



# Tips to help you get a happier score on the Happy Meter

## 1 Sunshine Breaths

Take in a deep breath into the stomach. As you breathe in, feel as if you are breathing in the colour yellow and a happy feeling. Breathe out slowly and breath yellow into the room. Keep breathing yellow sunshine breaths until you feel you are moving up the Happy Meter.

## 2 Special Place

Imagine you are in your own special happy place. What can you see? What can you smell and hear? Imagine how happy and relaxed you are feeling in your own special place. Can you feel the happiness inside? Come here whenever you need to feel happy.

## 3 Happiness Switch

Remember a time you felt really happy. Take your mind back to that place and try and imagine you are back there and see what you saw and hear what you heard and remember how great you felt. Now, squeeze thumb and first finger together on your right hand as you think about your happy memory. Next time you are feeling lonely or sad, just squeeze your thumb and first finger and remember your happy memory. This is your happy switch and you can use it whenever you need to relax or feel better. Notice how your happiness rises up the Happy Meter.

## 4 Happy List

Make a list of all the things you are grateful and thankful for. See if you can write as many down as possible each day. The more you think about things you are grateful for, the happier you will feel. Can you notice how your happiness rises when you are grateful for things in your life.

## 5 Just smile

When you smile, your brain is tricked into thinking you are happy. Even if you are not happy, your brain will think you are and you will feel happier. Hold a pencil or your finger between your teeth. This will make your mouth smile. Hold it for one minute and notice how your happiness rises.

# Happiness Meter

How happy are you feeling now?

(1 is not very happy and 10 is very happy)

