



PSHE and Citizenship

Health and Wellbeing | Think Positive



Happy Minds, Happy People



Aim

- I understand that being happy and having a positive attitude is good for us.

Success Criteria

- I can explain what having a positive attitude means.
- I know lots of things I can do to increase my levels of happiness.
- I understand how having a positive attitude can make a difference to our lives.

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.

Back

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.

Back

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!

Back

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.

Back

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.



Back

Get Plenty of Sleep

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



Back

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.



Back

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.

Back

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.

Back

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!

Back

Care for Others

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



Back

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

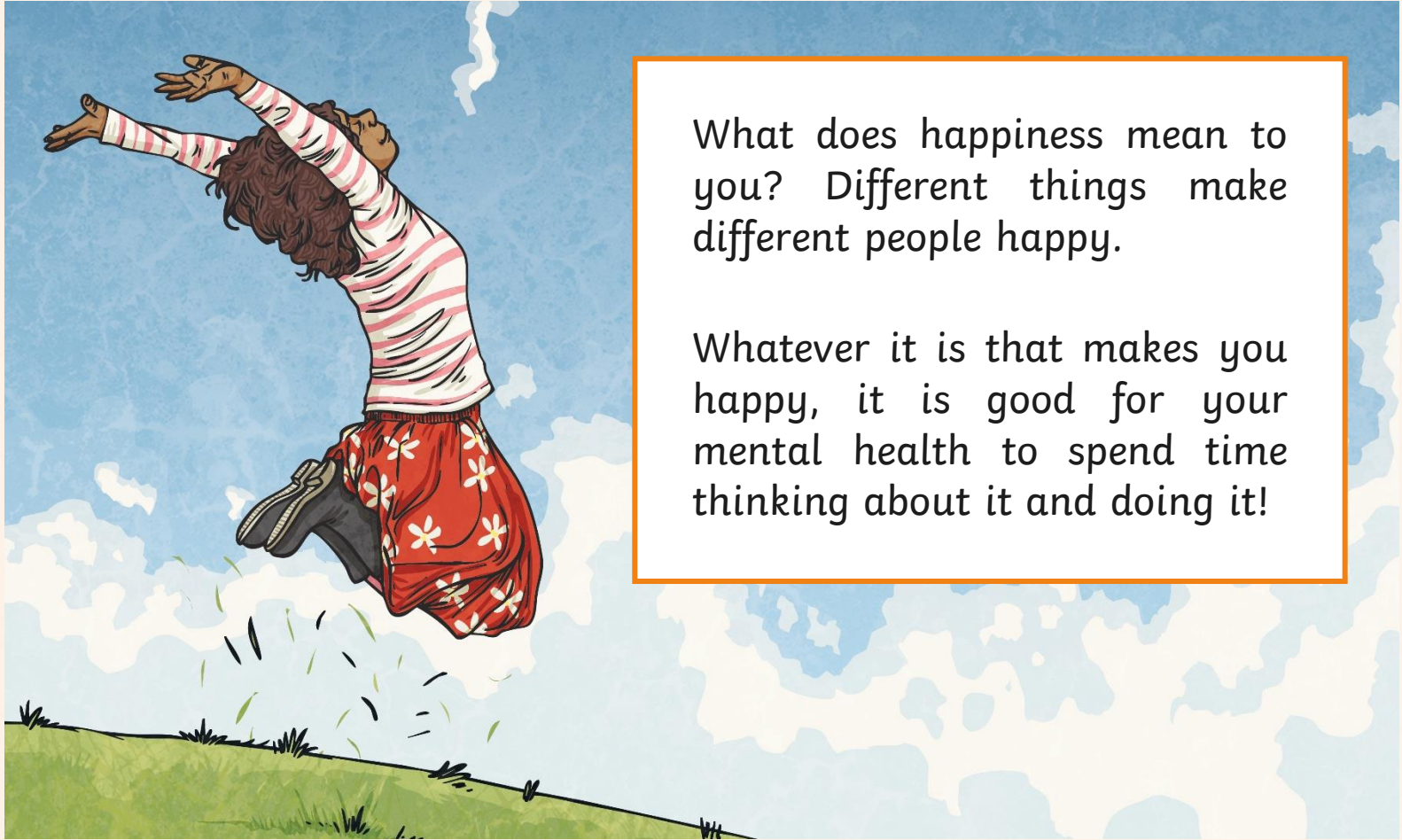


Consolidating

Reflecting

Consolidating

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.



Reflecting

Share a Happy Thought



Different things make different people happy. With a family member, share some happy thoughts in turn. It could be a place or person that makes you feel happy, something that you are grateful for, a happy memory, or a positive thought that you would like to share with others.

If you do not wish to share a happy thought, then just think of some.

Remember to listen carefully and respectfully to others' ideas.

As we share these happy thoughts, think about how having a happy mind can impact our lives and make us feel good.

