

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

American Declaration of Independence ratified July 4, 1776

and balance. find joy. balance is happiness
a balanced meal and a balanced mind
everything in moderation. except green tea
drink free green tea



SHANKEN'S



Christ Church Primary School Happiness Project 2018



The Happiness Project is a 12 week positive mental health initiative which was delivered over the Autumn Term. The first week was an opportunity to assess the children's current level of well-being through conducting interviews with children and using the 'Children's Happiness Scale'. This gave a baseline by which the impact of the project was measured. Next came 10 themed weeks, each looking at a different way in which children could recognise and then have an impact on their own happiness. Each week the Head teacher would introduce the theme in assembly and the teachers follow up with lessons and activities. Specialist workshops organised including mindfulness and Philosophy For Children. Parent workshops were also offered on subjects such as supporting children's positive self image and resilience. Parents were also updated using weekly newsletters about the messages and activities at school.



Week 1—**Setting goals** and knowing the steps needed to achieve these.

Week 2—**Giving** can make the giver feel happy as well as the recipient.

Week 3—**Friends and Family** are an important source of happiness.

Week 4—**Trying something new** can be exciting and build resilience.

Week 5—**Emotions**: we need to be able to name them, recognise them and also focus on the positive ones.

Week 6—**Healthy body** including eating nutritious food, exercising, sleeping well and drinking lots of water are needed to maintain our well being.

Week 7—**Mindfulness**: being in the moment and appreciating the natural wonders around us, learning techniques for calming our moods.

Week 8—**Celebrating differences**: We are all unique and different and that is wonderful!

Week 9—**Resilience**: being able to bounce back when things go wrong.

Week 10—**Belonging**: being members of different groups can help us feel part of something bigger and give us meaning.

The final week consisted of a celebration including a concert and a balloon release—taking messages of happiness into the world.



Am I happy in... ?

Am I called to...?

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other.

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

What is happiness... ?

Connectedness with God.

What is unhappiness... ?

Disconnectedness from God.

How can we pursue happiness?

BIG PICTURE: Connect with our calling.

DAILY LIFE: Repent. Forgive.