



If you follow these 5 rules you will be happier and healthier in your body and your mind

Remember to be  
HAPPY!



## **H**elp others

*Help someone every single day. Open a door for them, help your mum cook tea, set the table, help your friends, help your teacher.*

## **A**ctive each day

*Make sure you do some exercise or sport every single day.*

## **P**resent moment

*Notice things around you every single day. What is happening right now? Enjoy every moment. Be thankful for everything that you have.*

## **P**eople connections

*Connect with your family and your friends every single day. Spend time with them doing things you enjoy.*

## **Y**earn to learn

*Look at all the things you CAN do and all the things waiting to be learnt. Learn something new every single day. You can learn anything if you try.*

## Suggestions and questions for each heading.

### Help others:

*How can they help others? Charity work, looking after pets, helping at home, helping at school, helping younger siblings, helping friends, helping teachers etc.*

### Active each day

*What exercise can they do daily? Are there any sports they can do? Could they plan to run 5 times around the playground every day? Can they go for walks with their families, go swimming? Cycling? Playing in the park?*

### Present moment

*What is happening around them right now? What can you hear? What can you see? What can you feel? What do you notice? Being aware of the present moment is also known as mindfulness. Being thankful for everything they have in the present moment. Notice things in nature – a flower coming into bloom, a spider weaving a web, a raindrop running down the window pane. Focusing on these things can be very relaxing and make you feel better in yourself.*

### People connections

*How can they connect with others? How can you develop your relationships? What sort of things can you do with your family? Friends? Classmates? When you make connections with people and spend time with them it makes you feel better about yourself and fosters a sense of belonging.*

### Yearn to learn

*What can you learn today? Focus on what they can do now but also they should never be afraid to learn something new. Try to learn something new, no matter how small, every day. It might be reading a new book, learning how to tie shoe laces, new vocabulary, a song, a poem, how to build something with lego, telling the time, playing a musical instrument etc.*