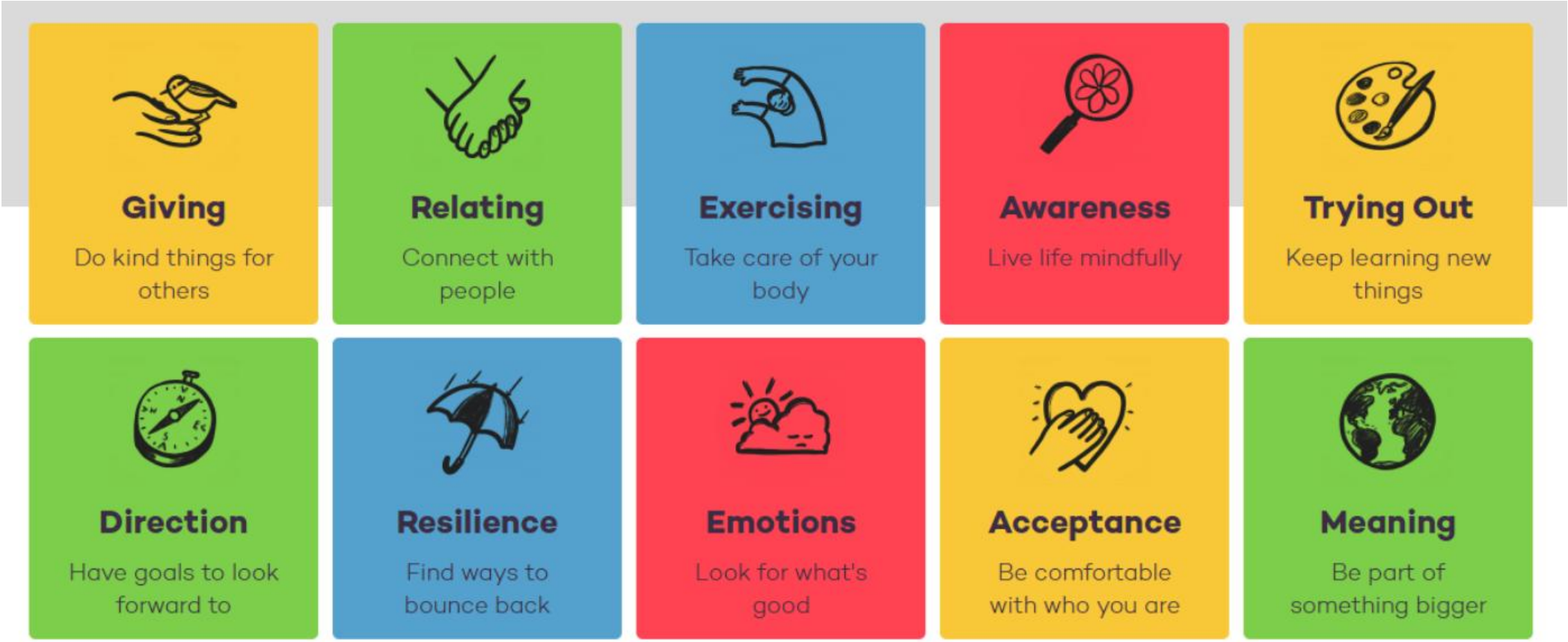
Action for Happiness









FAMILY ACTION CALENDAR - 2

1 Share three things you are looking forward to this month	2 Take turns to name unusual uses for a sock	3 Together write a poem about different feelings	4 Chat about times when you've felt proud of yourselves	5 Create a family coat of arms with positive symbols of your family	6 Offer to do a chore for someone in the family	7 Choose to say something positive instead of negative
8 Practice listening 'care'-fully to others in the family	9 Talk about what you'd like to be doing in ten years' time	10 Share something positive about each member of the family	11 Set aside some time to be creative together	12 Look for others' achievements and celebrate them	13 Give things away if you no longer use them	14 Smile at yourself in a mirror for one minute
15 Play a game using different rules	16 Do random acts of kindness for each other	17 Create a family memory jar and share after a week	18 Choose a movie to watch together	19 Share what you have learned from a mistake that you have made	20 Have a 'no electronic gadgets' day	21 Do a family litter pick
22 Find a new healthy food you all enjoy	23 Plan a fun weekend activity together	24 Walk together instead of driving	25 Discuss what you enjoy most about where you live	26 Draw a superhero version of a family member	27 Tell a joke and make someone laugh	28 Make paper origami animals together
29 Listen to a song by a musician you've not heard before	30 Create a family gratitude tree	31 Choose some family actions to do next month				









ACTION FOR HAPPINESS

Happier · Kinder · Together