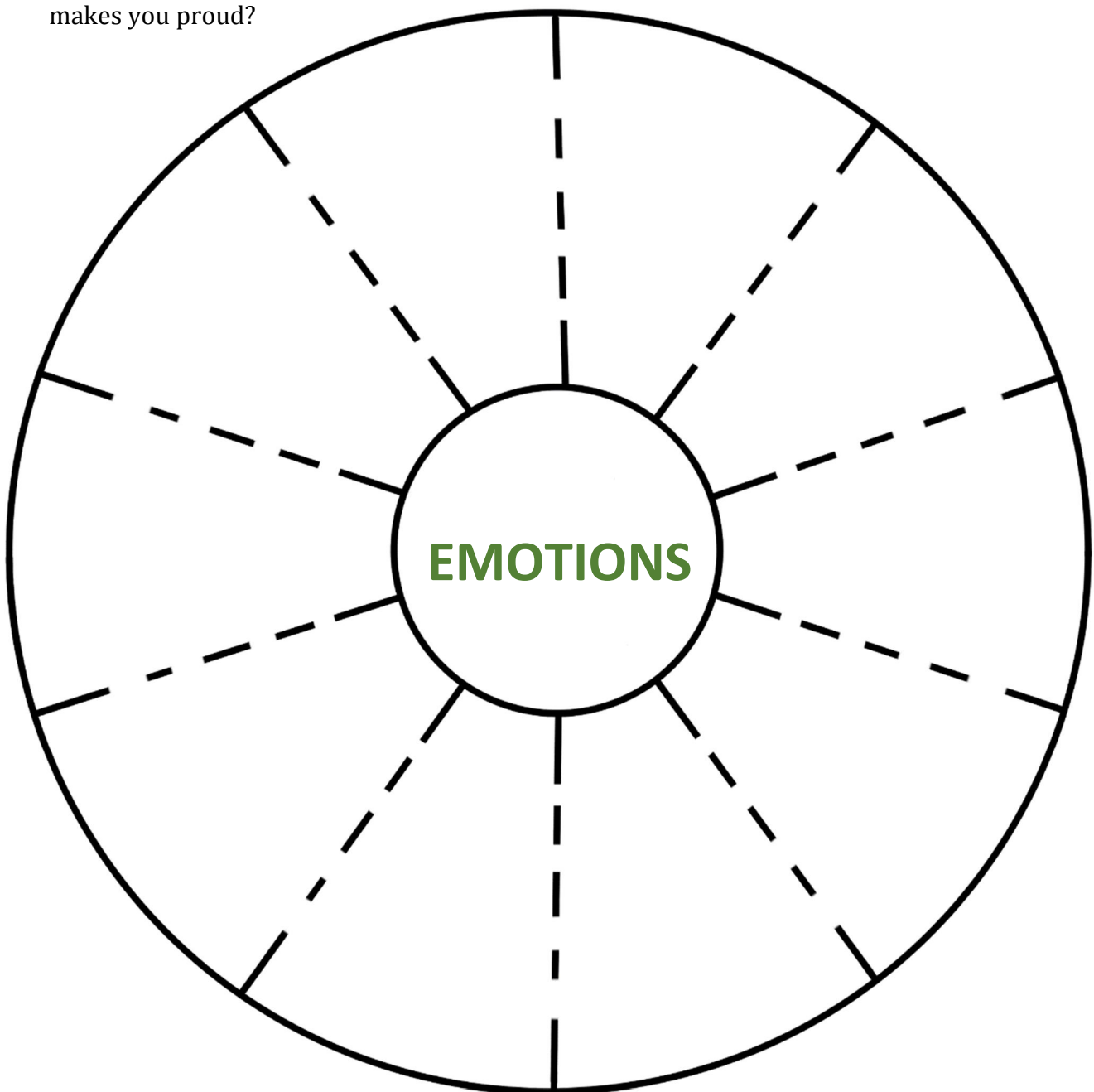
- A feeling of interest in something we read can lead us to learn more about a subject, leading to a fulfilling hobby or even a rewarding life's work.
- Finding the same things funny as someone else can lead to them becoming a close friend
- Feeling joy from seeing beautiful trees in the park can put us in a positive frame of mind and make us more enthusiastic about an opportunity that comes our way.

So over time, positive emotions help us to build the resources that lead to happier lives, such as friends, knowledge, better problem solving and even better health. What's more they can act as a buffer against stress and help us cope when we face difficulties. There is also evidence that positive emotions can help us recover more rapidly from, or even undo, the effects of negative emotions.

ACTION 8

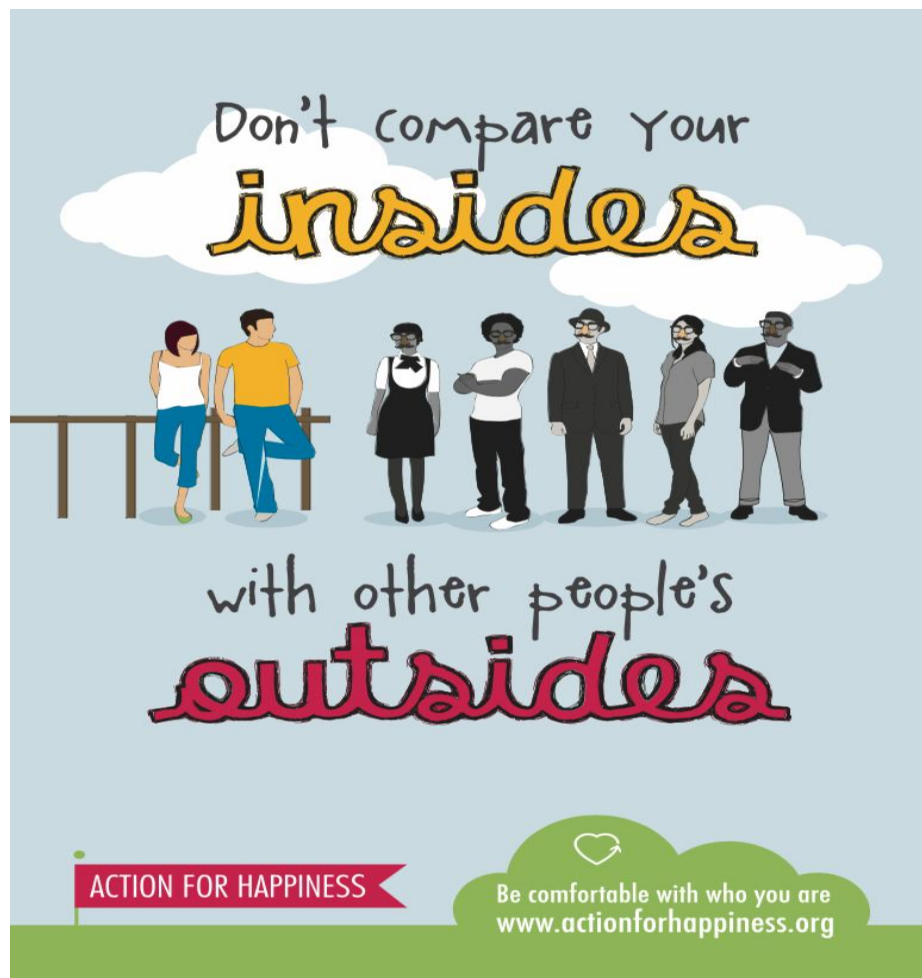
EMOTIONS: LOOK FOR WHAT IS GOOD

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. See the glass half full rather than the glass half empty. Consider the 4 positive emotions above and use the Sun beams to write down what you are grateful for, what makes you happy, what you have been inspired by, what makes you proud?



AVENGERS TRAINING ACADEMY: Batman Work Out

<https://youtu.be/8dLNbAcMqzc?list=TLPQMDQwMTlwMjFUIkl7HRWbzg>



ACCEPTANCE

No-one's perfect. But so often we compare our insides to other people's outsides. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong, increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.

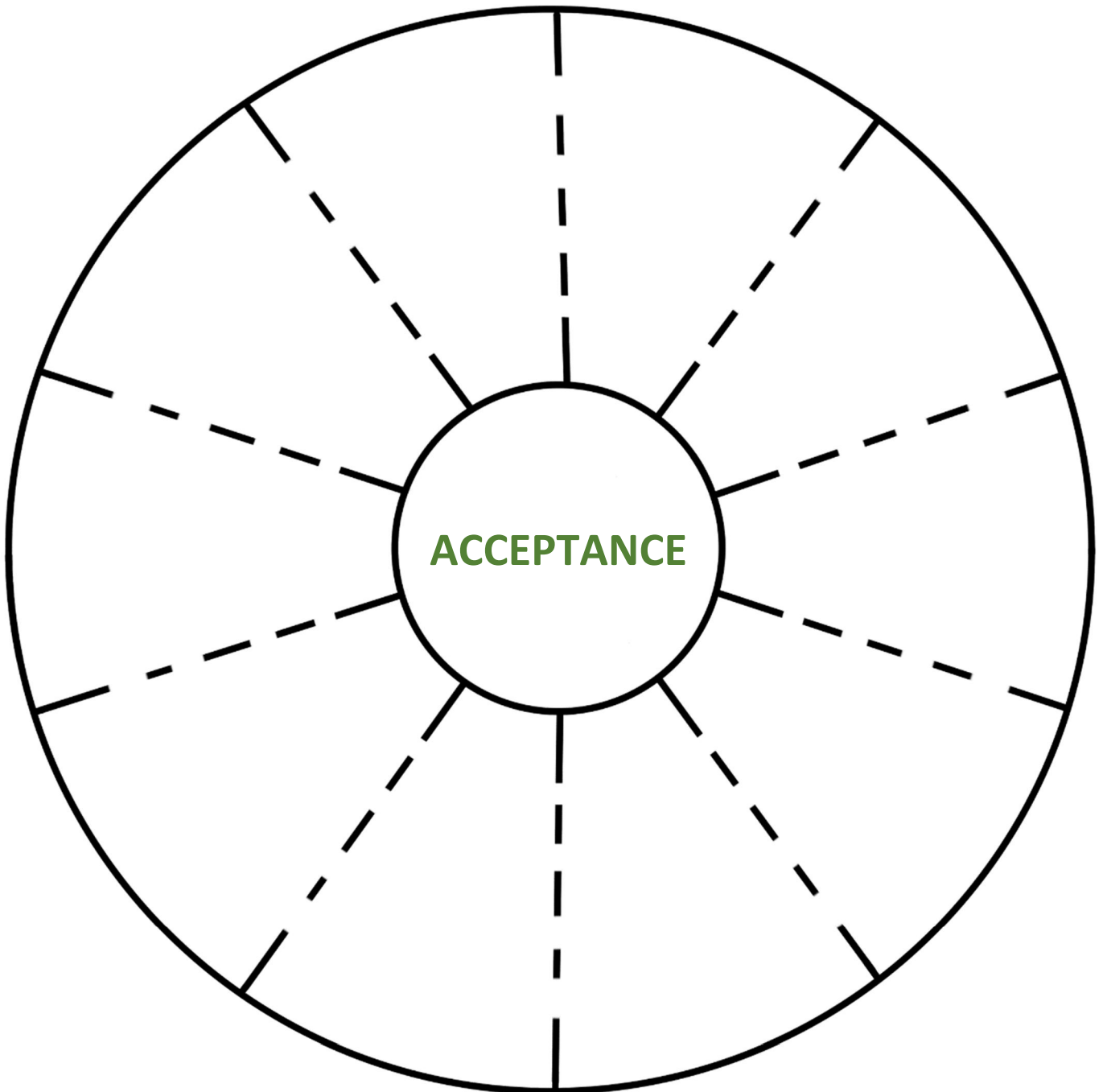
Having constant criticism in our heads about not being good enough is a sure way to be unhappy. This doesn't mean we should ignore our weaker areas or bad stuff that happens, but it does mean accepting that no-one is perfect, us included. It means putting our imperfections (and things that happen to us) into perspective - seeing them as normal rather than out of the ordinary. And it means a shift of focus, from what we don't have or can't do to what we have or can do.



ACTION 9

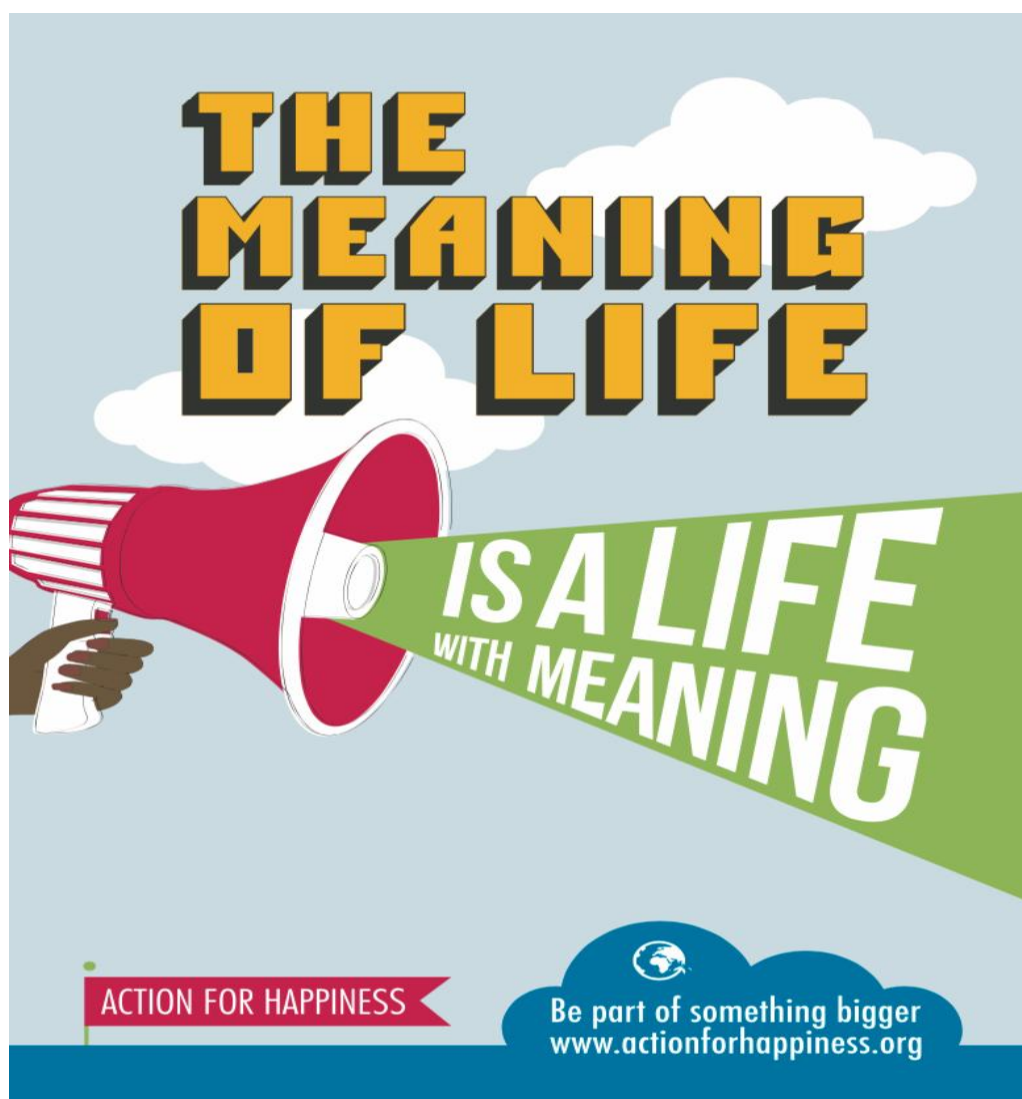
ACCEPTANCE: BE COMFORTABLE WITH WHO YOU ARE

We never take time to recognise our best traits. Be honest now and using the Sun beams write down all the great attributes you have, that make you....you!



AVENGERS TRAINING ACADEMY: Thor Work Out

<https://youtu.be/8dLNbAcMqzc?list=TLPQMDQwMTlwMjFUiki7HRWbzg>



MEANING

People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and depression. But where do we find 'meaning and purpose'? It might be our religious faith, being a parent, doing a job that makes a difference, being a responsible member of a School or Club. The answers vary for each of us, but they all involve being connected to something bigger than ourselves.

Why does meaning matter?

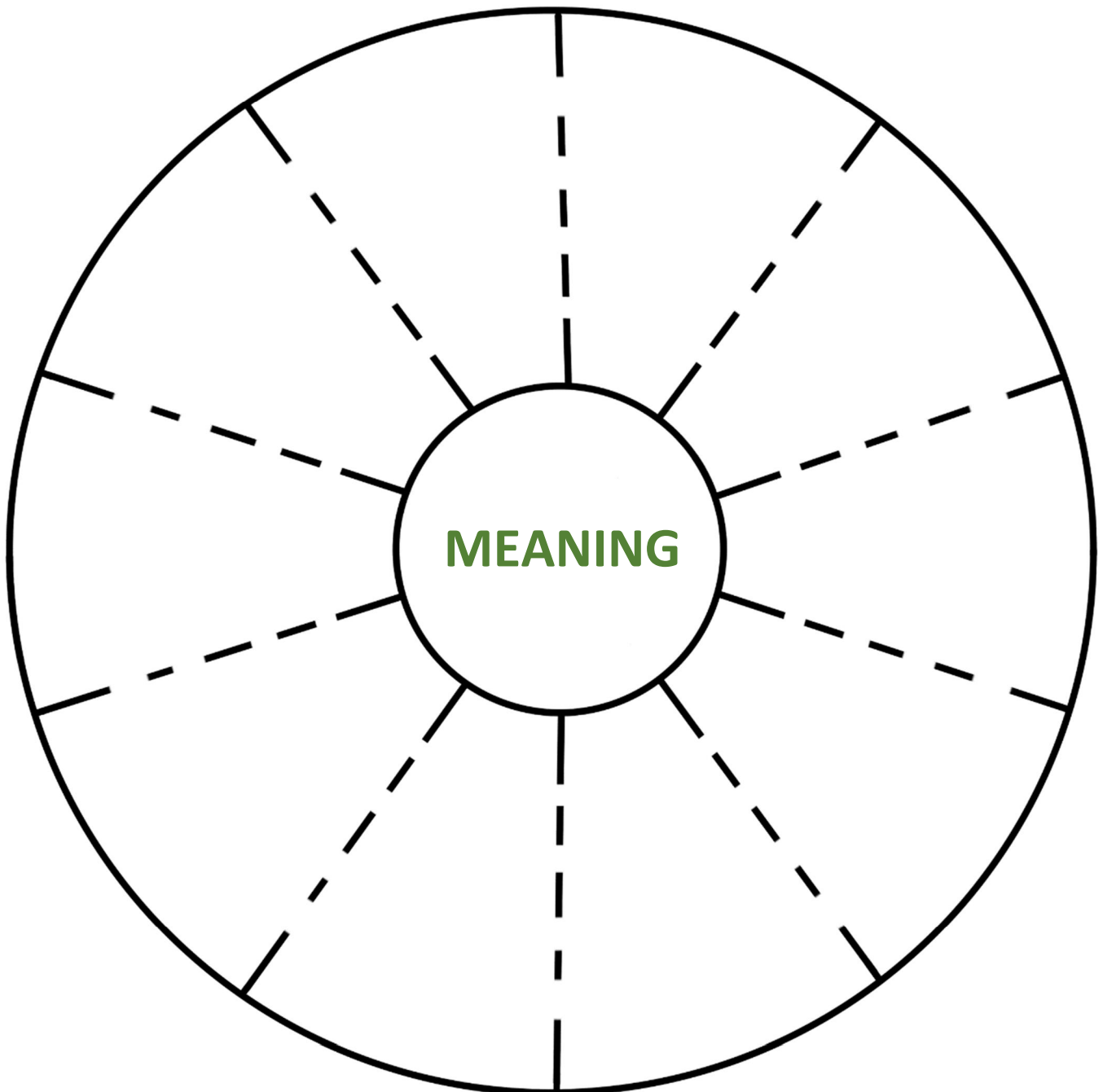
Scientific research shows that having a connection to something bigger than ourselves, a religious belief or spiritual side to our lives makes us happier and healthier.



ACTION 10

MEANING: BE PART OF SOMETHING BIGGER

What makes you do what you do. Is it family, religion, helping others, caring for others? Why do teachers do what they do, I am sure that is a big list! So, for this last action, use the Sun beams to write down the bigger picture – what makes you behave the way you do?



AVENGERS TRAINING ACADEMY: Captain America Work Out

<https://youtu.be/Zm9qhyh4TJk>