

PSE

A series of resources to dip in and out of. This week we investigate **happiness** through a series of engaging activities. I have attached the links for **BBC Bitesize daily lessons** and also a **calendar of Meaningful activities**. **Hope you enjoy - Ms Smith**



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.
Do What You Can"** ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Year 7 & 8 - Body Image

<https://www.bbc.co.uk/bitesize/articles/zn32mfr>

A selection of resources exploring Happiness

THINK QUESTIONS: What does happiness mean to you? Is happiness something you can learn about from others? Who or what do you think about when you think of happiness? Do you need money to be happy? Is happiness a skill that can be practiced?

How is happiness related to external circumstances? Where do the happiest people on earth live? Is happiness connected to physical and emotional health? Why are so many people in western countries looking for happiness?

What is happiness? Whilst we often think that happiness is about feeling happy and satisfied, happiness can only exist through moments of feeling unhappy. It would be hard for us to know what it means to feel happiness if you wouldn't have had the moments in your life when you would not feel so happy. Read more about the two sides of the coin of happiness here.

<https://www.psychologytoday.com/us/blog/the-other-side/201706/in-pursuit-happiness-why-pain-helps-us-feel-pleasure>

<https://positivepsychology.com/benefits-of-happiness/>

<https://static1.squarespace.com/static/595caeca2e69cf0e4a94010f/t/5eab2e9016c42043bd8a1eab/1588276882868/My+Gratitude+Diary.pdf>

What does happiness mean to you? Happiness means something different for everyone. In this activity you are invited to keep a gratitude diary. Explore the moments, experiences or aspects of life that create happiness for you. Use this handy worksheet (insert link gratitude) to help you get started: My gratitude diary

Video and podcasts on happiness and self care.

https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?referrer=playlist-the_importance_of_self_care

<https://www.youtube.com/watch?v=-kfUE41-JFw&feature=youtu.be>

<https://www.mentalhealth.org.uk/podcasts-and-videos/mindfulness-10-minute-practice-exercise>