

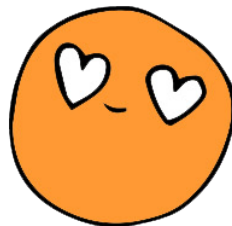
Pastoral, SEND or EBD Intervention

Create Your Own Happy is a really useful book to give to your pastoral or SEND team. When supporting children who are struggling at school it is really important to develop their emotional skills and not just the academic ones. Building a happiness toolkit will help them settle in class and give them resilience to face any difficulties that may be happening in their home life. These activities also provide a focus, creating opportunities for discussion at the same time. A suggestion would be to work through the book and complete one activity a week. Here are just a few that could be easily adapted to a short 1:1 or group session.

"Happiness depends upon ourselves."
Aristotle (Ancient Greek Philosopher)

Other activities suited to intervention groups:

Express Yourself p18
Happy Jar p24
Laughter Kit p36
Learn to Relax p44
Happiness Mix p48
Worry Ninja p50
Plan Your Happy Day p53
Being Mindful p56
Be More Positive p60
Be Brave p64
Tree of Gratitude p80
Grow Your Own Happy p122
Feed the Birds p145
Explore Your Values p155



Teacher
Resources
for
Create your Own Happy
by Penny Alexander and Becky-Goddard Hill
collins.co.uk/createyourownhappy | #CYOHAPPY

Activity 1 - Happy Collage

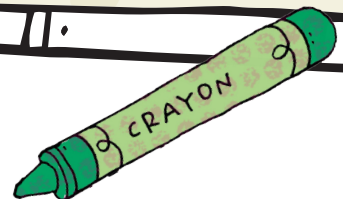
Activity



Make a list of all the things that have made you happy in the last week. Look for big and small things, free things, things you did, people you saw, pets and animals and things you love.

Create a collage of all the things that made you happy. You could find pictures on the internet, or cut out pictures from magazines, as well as using paint in your collage. Think about what colours make you happy and use them.

Discuss where to display your collage. It could be at your work station at school or on the teacher's notice board or a special place at home, maybe somewhere you will see it every morning. You could photocopy a small version of your collage to use as a book mark so that you see it every day.



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Activity 2 - Handful of strengths

Activity

Think about what makes you unique.
What strengths do you have?

Draw around your hand and write one
of your strengths in each finger/thumb.

Ask friends and family to create a
handful of strengths for you.

Reflect on whether you find it hard to
focus on positive things about yourself.

Display the hand somewhere you can
see it regularly.

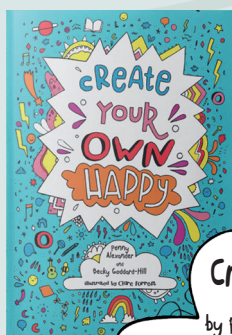


SUPERPOWER

draw your
hand here

a helping hand

ring finger
pinky
middle finger
index finger
thumb



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Activity 3 - Create a Calm Down Jar



This is particularly useful for children with Sensory Processing Disorder or who are struggling with anger or concentration issues.

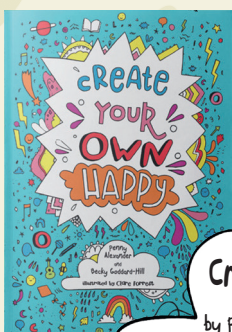
Activity

You need a jam jar with a lid, some hot water, glitter glue, hand soap, food colouring and glitter.

Use the recipe on page 57 to make a simple Calm Down Jar using colours of your choice.

When you need it, use the jar to help you to focus and calm down.

You could use it in a particular quiet place in school, choosing times which are usually a challenge for you. You could play calming music at the same time.



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