

HALF TERM HAPPINESS

You can colour me in!

DAY 1

Can you spot
some bulbs
growing?

Tick box when
completed

DAY 2

Can you write and
post a letter to a
friend or
relative?

Tick box when
completed

DAY 3

Can you go
outside and count
how many
sounds you hear?

Tick box when
completed

DAY 4

Can you do
something kind
for someone you
live with?

Tick box when
completed

DAY 5

Can you dance to
some of your
favourite happy
music?

Tick box when
completed

DAY 6

Can you learn
about a local
charity?

Tick box when
completed

DAY 7

Can you write
down 3 things
that you are good
at?

Tick box when
completed

DAY 8

Can you paint
rocks for people
to find outside?

Tick box when
completed

DAY 9

Can you write a
list of all the
things you love in
your life?

Tick box when
completed

Now, can you list all of the things (**BIG** and small) that you've been glad about this Half Term holiday:



the happiness coach

katietheshappinesscoach.co.uk