

Activity: Happy collage

Think about all the things that make you happy. This can be a tricky task, and only you know the truth!

Close your eyes. Take some time to remember the things that have brought a smile to your face and filled you with energy and excitement during the last week.

Remember to look for:

- BIG and SMALL things
- Things that don't cost anything – colours, smells, weather, sounds, words
- Things you do – games, activities, hobbies, special moments
- People – friends, family, inspiring people
- Pets and animals
- Things you LOVE!

Create a collage of the things that make you happy. You could write them in coloured letters or draw them or do a mix of both. You could even cut out pictures or stick in photos if you want to. Use colour and fill the space! You could put a timer on for 3 minutes if you are worried you won't be able to think of anything. Timers are great for making our brains go faster!

So how did it go?

Looking at your collage, is there anything you had forgotten about that makes you happy? Does anything about it surprise you? When did you last do something that makes you happy?

How it works

Images are a powerful way of making things stick in our minds. Research has shown that creating a display of something you want (a 'vision board'), helps to bring it to life. When athletes create a vision in their heads of crossing the finish line or holding a medal, they succeed more often! What we give our focus to can start to grow. Knowing what makes us happy helps us to DESIGN our own happy life.

Create your own happy...

...by looking back at the collage whenever you need to find something to cheer you up. Don't forget to add new happy things as you find them in this book!



