

# Happiness



Happiness is when you feel good, content and safe.

Happy people tend to be healthier, more active, positive and \_\_\_\_\_ more easily.

Doing things you \_\_\_\_\_ and spending time with people you like, helps you feel content and happy.

Happiness brings gratitude and kindness.



Remembering happy times helps you feel more hopeful when you're feeling sad.



**What are some happy memories you have or things that make you smile?**

## **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.

