



## Who is your happiness hero?

Do you know who the happiness heroes are in your life? Do you know which of your friends and family will support you when you need it? Building a strong 'network' of happiness heroes can help you whenever you need it.

Do you know who the happiness heroes are in your life? Do you know which of your friends and family will support you when you need it? Building a strong 'network' of happiness heroes can help you whenever you need it.

### Your Happiness Network

Remember that a problem shared is a problem halved. Knowing that you have people to help and support you can help you feel better. Sometimes, when we feel low, we think others might not understand or want to listen, but that's when you should ask for help.

Keeping a note of your happiness network, a group of people you can call on when you need support will help in times of need.

### Fill in your happiness heroes below:

Someone who can help me when I make a mistake:

Someone who makes me feel good about myself:

Someone who makes me laugh:

Someone I can talk to if I'm worried:

Someone who helps me think through a challenge or problem:

Someone who is lively with me:

Someone who introduces me to new ideas and games:

Someone who will give me a hug:

Someone who will tell me I'm doing well:



When you've written the names of the people in your happiness network, pick one or two people on your list and share with your group what qualities they have and why you have added them. Draw your happiness hero below. Can you draw all their special qualities? For example, a big heart or special listening ears.

**Which of these qualities will you try to have, so you're a happiness hero too?**



Cut this part of the activity out to take home to be completed with an adult or complete with an adult in school

Now it's your turn to spread a bit of happiness! Letting people know that you appreciate their support can help them feel happy too. You can do this in person and nominate them for a National Happiness award. You can fill in a form for FREE online at <http://www.laughology.co.uk/national-happiness-awards/test-forms-19>. You can write about their happiness qualities and what makes them your Happiness Hero and they will receive a special email to thank them for being your happiness hero. Just Search **HAPPINESS AWARDS**.