

Happy Minds, Happy People



A cartoon illustration of a young boy with short blonde hair, wearing a green and yellow striped long-sleeved shirt and dark blue trousers. He is standing and pointing upwards with his right hand.

What is
a happy
mind?

A cartoon illustration of a young girl with short black hair, wearing a purple vest over a pink top and a pink ruffled skirt. She is standing with one hand on her hip and the other pointing towards the text.

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

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.

Next

How to Be Happy

There are lots of ways we can help ourselves to feel happy but sometimes people struggle with mental health and this can be difficult.

There are lots of ways people can get support if this happens and talking to a trusted adult is a really important thing to do.

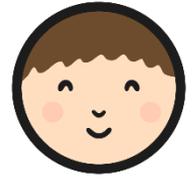


Who are your
trusted adults?

Consolidating

Reflecting

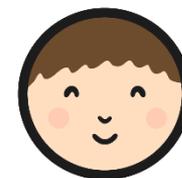
Happiness Is...



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...



Think Positive

I understand that having a positive attitude is good for our mental health.

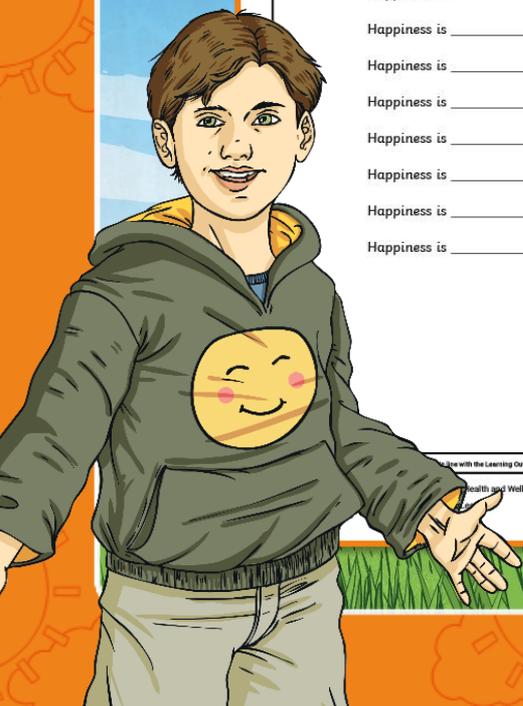
Think about all the things that make you feel happy. We are all different, so we'll all have different ideas about what happiness means to us.

Create a list poem using the lines below. You can then add illustrations around your poem.

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.



Aligns with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

Health and Wellbeing | Think Positive |

visit [twinkl.com](https://www.twinkl.com)

