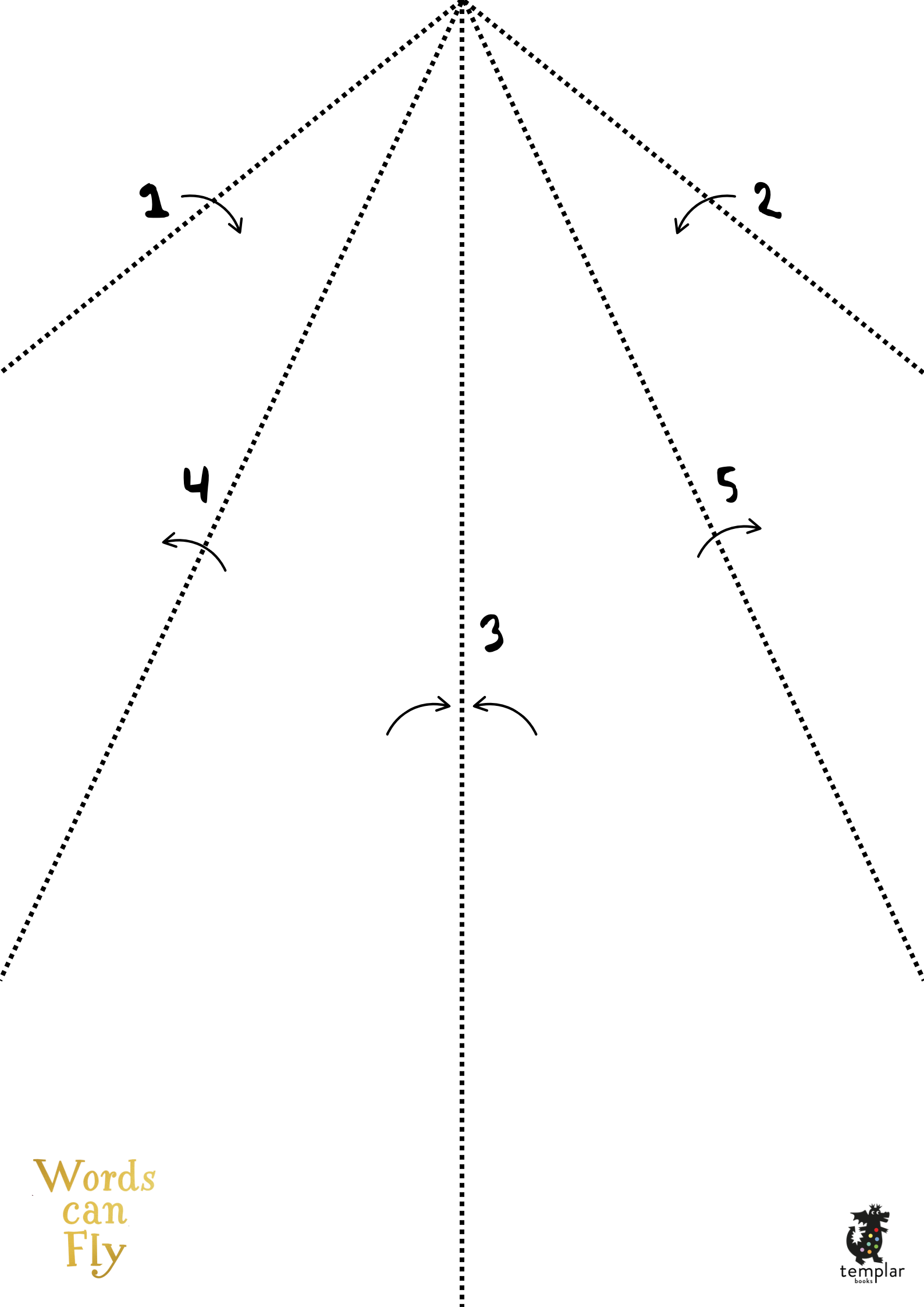




Paper Aeroplane Activity

Let's Send Some Happiness Flying!

- Flip over this page to see where to fold the wings of your plane.
- Before you fold it, take a moment to think about all the things that make you feel happy – big things, small things, anything at all!
- Write your happy thoughts, memories or words on your aeroplane. Fill it with as much joy as you like!
- Once you've finished writing, fold your aeroplane following the dotted lines in the order of the numbers 1-5.
- Now you're ready for takeoff! Gently launch your plane and send your happiness soaring through the air.

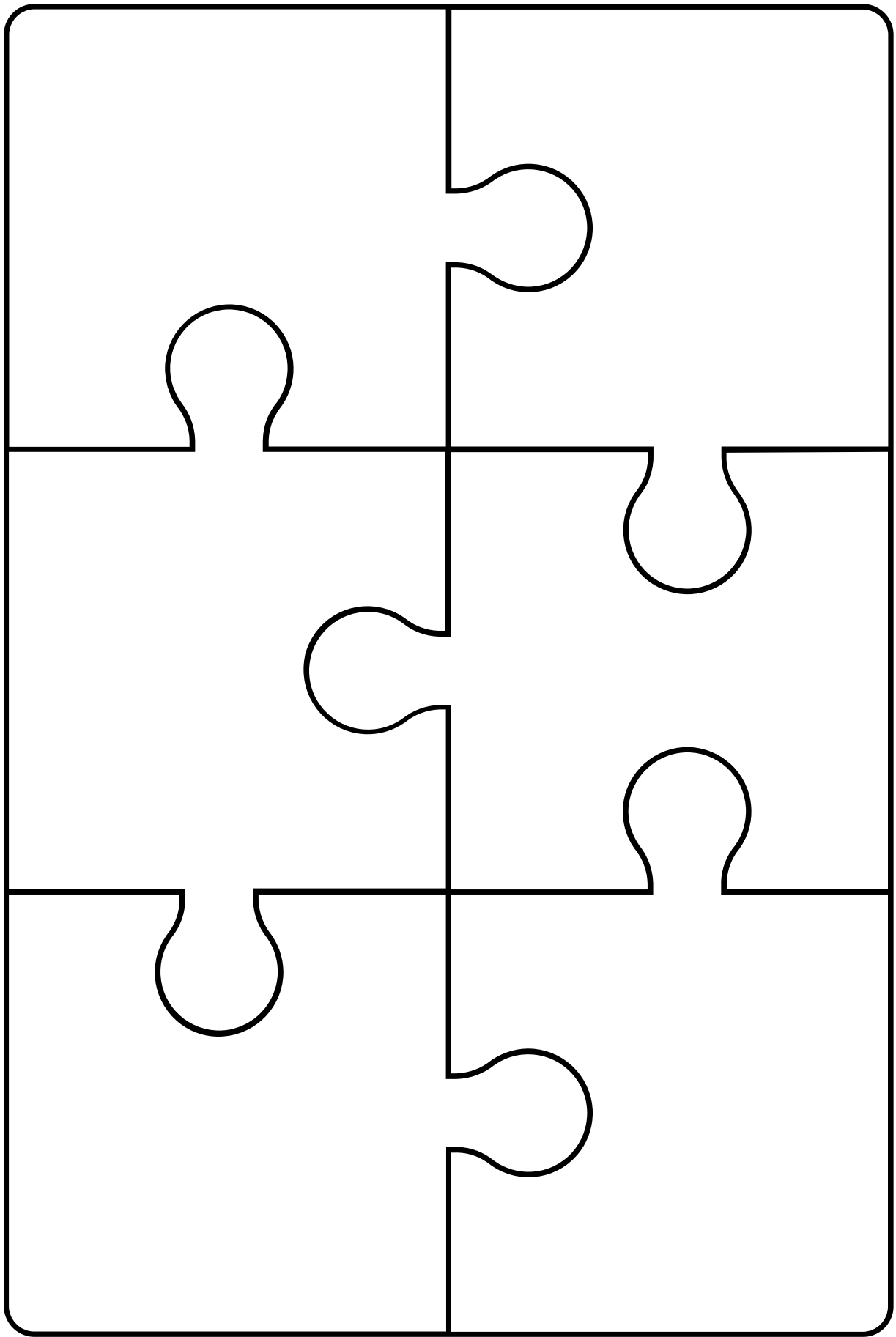




Jigsaw Piece Activity

Put the pieces into place and see the beauty in being you

- On one of the jigsaw pieces on the reverse of this sheet, write something you like about yourself. This could be absolutely anything: your smile, your kindness, your ability to share, your love of the outdoors. There's lots to pick from!
- On the other pieces, write something you like about each of your friends. Think about why they're a good friend and what makes them so special to you. You can even add some doodles if words don't quite make the cut!
- Once all of the pieces are full of positive affirmations, cut them out around the solid black lines.
- Match all the pieces up and see what you've created.



Words
can
Fly

Creative Writing Activity

Let your imagination take flight with this creative writing prompt, inspired by poems that celebrate who you are and the world around you.

- Think about a time when you felt a big emotion – maybe you were happy, sad, excited or nervous. What was happening? How did it feel in your body? What helped you through it?
- Now write a short poem or a story about that moment. Be as honest and imaginative as you like! You could describe what the emotion looked or sounded like, or even give it a name and colour.

There's no right or wrong – just your voice, your feelings and your story.



The Empathy Explorer

Search for words that reflect the things we feel, do and share every day. Find and circle all the words hidden in the puzzle.


S	F	E	E	L	I	N	G	S	R	D	S
E	X	E	C	H	O	C	O	L	A	T	E
M	M	W	I	G	R	F	F	A	T	R	O
O	N	Y	H	F	A	R	O	N	U	P	W
T	A	G	R	A	T	I	T	U	D	E	F
I	T	A	E	N	I	E	H	E	K	R	L
O	U	R	N	K	I	N	D	E	S	S	Y
N	R	E	S	G	A	D	D	A	Y	Y	O
S	E	R	F	I	R	S	P	L	A	C	U
K	Y	R	A	E	I	H	A	P	P	Y	I
S	H	O	P	E	T	I	S	M	A	A	E
E	A	R	M	U	F	P	S	E	N	E	R

FEELINGS
CHOCOLATE
EMOTIONS
NATURE
GRATITUDE

FRIENDSHIP
KINDNESS
YOU'ER
HAPPY
HOPETISM

ANSWERS

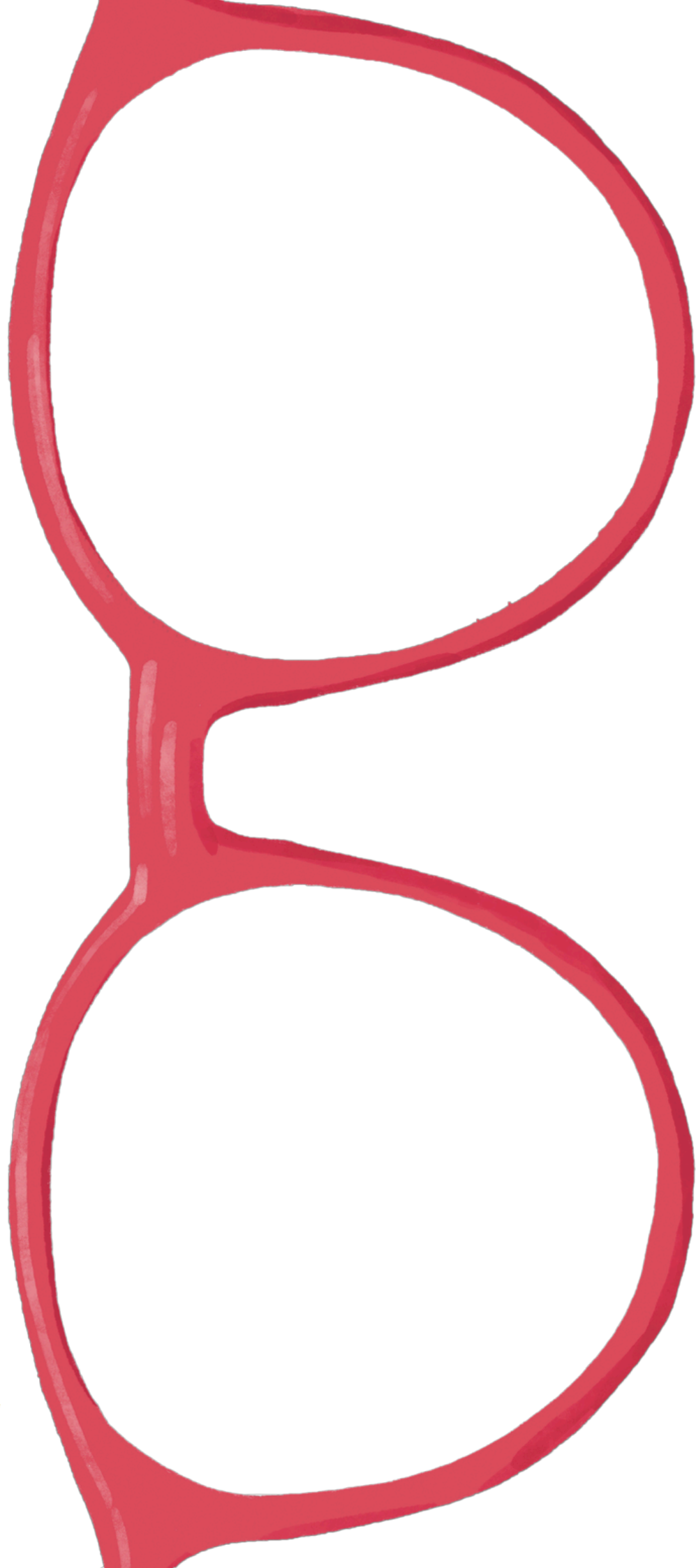
S	E	N	E	R	F	P	S	E	N	E	R
E	A	R	M	U	F	P	S	E	N	E	R
S	M	A	A	E	I	H	A	P	P	Y	I
C	L	A	C	E	I	H	A	P	P	Y	I
O	N	Y	H	F	A	R	O	N	U	P	W
T	A	G	R	A	T	I	T	U	D	E	F
I	T	A	E	N	I	E	H	E	K	R	L
O	U	R	N	K	I	N	D	E	S	S	Y
N	R	E	S	G	A	D	D	A	Y	Y	O
S	E	R	F	I	R	S	P	L	A	C	U
K	Y	R	A	E	I	H	A	P	P	Y	I
S	H	O	P	E	T	I	S	M	A	A	E



Gratitude Goggle Activity

See the World Through Your
Gratitude Goggles

- Take a quiet moment to think about what makes you feel happy, thankful or cared for.
- These might be people, places or moments, or even favourite smells or sounds!
- Turn over this sheet to find a special pair of gratitude goggles waiting for you.
- Inside the lenses, draw or write the things you're grateful for – big or small.
- Use lots of colours and creativity – this is your personal lens to see the world.
- Once you're done, you'll have a snapshot of your thankful heart – and a reminder that even on tricky days there's always something good to be found.



What are you
grateful for?