



What is  
a happy mind?



How can it  
make a  
difference to  
our lives?

# A Positive Attitude

Thinking positive thoughts and always seeing the best in a situation is called having a positive attitude to life. It can make you a happier person and plays an important part in having good mental health.



# The Science of Happiness

Never before has there been more research into happiness and how it affects our whole lives.

Scientists have found that happy people are more successful – that means that they are more likely to achieve their goals.

In schools, research shows that happy children learn better and make more progress.



However, one study found that only 17% (that's 17 out of 100) of the people in the world are living truly happy lives.

# The Science of Happiness

Our brains are in charge of our feelings and emotions.

There are chemicals in our brains that actually make us feel happy.

There are four main chemicals. They have tricky names...

dopamine    oxytocin    serotonin    and endorphins

The fantastic news is that there are things we can do to trigger our brains to release these 'feel-good' chemicals!



# How to be Happy

Find ways to relax your mind.

Get plenty of sleep.

Smile and laugh.

Spend time with family and friends.

Exercise regularly.

Eat healthily.

Be fair and honest.

Listen to music.

Care for others.

Take up a hobby or join a club.

Work hard to achieve a goal.

Accept yourself and be proud of who you are.

# Find Ways to Relax Your Mind

Your mind needs rest, just like your body, so try doing calm quiet activities.



You could sit quietly and focus on your breathing, practise meditating or yoga, do some quiet colouring, read a book or do a jigsaw puzzle.

# Smile and Laugh

Did you know that laughing and even just smiling releases 'feel-good' chemicals in our brains?



Being a smiley person will draw others to you, too!

# Eat Healthily

Putting the right things into our bodies can make us feel good, giving our bodies all the nutrients it needs and helping us fight off illnesses.



Eating the wrong kinds of food can actually make us grouchy.



# Spend Time with Family and Friends

Being around those we love, care about and feel safe with makes us feel happy.

These are also the people who can help cheer us up with a hug, or make us laugh.



# Get Plenty of Sleep

It's hard to feel happy when we are tired and grumpy, so getting enough sleep is really important.



# Be Fair and Honest

Knowing you are doing the right thing and being a good person feels great and makes other people want to be around you.



# Take Up a Hobby or Join a Club

Finding something you really enjoy doing and doing with others who love it too, can make us feel really happy.



It also keeps your mind busy, meaning there is less room for negative thoughts.

# Listen to Music

All around the world music is a big part of festivals, celebrations and parties.



This is because music can make you feel really happy.

# Work Hard to Achieve a Goal

It feels OK when you do something you find easy...



But it feels **great** when you succeed at something you had to really try at!

# Care for Others

Doing things for others not only makes them happy, but it makes us feel better too.



# Exercise Regularly

Regular exercise has been shown to improve our mental health and make us feel good!

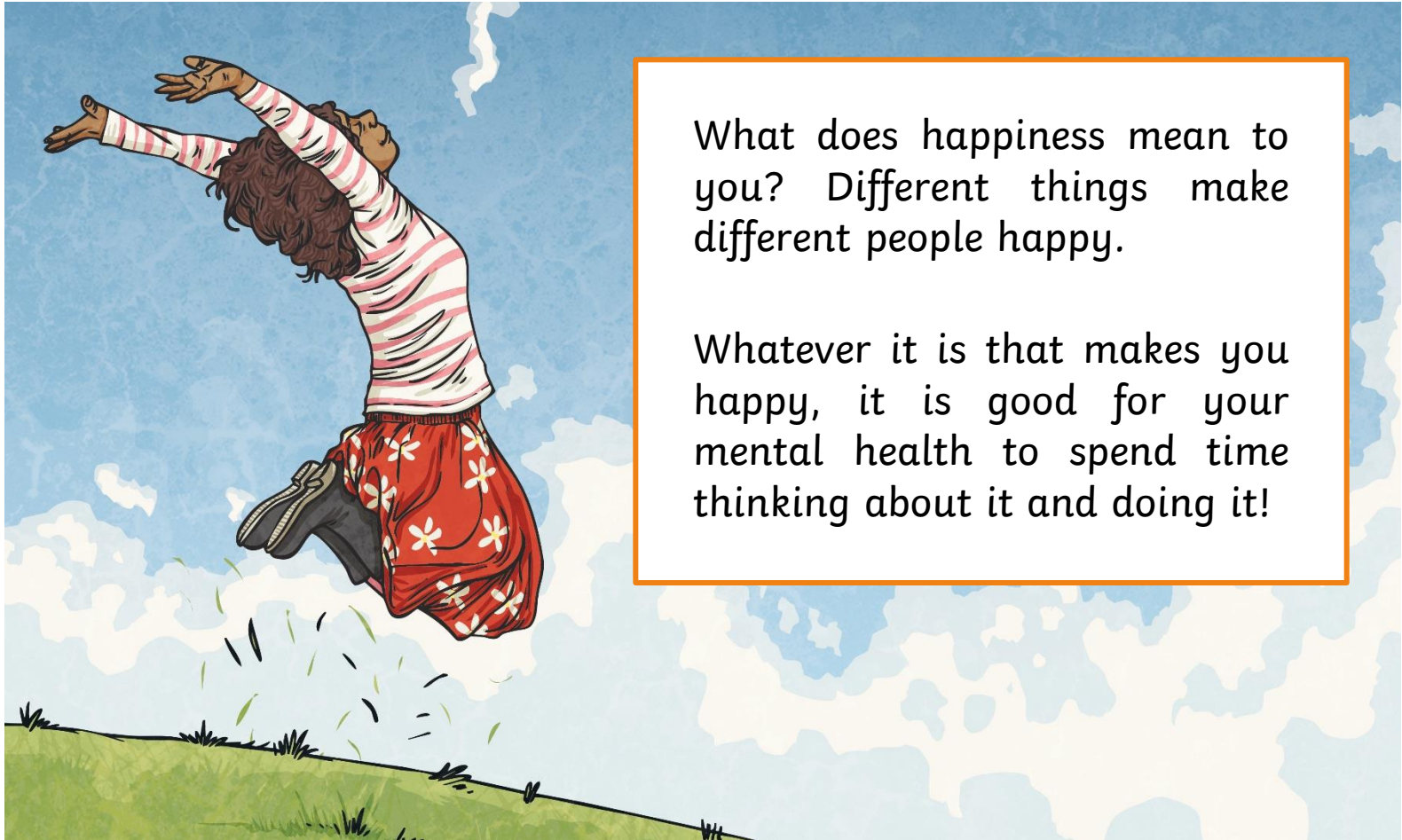
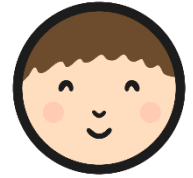




**Accept Yourself and Be Proud of Who You Are**



# Happiness Is...



What does happiness mean to you? Different things make different people happy.

Whatever it is that makes you happy, it is good for your mental health to spend time thinking about it and doing it!

# Happiness Is...

Today you are going to create list poems, where every line starts with the words "Happiness is..."

You can illustrate your poems once you have written down all the things that make you happy.



# Happiness Is... by Miss Coxon

Happiness is listening to your favourite music with no interruptions.

Happiness is your family being healthy and happy.

Happiness is the smell of a Sundays dinner cooking.

Happiness is the sound of laughter.

