

Happiness

Happiness is feeling safe and well.

Being happy helps you to stay healthy and learn more easily.



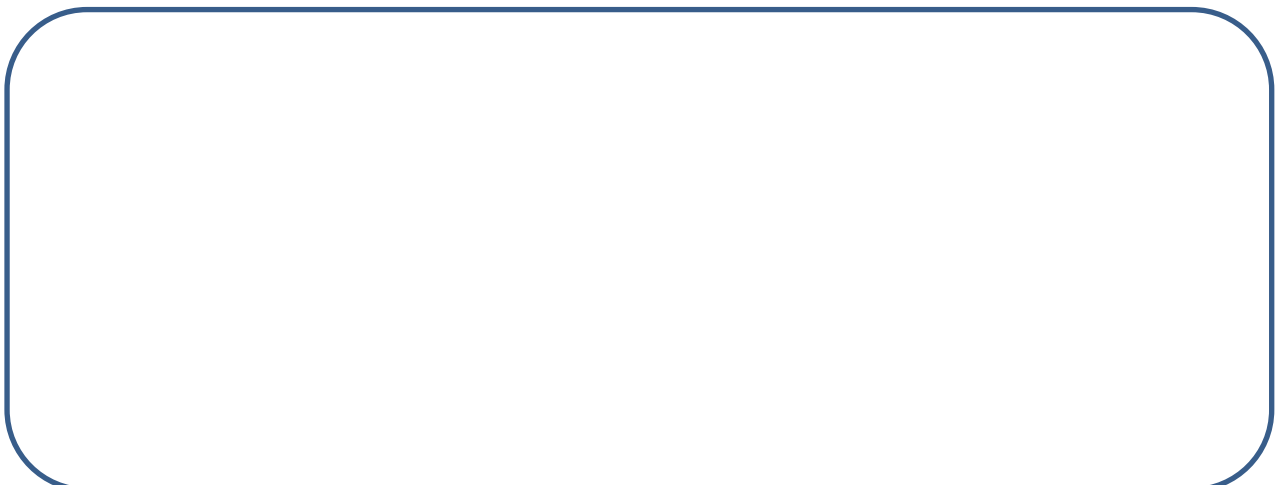
Doing things you enjoy and being with people you like, make you feel happy.



We can choose to be happy and kind.

Be Kind

Draw some things that make you feel happy?



BRAIN GYM MOVEMENT OF THE WEEK

Positive Points

How- Lightly touch above each eye, halfway between hairline & eyebrows. Hold for as long as needed.

Beneficial for: releasing temporary memory blocks; athletic performance public speaking; drama; test performance; maths; reading; calmness & emotional understanding.

Can help people with: ADD/ADHD; Anxiety/Panic disorders; Depression, Self-esteem and organisation skills.



AFFIRMATION OF THE WEEK

Don't look for
Happiness
create it.

