



Happiness Journal



I do things for others



Happiness comes
NOT from what we **GET**
BUT from what we **GIVE!**

BE KIND! BE NICE!

Spread
Happiness!





Happiness Journal

A simple white smiley face icon with two blue dots for eyes, positioned to the left of the word "Journal".

Learn
FROM HOME

A white outline of a house with a chimney on the right side, positioned behind the text "Learn FROM HOME".

I spread happiness by...



giving
company.



helping
others.



sharing.



saying nice
things.



taking
care.



**When I do something for someone,
I feel...**



Useful.

humble.

good.

Giving makes me happy! 😊

**When I do something for someone,
they feel...**

for
cared

loved.

joyful



Giving makes others happy! 😊

I will help others by...

 donating some of my toys.



To help others, I will take help from...

 my parents.



I take care of my body



GOOD HEALTH is
TRUE WEALTH

Stay
fit!

Stay
active!

Stay
healthy!

Stay
happy!



To take care of myself, I will...

eat
**HEALTHY
FOOD.**



get
enough
SLEEP.



drink
lots of
WATER.



Keep my
SURROUNDINGS
clean.



keep
my **BODY**
clean.



PLAY
outdoors
every day.



If I take care of my body, I can...



be
strong.

enjoy
food.

sing and
dance.

play with
friends.

have fun
with family.

travel to
new places.

learn new
things.



What else can you do if you are healthy?

.....

.....

Taking care of my body is **IMPORTANT!**

ALWAYS! EVERY DAY!

I am healthy! I am happy!

Make the **HEALTHY HABITS** promises...

To take care of my body, I will...



eat vegetables every day.



To take care of my body, I will NOT...



stay up late at night.





I connect with people

Every person is a NEW DOOR
to a DIFFERENT WORLD...



GOOD
MORNING,
DAD!



CHEER UP,
BUDDY!



MAY I
HELP
YOU?



AFTER
YOU...

I connect with people by...

greeting and smiling at people when I meet them.



starting a conversation.



cheering up somebody who is upset.



taking help from others when I need it.



listening carefully when someone speaks to me.



Belonging to a group makes
my life **SIMPLER** and **FUN!**

I **ENJOY** doing these
in groups...

eating.

playing.

going to
school.

watching
films.

Other things I enjoy in groups...

When in trouble, I can ask for **HELP**...

I know many
people who can
HELP me...



my mother.

Having someone to talk to makes me **CALM**...

I can **SHARE MY FEELINGS** with...

my sister.

Connecting with people makes
me **HAPPY!**

I would like to CONNECT with...



my new classmate.....



To connect with them, I WILL...



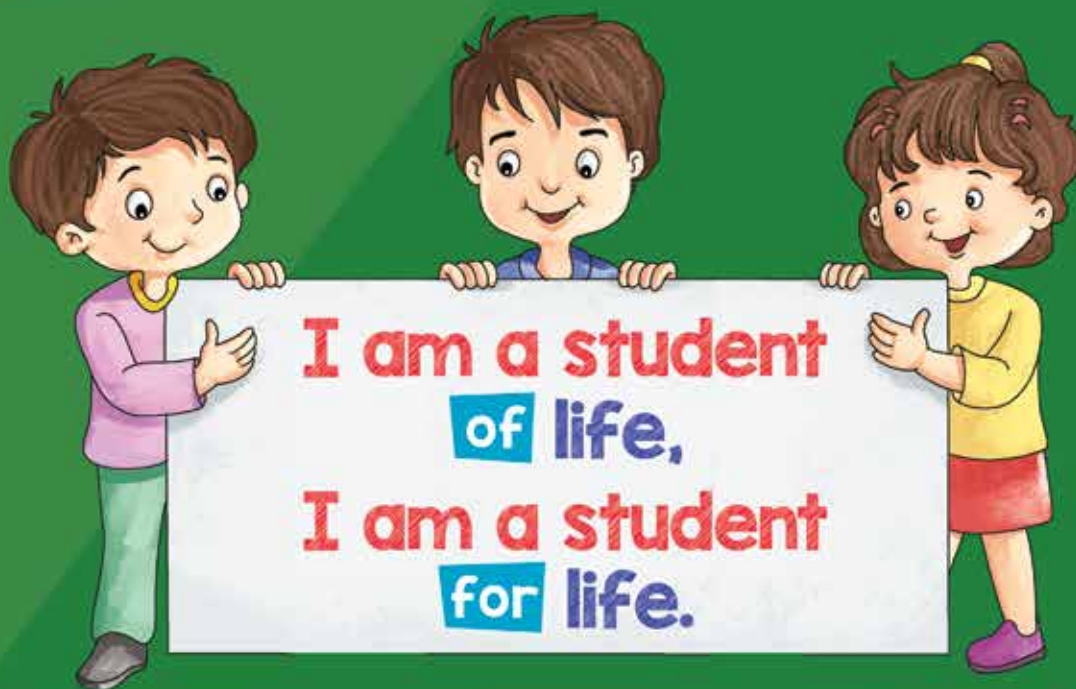
smile at them when I see them.....



I Keep Learning



I am **READY** to **LEARN**
Anything! Anytime! Anywhere!



I Learn by...



observing.



reading.



talking.



playing.



travelling.



doing creative
activities.



helping at
home.



participating
with others.

I LEARN from my mistakes and **GET BETTER!**

LEARNING teaches me...

discipline.

artistic
skills.

team-spirit.

clear
thinking.

social skills.

facts about
the world.

love for
nature.



LEARNING makes me...

confident.

responsible.

organised.

intelligent.

positive.

friendly.


helpful.

brave.



LEARNING makes me HAPPY!

I would like to learn...

 a new language.

 cooking.


















This will help me to...

 talk to more people.

 make tasty dishes.



















I like
the way
I am

No one is quite like **ME!**
No one is quite like **YOU!**

We are all **DIFFERENT**. We are all **UNIQUE**.



I like the way
EVERYONE is!

It is Okay to be... I am **COMFORTABLE** with who I am.

plump.



thin.

tall.



short.



fair.



dark.



talkative.



quiet.

It is Okay to use...



spectacles.



hearing aids.



teeth braces.



a white cane.



a wheelchair.

Sometimes, we get **TEASED** for being **DIFFERENT**.

When teased, I FEEL...

angry.
hurt.
lonely.
sad.
scared.
sick.



When teased, I WILL...

- stay cool and calm.
- tell the teasers to stop teasing.
- walk away.
- get help from an adult I trust.



When teased, I WILL NOT...


- fight back by hitting, kicking or biting.
- shout at the people teasing me.
- tease them back by saying something mean.
- keep it a secret.



I can **ACCEPT** people as they are.

I can **HELP** make the world a **HAPPIER PLACE!**

What is **SAME** in ME and my FRIEND?


 Both of us have short hair.







What is **DIFFERENT** in ME and my FRIEND?

 I am right-handed, my friend is left-handed.







If I am teased, I will...


 walk away.







If I see teasing, I will...

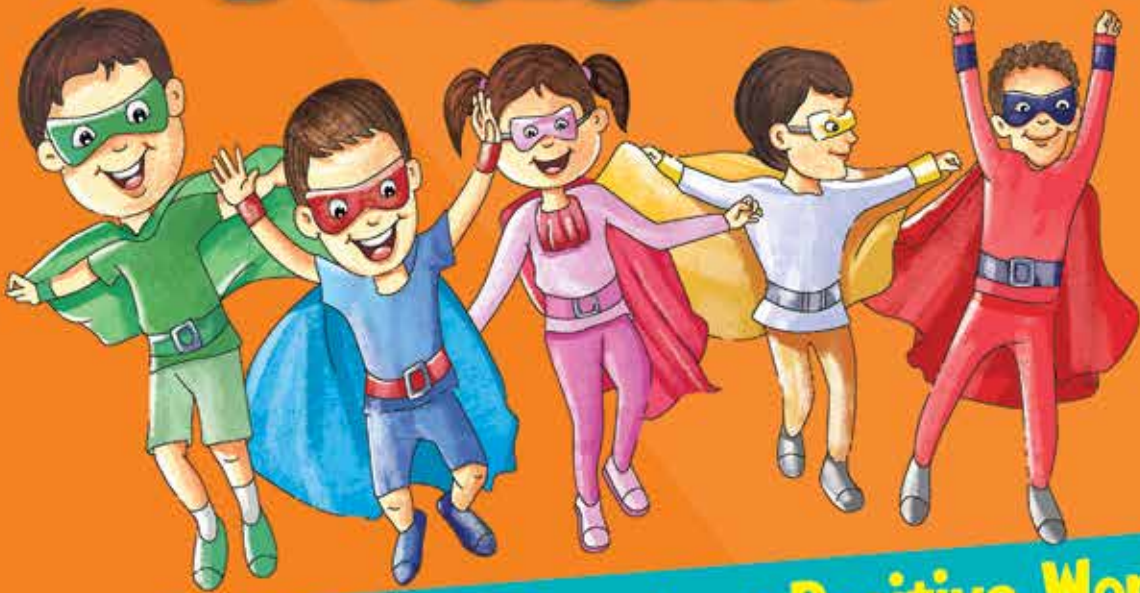
 inform the teacher.







I think POSITIVE



Positive Thoughts Create a Positive World!

Yes,
I **am**!

Yes,
I **can**!

Yes,
I **will**!



I know ways to make my life POSITIVE.

By thinking POSITIVE



Our holiday trip has been cancelled.

I'll find out new things about my city with my friends.



By talking POSITIVE

We are moving to a new city.

Don't worry. We'll keep in touch. And you'll make lots of new friends too!



By feeling POSITIVE



healthy eating



meditating



exercising



resting

By having my own HAPPINESS BOX

A box to store all good wishes I receive.



By taking criticism POSITIVELY

Can I learn something from this?



POSITIVE THINKING gives me...

self-belief.

confidence.

enjoyment.

energy.

satisfaction.

courage.

hope.



Positive thoughts **LEAD** me to
ACHIEVEMENTS and **SUCCESS**.

When I think **POSITIVE**, I **INFLUENCE** others by being...

encouraging.

active.

patient.

sensitive.

appreciative.


cheerful.





When we think **POSITIVE**,
we stay **HAPPY** and **HEALTHY!**


What I can say to myself...


Instead of saying...


 I am not good at this.

 This is too hard.


 I am not as smart as my friend.

 I cannot do this.

 I am afraid, I'll make a mistake.

 I cannot make this any better.

Try saying...

 I need more practice.












To stay POSITIVE, I should avoid...


 listening to rumours.
















I am grateful

I owe
you!



Thank
you!

A GRATEFUL heart is a HAPPY heart!



**GRATITUDE is the
BEST ATTITUDE!**



I am grateful for all the blessings I have...



family



friends



food



clothes



education



nature's gifts



I can see the world, hear, talk, paint and do much more.

I can listen to music, touch and feel, sing, move around and do much more.



I EXPRESS gratitude by...

thanking.

appreciating.

caring for
nature.

offering
help.

showing
respect.



There is ALWAYS something
to be GRATEFUL for.

Being GRATEFUL helps me to...

feel good.

feel
courageous.



feel
content.


be
forgiving.

be
friendly.

feel
humble.

It is not **HAPPY** people who are **GRATEFUL**,
It is **GRATEFUL** people who are **HAPPY!**

I am grateful for...

 having a pet. _____

 _____

 _____


 _____

 _____

 _____

 _____

Because...

 my pet is a great
friend to me. _____

 _____

 _____

 _____

 _____

 _____

 _____

I stop and take notice



The first step **towards**
CHANGE is **AWARENESS!**



OBSERVE



THINK

ACT



I STOP and take NOTICE of my EMOTIONS.



happy



surprised



angry



excited



bored



sad



loving

I STOP and take NOTICE of my ACTIONS.



When I EAT...

- I notice the colour.
- I notice the smell.
- I notice the taste.



When I WALK...

- I notice the ground.
- I notice the surroundings.
- I feel my clothes moving with me.



When I LISTEN...

- I give my full attention.
- I ask questions.
- I tell what I have understood.



When I WORK...

- I notice the objects I handle.
- I handle the objects carefully.
- I watch my movements.

I become AWARE by...



focussing on
ONE THING at
a time.



having some
NOTHING TIME
every day.

I practise **SELF-AWARENESS** by...

engaging my
senses.

thinking about
my day.

questioning
myself.

observing
myself.

writing down my
thoughts and
plans.

meditating
daily.



I take my time to **NOTICE** things!

I make the things I notice **MATTER!**

Being **SELF-AWARE** helps me...

understand
myself and
others.

pursue my
goals and
dreams.

take
better
decisions.

build
positive
relationships.

be more
attentive.

be more
effective.

take
action.



AWARENESS helps me **BLOSSOM**...

Being **AWARE** of myself makes me **HAPPY!**

I am AWARE of my	I want to change this...		Because...
	YES	NO	
Emotions—anger, sadness, loneliness, excitement, etc.:			
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
Thoughts—logical ability positive, negative, etc.:			
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
Speech—tone, pitch, speed, choice of words, etc.:			
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
Actions—walking, eating, organising, playing, etc.:			
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____
☺ _____	<input type="radio"/>	<input type="radio"/>	☺ _____

I set goals



Setting **GOALS** is the first step towards achieving my **DREAMS!**

I will **READ**
a book every
month.



I will **FINISH**
my homework
every day.



I will **SAVE**
my pocket
money.



My **PLAN** of **ACTION** to achieve my **GOALS**

I gather **INFORMATION**.



I look at all possible **OPTIONS**.



I weigh the **PROS AND CONS** of each option.



I **CHOOSE** the option that best helps me reach my goal.



I **ENJOY** working towards **GOALS**
that I set for myself.

Many **EXTERNAL** factors help me reach my **GOALS**.

supportive family

supportive friends

role models

Many **PERSONAL** factors help me reach my **GOALS**.

self-belief

self-discipline

commitment

hard work

hobbies



My **GOALS** help me to...

have
direction.

think
critically.

take clear
decisions.

manage my
emotions.

reduce
stress.

develop
new skills.

achieve
results.

manage
my time.



The **GOAL** of all goals is **HAPPINESS!**

GOALS I have for...

this week

😊 learn two new yoga asanas

.....

😊 help prepare at least two meals at home

.....

😊

.....

😊

.....

😊

.....

😊

.....

.....

this month

😊 stay away from junk food

.....

😊 solve at least eight word puzzles

.....

😊

.....

😊

.....

😊

.....

😊

.....

.....

this year

😊 read at least six books

.....

😊 participate in at least five volunteering activities

.....

😊

.....

😊

.....

😊

.....

😊

.....

the next two years

😊 explore at least ten new places in and around my city

.....

😊 start learning a new language

.....

😊

.....

😊

.....

😊

.....

😊

.....

I bounce back



The **HARDER** I fall,
the **HIGHER** I bounce!

I am **NOT**
what happens to me,
I am what
I **CHOOSE** to become!



I can handle **WHATEVER** life throws at me!

Illness



I
MUST
get well.

Unsatisfactory performance



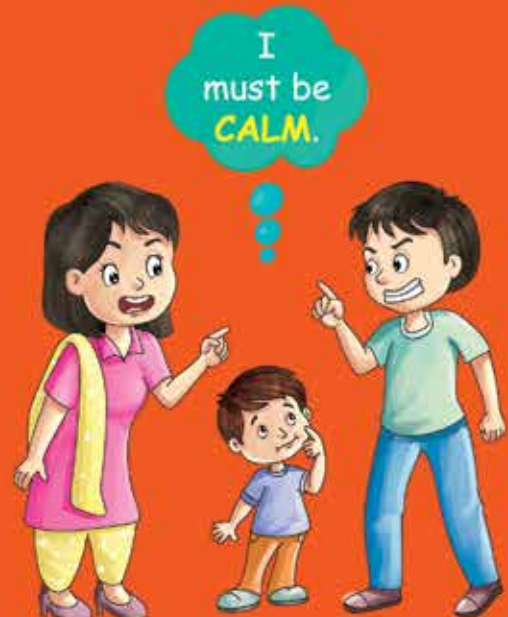
I'll **DEFINITELY**
do better
next time.

Changing schools



I'll miss my
old school but
I'm **EXCITED**
to go to a
new one!

Difficult family situations



I
must be
CALM.

I have mastered the **ART** of
BOUNCING BACK!

I **BOUNCE** back by...



accepting
change.

believing in
myself.

being hopeful.

being active.

working towards
my goals.

connecting
with others.

helping around.

taking care
of myself.



BOUNCING BACK helps me to...



inspire
myself.

be more
connected
with others.

find new
ways to tackle
situations.

discover my
hidden
strengths.

adapt to
change.

respect
myself.



I can **BOUNCE BACK** and be **HAPPY!**

How I overcame a situation...

Obstacles I overcame

Thoughts and feelings that crossed my mind

Help and support I received

Skills and attitudes that helped me overcome the situation

The way I can improve my bounce-back skills

My life has a meaning



I LOVE the **LIFE I LIVE!**
I LIVE the **LIFE I LOVE!**

When I know
my **PURPOSE** in life,
I ENJOY every
minute of it.



I am a part of something **BIGGER**.

I find **MEANING** in...

connecting with nature.



the company I keep.



good health.



pursuing my passions.



being spiritual.



making others happy.



saving the environment.



I find **MEANING** in my **LIFE** by...

helping
others.

continuing
to learn.

appreciating
simple
pleasures.

following
my heart.

challenging
my fears.

creating
positive
habits.

bonding
with
people.

being aware
of my thoughts,
words and
actions.



Having a **PURPOSE** in life helps me to...

be in charge
of my life.

live with
honesty.

find my
true calling.

have
confidence.

feel
contented.

build strong
connections.

be mentally
strong.





help
others.







HAPPINESS is not just doing **FUN** things,
HAPPINESS is doing **MEANINGFUL** things!

Discovering my purpose...





I am happiest when I...

-  go trekking in the mountains.....
- 
- 
- 





People thank and compliment me for...

-  my skills in photography.....
- 
- 
- 




I am naturally curious about...

-  animals and plants.....
- 
- 
- 

I stand for...

-  protecting the environment.....
- 
- 
- 

If I could improve three things in the world, they would be...

- 
- 
- 



Happiness Journal

A simple white smiley face icon with two blue dots for eyes, positioned to the left of the word 'Journal'.

Learn
FROM HOME

A white graphic of a house shape, where the roof is a simple triangle and the base is a thick line that curves upwards on the right side, resembling a stylized 'L' or a house outline.