

colour me!

create your OWN HAPPY

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1. Reduce, reuse, recycle

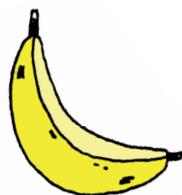
Reusing and recycling our materials are the most important things we can do. - **Nikki Reed (Actress)**

It's easy to think that the packaging we buy can be recycled, and that we are being green when we put it into the recycling bin. But what if we could reduce the things we put into the recycling? This would mean fewer trucks to move our rubbish, less energy to recycle it and less packaging in the first place.

Did you know reducing waste can actually make us happy? Explore your family's recycling, take some steps to reduce the amount of rubbish you create and reuse recyclables to make a scary but lovable reminder to reduce your waste!

Activity: Make a recycling monster

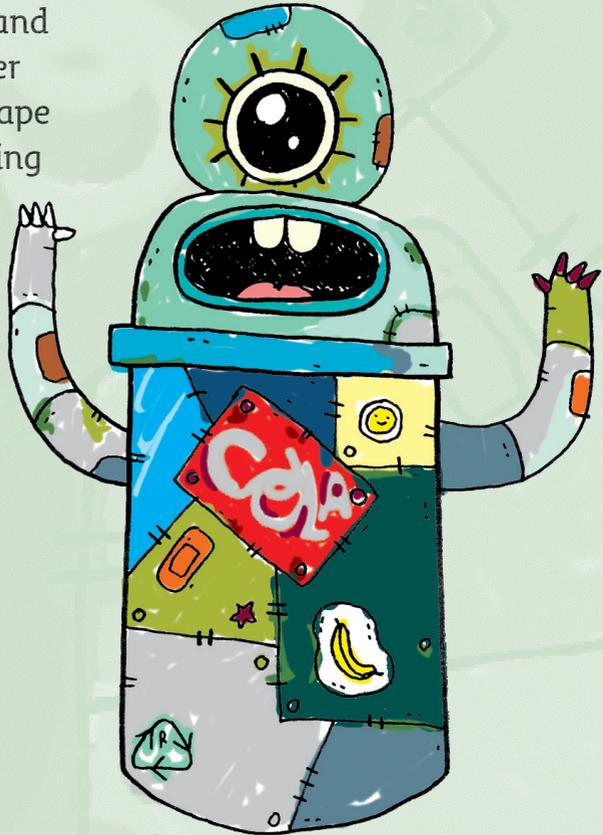
Our family talks a lot about reducing waste, but it wasn't until we made a recycling monster that we really began to talk about how we could reduce our own recycling pile. Sometimes you have to come face to face with the recycling monster!



YOU WILL NEED:

- Recycling materials (watch out for tins or glass with sharp edges!)
- Masking tape
- Acrylic paint or poster paint mixed with PVA glue

1. Assemble the materials and your family
2. Create your own recycling monster, sticking boxes and packets together with masking tape and then painting your creation



3. As you create your monster, talk about what you could do to reduce the amount of waste you create each week.

Can you find an alternative with less packaging?

Can you make cakes or biscuits instead of buying them in boxes or plastic containers?

Could you make pizza dough instead of buying takeaway or ready-made pizzas?

Can you get milk delivered in reusable glass bottles, instead of buying it in plastic bottles from the supermarket?

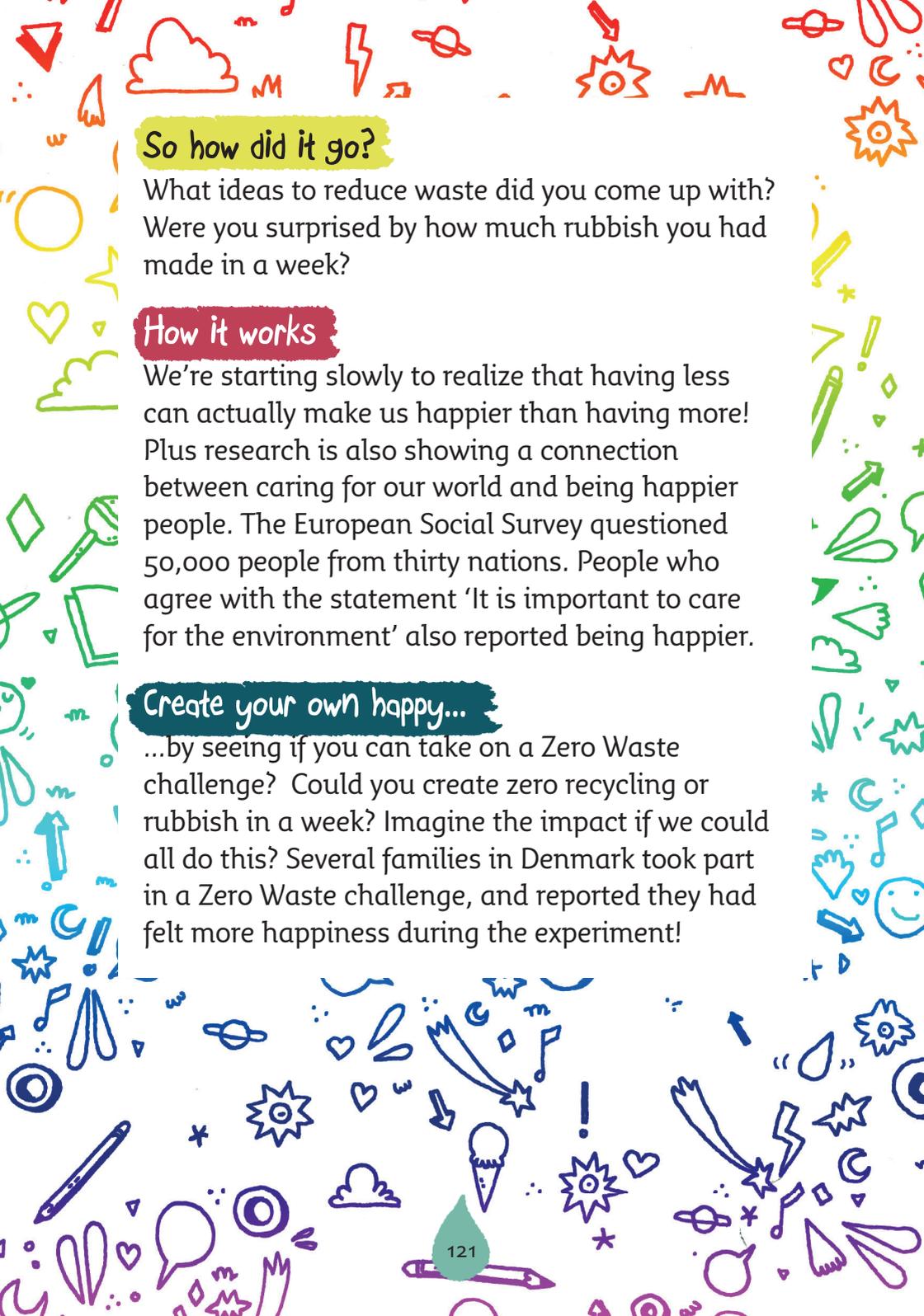
Can you find someone locally who keeps chickens who could use egg boxes?

Can you use both sides of pieces of paper, or use scrap paper for shopping lists?

4. Display your monster somewhere, to remind you all to think about reducing waste.

You could also create a monster on the beach with all the rubbish that drifts onto the shore. It would make a brilliant reminder that we should take our rubbish home with us.

Rubbish becoming art, making a statement and helping to change the world!



So how did it go?

What ideas to reduce waste did you come up with? Were you surprised by how much rubbish you had made in a week?

How it works

We're starting slowly to realize that having less can actually make us happier than having more! Plus research is also showing a connection between caring for our world and being happier people. The European Social Survey questioned 50,000 people from thirty nations. People who agree with the statement 'It is important to care for the environment' also reported being happier.

Create your own happy...

...by seeing if you can take on a Zero Waste challenge? Could you create zero recycling or rubbish in a week? Imagine the impact if we could all do this? Several families in Denmark took part in a Zero Waste challenge, and reported they had felt more happiness during the experiment!



2. Grow Your Own Happy

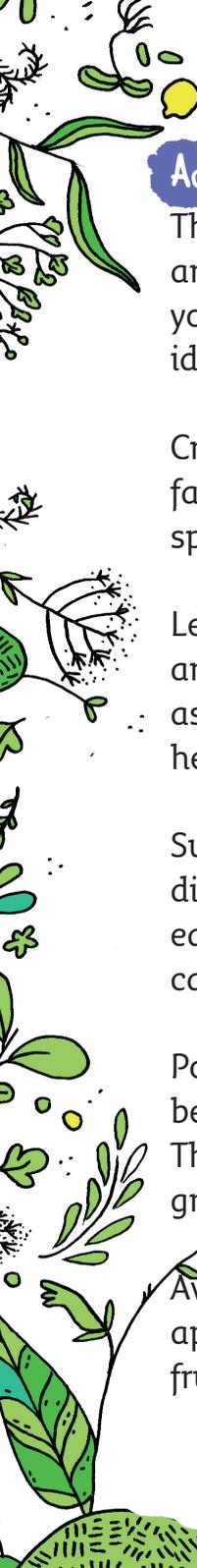
*The best time to plant a tree was twenty years ago.
The second best time is now.* – Chinese proverb

Trees take a long time to grow but it is great fun to grow alongside them. If you have room for a tree as the proverb says, plant one now! But if not there are so many things that you can grow that will not only bring you happy vibes, but also help the planet too.

Food grown at home can be cheaper, travels less food miles, and usually has more nutrients. You can also decide what pesticides to use or not use. Homegrown usually tastes better too and is fresher.

Learning to grow your own is fun and a great skill for a happy, healthy life and you don't need to have a garden to grow things. Many plants will happily thrive indoors. Peppers will happily grow anywhere they get a little sun, while plants like aloe vera will survive even in quite dark corners as long as they get a little watering!





Activity: Get growing!

The trick with growing your own is to start small and keep it manageable. Plant things you love and you will enjoy looking after them. Here are some ideas:

Cress Heads. Clean out old egg shells and draw faces on them, fill with damp cotton wool and sprinkle on your cress seeds.

Lettuce and Herbs. These are easy to grow in pots and you can keep going back and cutting them as you need them. Lettuce is great in salads and herbs add flavour to food.

Super Spuds. Growing your own potatoes and digging them up is really satisfying. Potatoes are easy to grow. If you don't have a big garden you can grow them in special bags.

Power Peas. Peas never make it into our pans, because we always eat them straight from the pod. They are easy to plant but do need some canes to grow up, and make a lovely vitamin rich snack!

Awesome Apple Tree. If you have room for a tree, apple trees are really rewarding producing lots of fruit in the late summer and early autumn.

So how did it go?

What have you decided to plant and why?
Did your plants grow? How did they taste?

How it works

Texas A&M University found that people who spend time around plants and nature are more likely to be kinder to others. People who have flowers are more likely to be happier, because flowers improve our mood and make us feel more positive. Gardening improves our concentration and memory and helps us deal with stress.



Create your own happy...

...by learning to grow your own, it's a brilliant life skill but it takes a bit of time and patience. You also have to accept that even the most experienced gardener's crops fail sometimes. Don't be afraid to ask for help and advice and just think how many things you will be able to grow as an adult if you master a new crop each year now!

3. Be a Happiness Philosopher

Happiness depends upon ourselves

-Aristotle (Ancient Greek philosopher)

Philosophy basically means trying to understand the meaning of life. Philosophers asks questions to understand how and why people do certain things and how to live a happy life. Big questions like... Why are humans here? How should we treat ourselves, each other and our world?

This book is jam packed full of ideas and scientific research about what makes happiness. This chapter takes this a stage further: it is time to become a happiness philosopher yourself!

Activity: Become a happiness philosopher

Here are some big questions to start you off as a happiness philosopher. You could discuss them with family and friends – philosophical discussion is great for helping you push your ideas further. Why not discuss one at mealtimes each day this week?

4. Upcycling

Upcycling is taking an item that is no longer needed or wanted and giving it new life as something that is either useful or creative. - Upcycling Magazine

As well as being good for the environment (which it really is) it is also really good fun to make something new out of something old.

My grandad had an old tea cosy and when he got a new one rather than throw the old one away away he put a patch on the spout hole and made it into a hat! What a brilliant upcycle and a very unusual-looking hat! Fortunately, as people try to use less and preserve the resources we have, upcycling has become much more fashionable than my Grandad's hat!

Activity: Make something marvellous!

We want to give you absolutely free reign over what your upcycling project is because we know just how fabulously creative you are! Upcycling is all about your imagination and creativity so here are some ideas. We absolutely can't wait to hear about your creation.

other
ideas

CUT DOWN
old jeans to make
shorts and
maybe add some
funky patches

SPRAY
paint a muffin
pan silver and
use it to store
your jewellery
or stationery

MAKE
brilliant new
multi-coloured
crayons by breaking
up old ones into a
silicone mould and
baking them until
they melt

WRAP
an old tin can
in coloured paper
and draw on
a cute face for
a lovely pen pot

UPCYCLE
an old jam jar
by sticking lace
around it and
filling it with
sweets

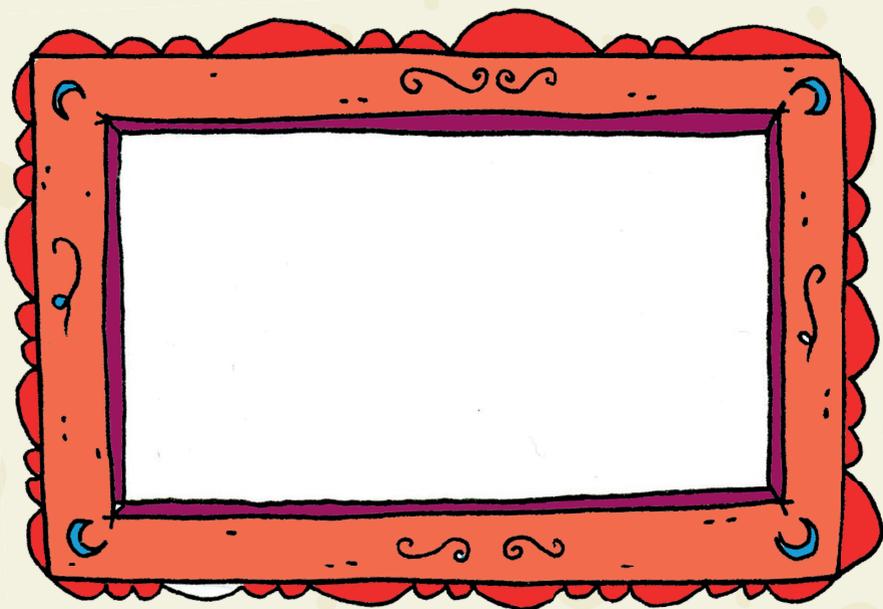
PAINT
an old plant pot
a really bright
colour, stick
some shells on it
and pop in a bulb

- 
- My upcycling project....
 - Materials I need....
 - How to make it

BE SAFE

Be safe: sharp edges, spray paint, glue, hot ovens and rusty nails can all be dangerous - do use your smarts and have an adult check over your project with you and help with any safety concerns.

You can stick in a photo or a drawing of your finished project here...



So how did it go?

Was it fun? Was it tricky?

Were you proud of your creation?

How it works

Researchers say upcycling rocks because it helps the environment in lots of brilliant ways:

- It stops old things going into landfill sites, where a gas called methane is released, which contributes to climate change.
- When you upcycle there is no need for recycling which, despite being better than just chucking something, still uses up energy and resources.



Create your own happy...

...by making use of old items, which might save you buying new things. It also cuts down on new things having to be made, which is better for the environment. Being creative and solving problems is good for your happiness. Who knows you might come up with a great idea and change the world like Mary Grace Henry!

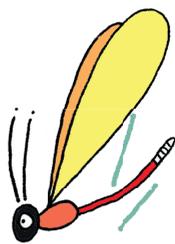
There are just so many benefits to upcycling!



5. Make a home for a wild animal

Nature is not a place to visit. It is home.

- Gary Snyder (Poet)



Research shows us that being in nature makes us happier, and that many wild animals are losing their homes. Can you help make a home for a wild creature, and make yourself happier in the process?

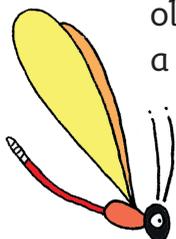
Activity: Be a homemaker

Easy - Hedgehog Home

A pile of leaves and some logs is all a hedgehog needs to get settled. Look for a quiet corner in the garden or park, where it won't be disturbed. Pile up the logs and branches to make a cosy shelter and fill with leaves. Even if you don't attract a hedgehog, insects and newts will also love this kind of set-up.

Medium - Insect Hotel

First, create the hotel structure in a sunny or part-shaded site that won't be disturbed. Use bricks or stones to make a base, then add wooden planks or old roof tiles to create floors. An old roof tile makes a perfect roof to keep the hotel dry too.



Next, create the rooms by tucking old flower pots into the gaps or using stones to divide the floors up.



Finally, add the bedding. Different guests will like different things, here are some ideas:

- Dead wood and loose bark are perfect for beetles, centipedes, spiders and woodlice
- Bamboo and reeds with hollow centres are great for bees
- Frogs loves larger, damp holes with stones and tiles
- Ladybird guests like dry leaves, sticks or straw
- Corrugated cardboard is perfect for lacewing

You could also use pine cones, moss or whatever else you can find in the garden.



Challenging - Birdhouse

You can make a birdhouse using off-cuts of wood if an adult is around to help. Try downloading a template from the internet to turn a single plank into a bird box. It doesn't need to be perfect, birds don't mind as long as it is warm and dry. You will need to hinge one panel so you can clean it out. The hole needs to be about 25 mm for blue, coal and marsh tits. Robins and wrens prefer an open front panel.



So how did it go?

What did you make and did anything move in? Don't be too disappointed if nothing moves in straight away, animals can take time to find the perfect home, just like humans!

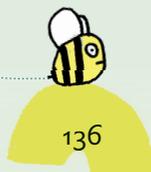
Notice the effect being in nature has on you – does it calm you? Inspire you? Excite you? Scare you?

How it works

Have you heard of the '30 Days Wild' campaign where people sign up to do something in nature every day throughout June? Well, the University of Derby and The Wildlife Trusts measured the people who took part one year and found a scientific increase in their happiness and health for months later! Children who took part said it boosted their self-esteem and happiness, made them calmer, and let them take risks and learn more.

Create your own happy...

...by looking out for other ways to encourage even more nature into your garden or local spaces. More ideas to come in this section of CYOH!



7. Create New Life

We may think we are nurturing our garden, but of course it's our garden that is really nurturing us.

- Jenny Uglow (Writer)

Are you ready for a secret mission?

Seeds bombs are a fun and peaceful way to bring life and colour back to gloomy patches of land.

The best time to drop them is spring or autumn, and timing your blasts around rainfall will help the seeds to get off to a good start. It's fun to choose areas you will walk past regularly, so you can keep an eye on the results.

Activity: Make a seed bomb

You will need:

- Flower seed
- Potter's clay powder, from any craft shop.
- Peat-free compost
- Water
- A bowl
- A baking tray



Mix the seed, clay, and compost together in a bowl to a ratio of three handfuls of clay, five handfuls of

compost and one handful of seed. Carefully add the water a little bit at a time, mixing it all together until you get a consistency that you can form into small balls. Lay them out to bake dry on a sunny windowsill for at least three hours.

It's worth asking an adult where a good place to drop your seed bombs would be, whether it's your own garden, a neglected flower bed along your street, a long-forgotten planter, or a patch of wasteland.



clay



seeds



compost



water

So how did it go?

Was it fun to make? Where did you throw your bombs?

How it works

In the wild, seeds can be spread by wind, water and animals who like to eat them and then poo them out somewhere else. By making a seed bomb you are helping seeds along their journey – without having to do it the way animals do it!

Create your own happy...

...by creating something so beautiful you will be bursting with pride! Go seed bombing with friends and family and then make a date to go back and see if your seeds grew. If you want to get into gardening a bit more, why not check whether there are any community gardening projects in your local area and volunteer to help out?





Go forth
and

create YOUR OWN HAPPY

#CYOHAPPY