



Happiness Project Planner

Cut out and fill in your name at the top. Paste onto the front of an A5 journal. Use this to plan your happiness projects, such as “100 Acts of Kindness” project (and other community connection projects), and a Family Conversation Jar. At the BACK of the book, write a list of projects you can think of that you would like to do, to grow your happiness and the happiness of the people around you. Use the FRONT of the book for your project planning, writing a list of materials and instructions you will need in order to complete the project.





Happiness Project Planner IDEAS

Cut out and paste to the inside cover of the book.
We have given you 3 ideas to start off with,
and an extra page to use as you go on.

		Details
 Project Name Family Conversation Jar	Project Aim To encourage important conversations with family	Label a jar: "Family Conversation Jar." Decorate it. On small pieces of paper, write some important topics to discuss. Get Mum or Dad to help you. Include topics about mental health and happiness skills.
Project Name 100 Acts of Kindness	Project Aim To connect with your friends, family and community. To encourage empathy.	Make a list of 100 things you would like to do for friends, family and the community. For example: Give food scraps to your neighbours chickens, Give your Mum a hug, draw a picture to cheer someone up, write a special letter to someone you love, Include some anonymous acts of kindness, such as buying some flowers or baking some cookies for someone who is having a hard time and leaving them at their house with a note: "Somebody cares!"
Project Name Happy Thoughts Jar	Project Aim To encourage yourself and those around you to remember to have happy thoughts throughout the day.	Label a jar: "Happy Thoughts Jar" and decorate it so that when you look at it, it makes you feel happy. Write happy thoughts on lots of pieces of paper, add them to the jar. Take one out if you need a happy thought. Even better, give one to someone else if you think that they need a happy thought!



Happiness Project Planner IDEAS

Here is an extra page to use as you go on.

 <i>Happiness Project Ideas</i> 		Project Name	Project Aim	Details

Happiness Project Planner PLAN Sheet

Paste this into your Planner journal
each time you are planning a new project.

 <i>Happiness Project Plan</i> 	Project Aim:		Directions:
	Project Name:	Due Date:	