



YOUR MAGAZINE

Be happy

ISSUE 10, JUNE 2020

Welcome back to your Magazine



Happiness is about being content with what we have and enjoying little things every day.

It is OK for us not to feel happy all the time. In fact all feelings are important and we have them for a reason.



Happiness is good for our health.



It can help us feel less stressed.



Happiness helps us reach our goals and enjoy what we have.



So let's enjoy being happy



Remember your circles?

These exercises will help to make choices to keep your life on track

Monday

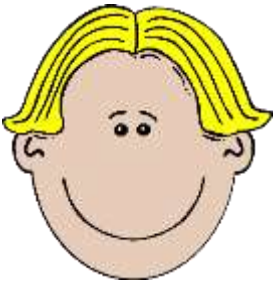
Being Thankful



Being thankful for little things in life helps us to feel happy



When we are thankful we look at what we do have and this feels good.



Dr Emmons, who is a professor in America, did a study on being thankful.



He found that people who wrote down what they were thankful for every day had better health and happiness.

I am thankful for

.....

.....

.....

I am thankful for

.....

.....

.....

I am thankful for

.....

.....

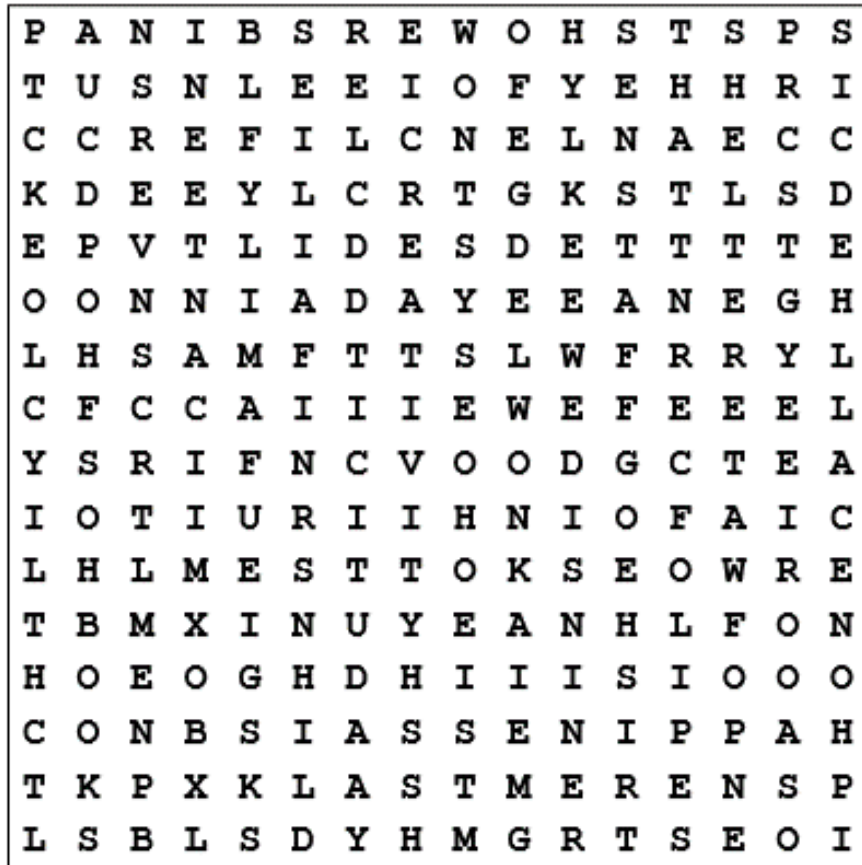
.....



**What am I thankful
for?**

Write down three things
you are thankful for right
now

Things to be thankful for...



BOOKS
CANTEEN
COMMUNITY
CREATIVITY
EXERCISE
FAITH
FAMILY
FOOD
FRIENDS
HAPPINESS
HEALTH
INSIDEWEEKLY
KNOWLEDGE

LETTERS
LIFE
LOVE
PHONECALL
RELATIONSHIPS
SHELTER
SHOWER
SLEEP
STAFF
TELEVISION
WATER
XBOX

"It is not how much we have, but how much we enjoy that makes happiness"



Tuesday

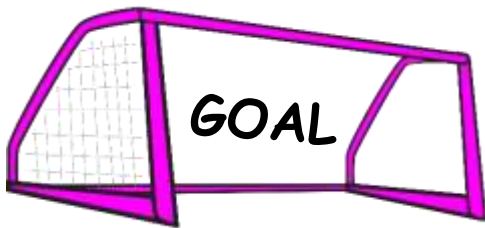
Draw a happy memory



Keep it in your mind



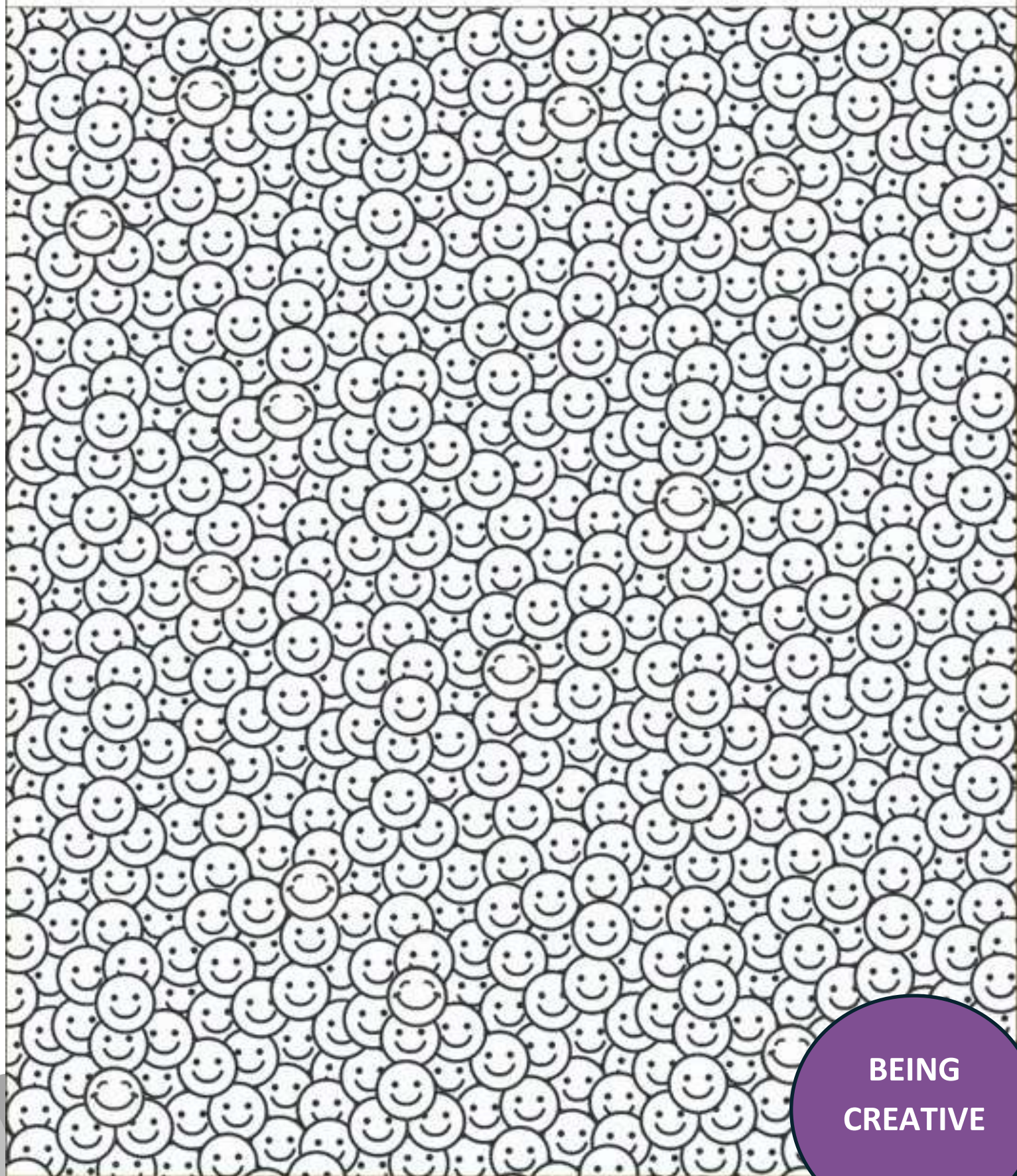
How does it make you feel?



What can I do today to make a happy memory?

It can be something really small

Find and color 14 faces
that look like this



BEING
CREATIVE

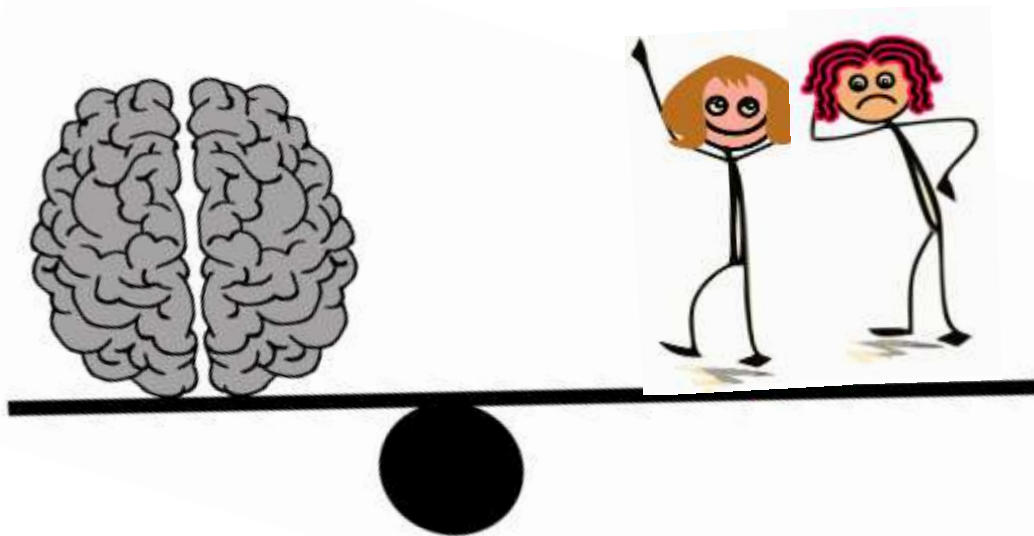
Wednesday

You don't have to be happy all the time.

We are human and it is OK to feel sadness.

Sadness is as important as happiness.

We have a Mr Sadness and Mrs Happiness in our brain and they look after each other.

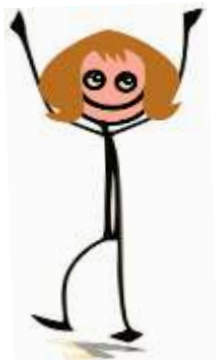


They need each other.



If you listen to Mr Sadness what would he say?

.....



If you listen to Mrs Happiness what would she say?

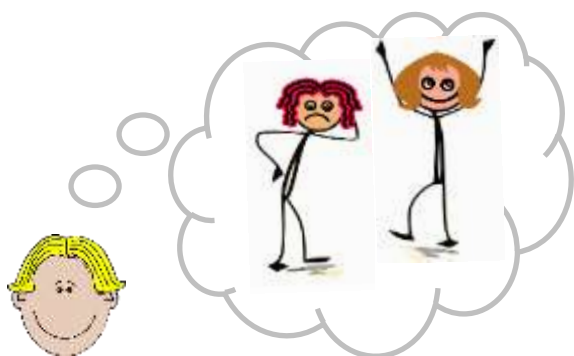
.....

What could they say to each other to help?

.....

.....

.....



Let's get physical

LOUDER THAN WORDS

DAREBEE
WORKOUT
© darebee.com

Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



10 jumping jacks



2 hop heel clicks



10 jumping jacks



10 butt kicks



2 jumping lunges



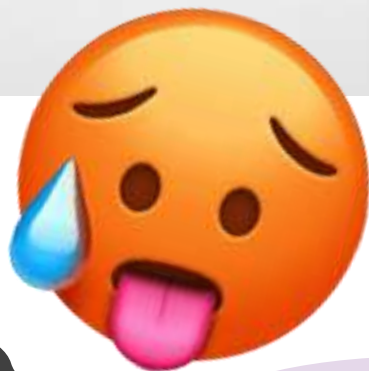
10 butt kicks

Minutes worked:

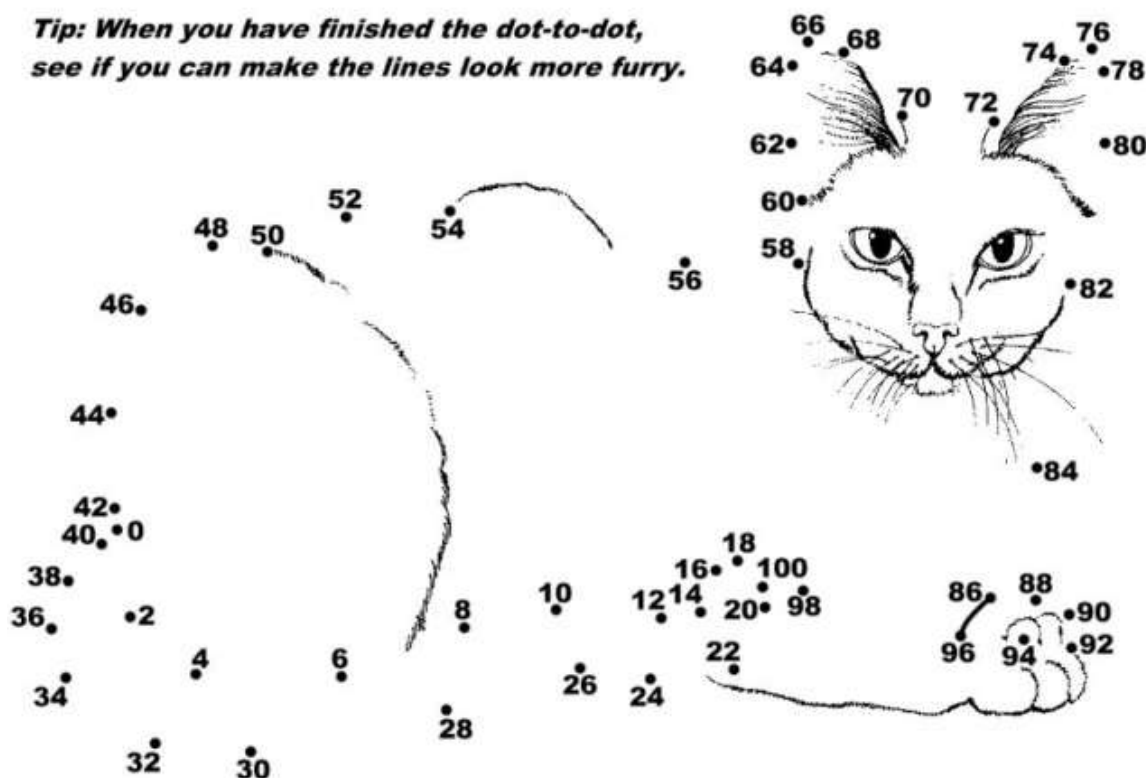
Feel good score:

Remember to warm up before
exercising and cool down
afterwards! Simple stretches
will help your body cope with
activity

**BEING
ACTIVE**



Tip: When you have finished the dot-to-dot, see if you can make the lines look more furry.



Try this
dot to
dot... it
counts up
in 2..

Find 2,
then 4,
then 6
etc.

The Happiness Wordsearch



BALANCED
BRIGHT
CALM
CHEERFUL
COMFORTABLE
CONTENT
DELIGHTED
ECSTATIC
FULFILLED
GLAD
GRATEFUL
HAPPY
HEALTHY
JOLLY

JOYFUL
MERRY
OPTIMISTIC
OVERJOYED
PEACEFUL
PLEASED
RELAXED
SAFE
SATISFIED
SECURE
STABLE
STRONG
THANKFUL



Thursday

I don't feel happy



Congratulations!
You are normal



But I want to feel happy



I love my
life



Hey stop trying
to feel happy
and start doing
things that you
enjoy



FEELING
GOOD
ABOUT ME



Friday



Thoughts are just thoughts not facts.

We can start to notice negative thoughts but not believe them



I'm not
good enough

I notice that I'm
having that thought
that I'm not good
enough

Start to notice thoughts as if
they were clouds



I can't be happy ...I'm no good



That is just a thought.
Do something that makes
you feel good about
yourself anyway!



It will only go wrong



Again, that is only a
thought. We all have them.
Do something anyway. I
make lots of mistakes - it
is OK!



Moments of happiness



All thoughts pass

Let's get physical

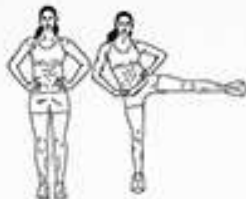
Setting Goals

WORKOUT
BY DAREBEE
© darebee.com

Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



4 lunges



20 side leg raises



20 punches



4 lunges



4 knee-to-elbows



20 punches



4 lunges



20 back leg raises



20 punches

Minutes worked:

Feel good score:

Remember to warm up before
exercising and cool down
afterwards! Simple stretches
will help your body cope with
activity

**BEING
ACTIVE**

Saturday

Exercise



When we exercise it makes our body release chemicals that makes us feel happier.

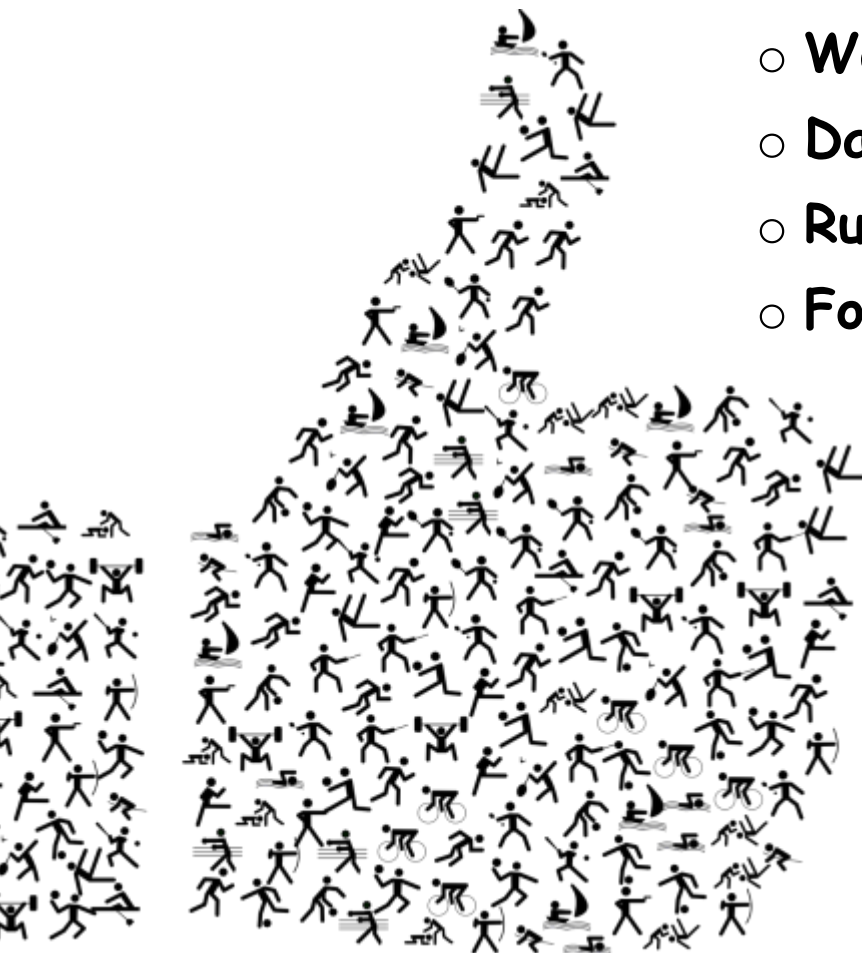
Is there an exercise I enjoy?



- ☐ Walking
- ☐ Dancing
- ☐ Running
- ☐ Football

- ☐ Rugby
- ☐ Yoga
- ☐ Gym

What could I do today to get my body moving?



Music can change how we feel.



Sad songs can make us feel sad.

Happy songs can make us feel happy.



Think of the song that makes you feel happy when you hear it.

If you have a copy put it on and sing along..

If you don't then just sing it anyway

How does it make you feel?



Let's get physical

ROVER

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec march steps



20sec butt kicks



10sec plank hold



30sec march steps



20sec butt kicks



10sec one-arm plank hold



30sec march steps



20sec butt kicks

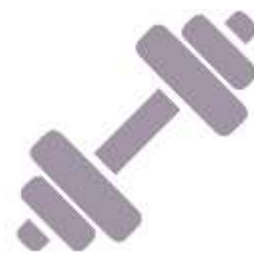


10sec one-arm plank hold

Minutes worked:

Feel good score:

Remember to
warm up before
exercising and cool down
afterwards! Simple
stretches will help your



**BEING
ACTIVE**

Sunday

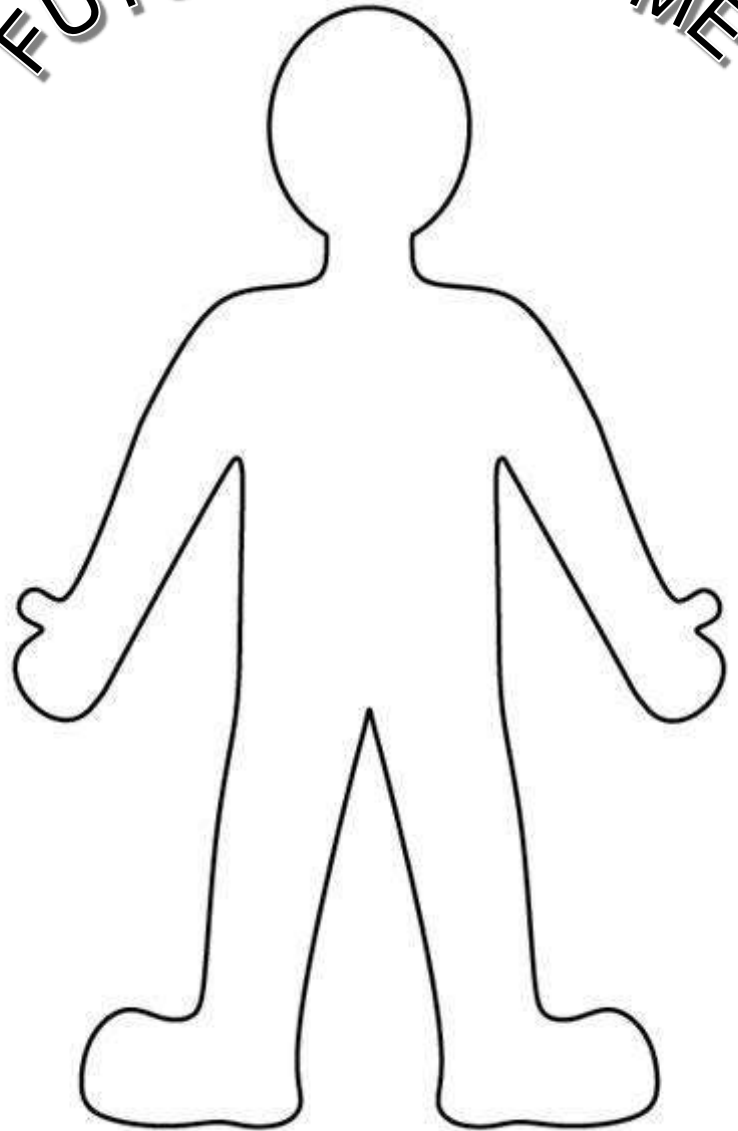
FUTURE HAPPY ME

This outline is YOU!

Now write your name

.....

Give yourself some
clothes, hair and a
face.



What makes you happy?

Draw or write these things around your picture.

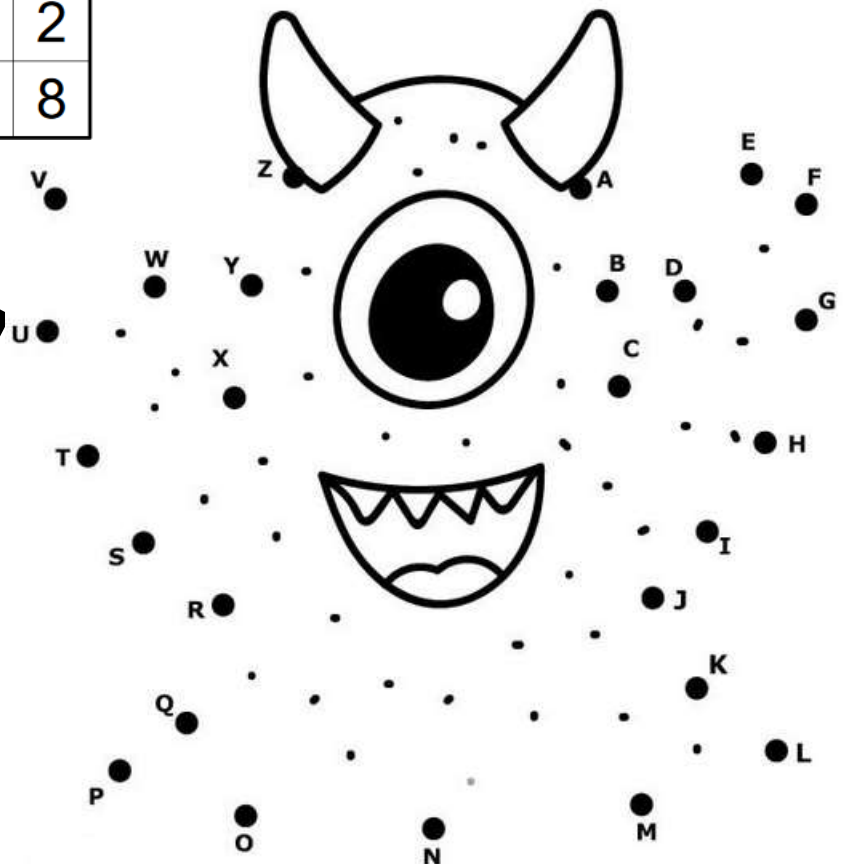


Keeping busy can help us to feel happy. We've loaded this magazine with lots of things to do.

2		5			7			6
4			9	6			2	
				8			4	5
9	8			7	4			
5	7		8		2		6	9
			6	3			5	7
7	5			2				
	6			5	1			2
3			4			5		8

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

Simply connect the alphabet, start with A, B, C and so on.. Why not colour me in too!



CHOCOHOLICS QUIZ



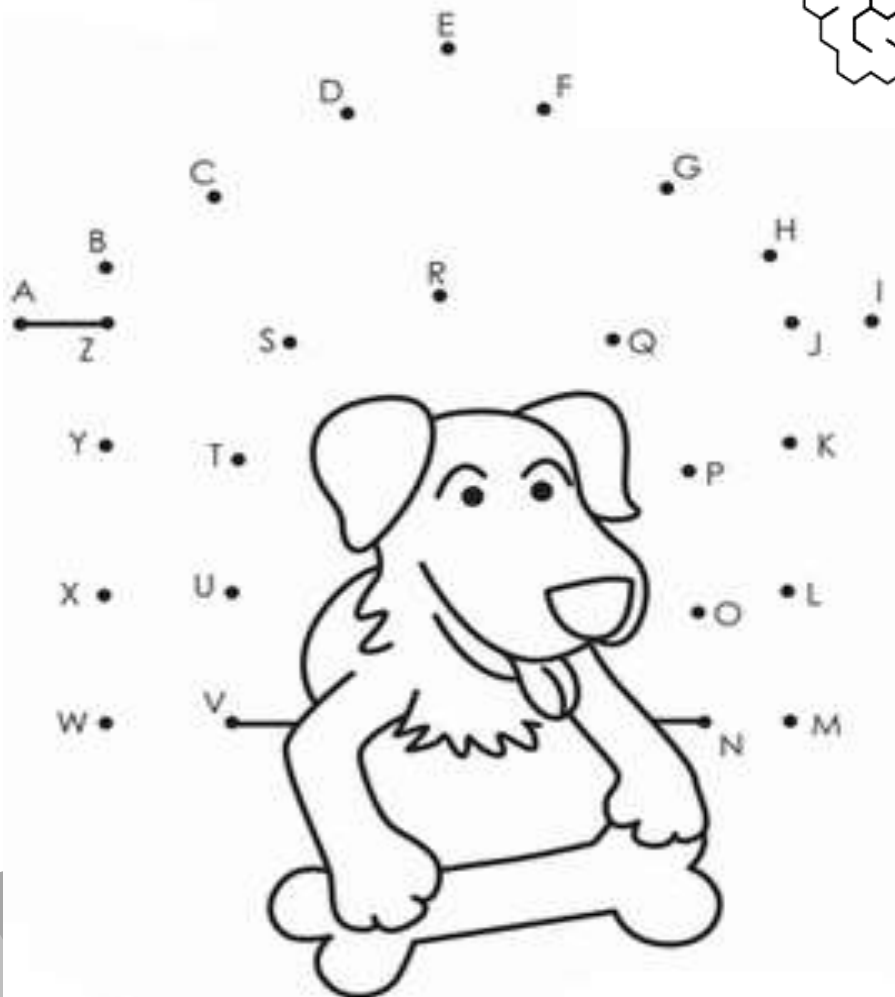
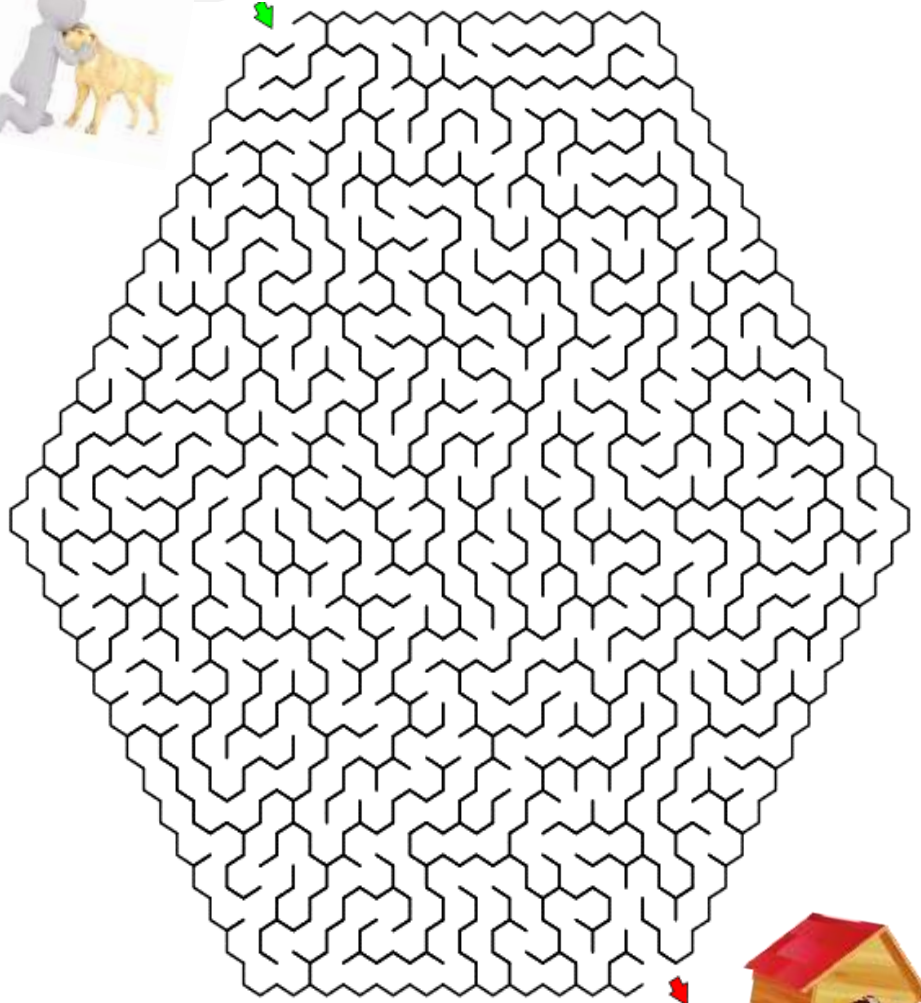
Here we have pictures of popular chocolate bars that have been broken in half.

Do you recognise any of these?

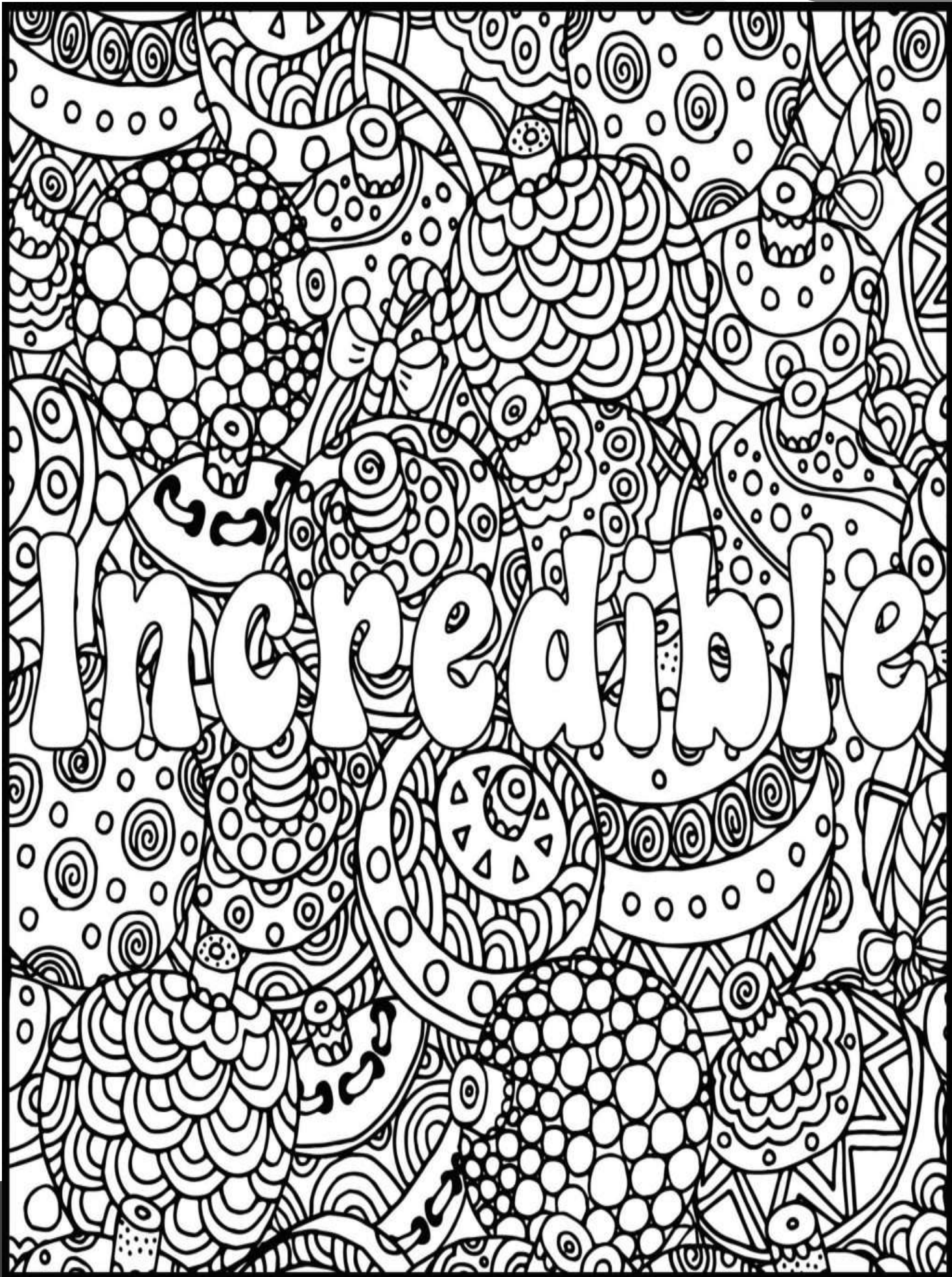
If you could only pick ONE to eat for the rest of your life, which would it be?



Help Ralph the dog
find his way home.
Is there a safe way
through the maze?



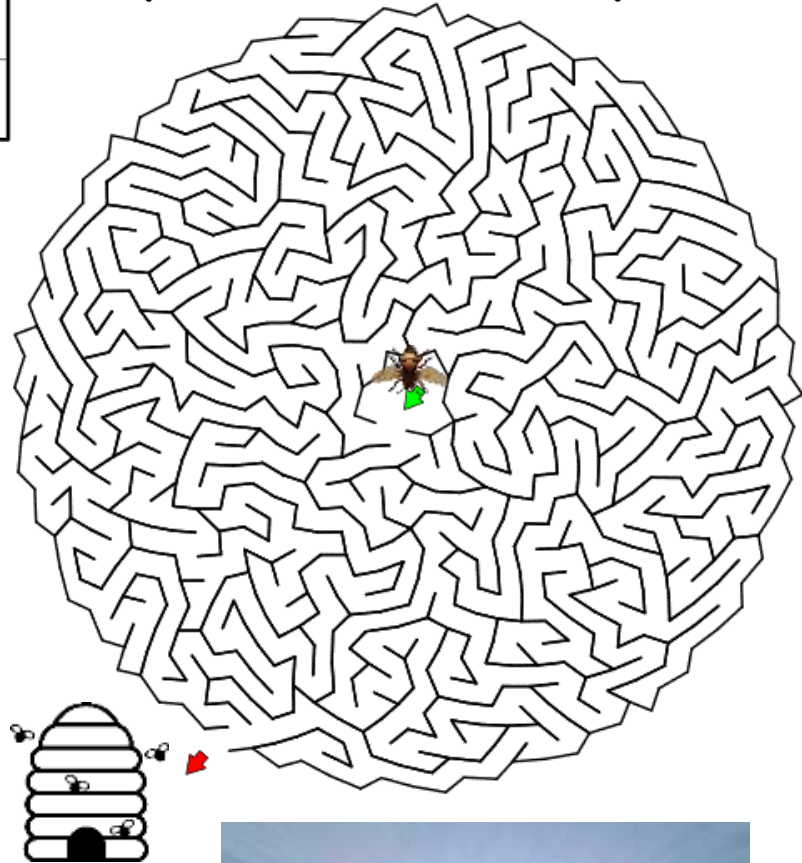
Now Ralph is
home he needs to
do some work...
Connect the
alphabet. When
you're done add
some colour -he'll
love that!



	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4				2	

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

Help the bee find a way home



Now you have completed this weeks magazine - check in with how you feel?

I feel

.....



Your Week

Storyboard - record your last six days in any way you like.

A storyboard template for recording the last six days of the week. It features a central character with blonde hair, wearing a white shirt and blue pants. The character is positioned in the center, with six empty rectangular panels arranged around them in a 2x3 grid. The panels are intended for drawing or writing about daily experiences. A speech bubble from the character says "I feel happy". Below the character, there is a row of six small figures: one yellow figure with a happy face and five grey figures with sad faces. A speech bubble from the yellow figure says "I don't feel sad today". The background is white with grey and purple wavy shapes at the top and bottom.

I feel happy

I don't feel sad today