

5 Day Happiness Challenge

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5 DAY ELSA SUPPORT

Happiness challenge

Drawing or writing task –

Being active – think about all the things that you can do to be active

Talking or doing task –

Do some exercise with a friend – go for run, walk, dance, play a sport

Day 1

Drawing or writing task –

Being helpful – think about all the ways you can be helpful to others

Talking or doing task –

Help someone to do something today and think about how it makes you feel

Day 2

Drawing or writing task –

Connecting with friends and family – who can you connect with on a regular basis?

Talking or doing task –

Meet up with a friend, or visit family today!

Day 3

Drawing or writing task –

Learning new things – think about how you can learn something new every day

Talking or doing task –

Learn something new today

Day 4

Drawing or writing task –

Be mindful – colour in a mandala

Talking or doing task –

Try designing your own mandalas

Day 5

Day 1

This is me doing
some exercise

5 ways I can be
active

1.

2.

3.

4.

5.

Day 2

This is me being helpful

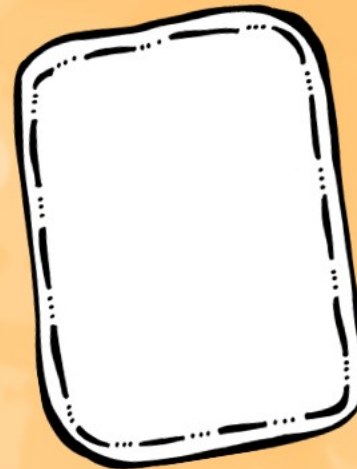
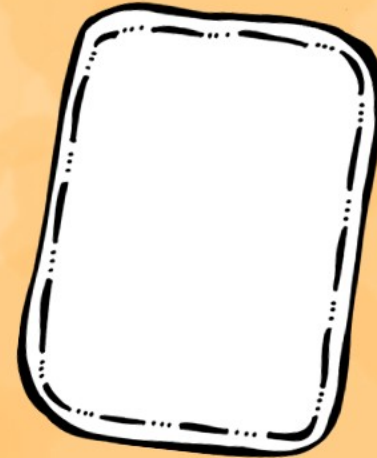
These are some things I can do to be more helpful



Day 3

This is me with one
of my friends

These are people I can
connect with...



Day 4

Here is me showing
something I have
learnt to do

Some things I want to
learn how to do

1.

2.

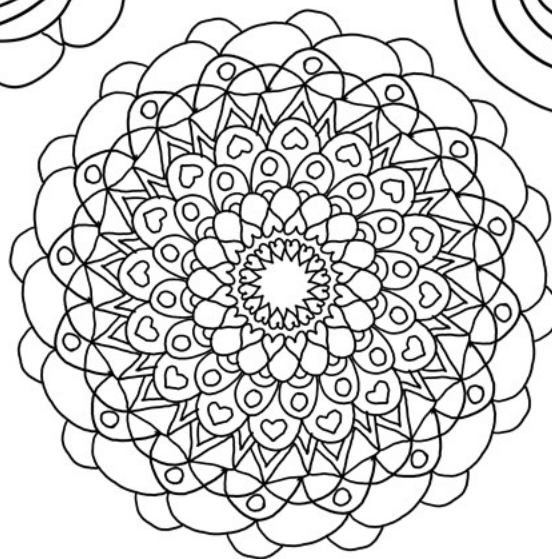
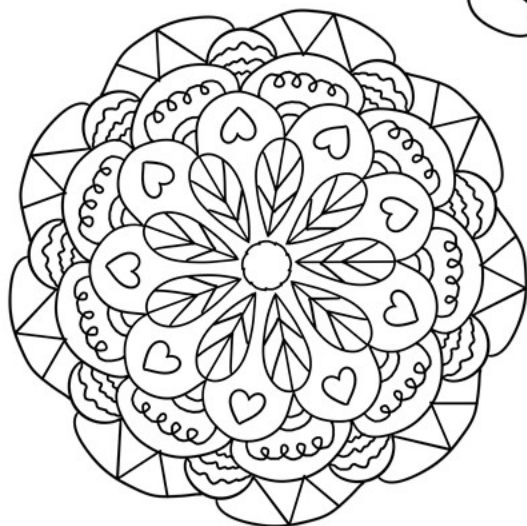
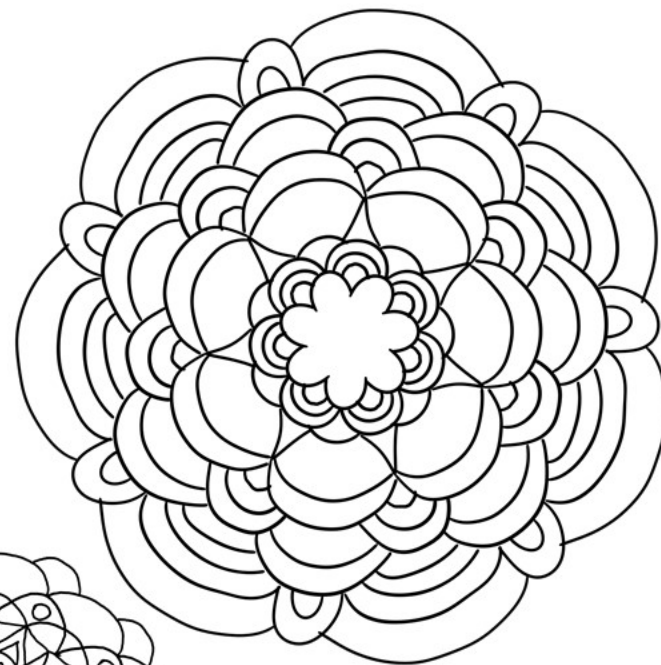
3.

4.

5.

Day 5

Some mandalas I have
coloured



Did I
do it?

Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



CONGRATULATIONS



ON COMPLETING THE ELSA SUPPORT
HAPPINESS CHALLENGE

Signed: _____

Date: _____