

The Happiness Boomerang



To enhance personal connections and spread joy by expressing heartfelt sentiments to people in your life over ten days.



Learning Intentions

Cultivating Emotional Awareness and Expression

Students will learn to identify and articulate their feelings of admiration, pride, and respect for others, enhancing their emotional awareness and ability to express positive emotions.

Strengthening Personal Relationships

Students will work on deepening their connections with others by sharing heartfelt messages and fostering stronger, more meaningful relationships.

Promoting Positivity and Well-Being

Students will engage in a daily practice of spreading kindness and joy, which will contribute to their own well-being and create a ripple effect of positivity in their community.



Success Criteria

Consistent and Thoughtful Communication

Students consistently send genuine, thoughtful messages each day for ten days, demonstrating their commitment to expressing positive sentiments to the people in their lives.

Depth of Emotional Expression

Students convey meaningful and sincere emotions in their messages, showing an understanding of how to communicate admiration, respect, and love in a way that strengthens relationships.

Reflection on the Impact of the Task

Students reflect on the experience and the emotional responses they receive, recognising the positive effects of their actions on both themselves and the recipients and appreciating the importance of kindness and vulnerability in relationships.



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Objective:

To enhance personal connections and spread joy by expressing heartfelt sentiments to people in your life over ten days.

Players:

Individuals seeking to deepen their relationships and share positivity.

Materials:

- Writing materials or digital devices for composing messages.

Setup:

No physical setup is required. Prepare to dedicate some time each day to compose thoughtful messages.

Gameplay:

- Each day for ten days, select a different person in your life.
- Send them a message explaining why you're proud of them, what you admire about them, and your love or respect for them.
- The focus is on expressing genuine feelings and appreciation without expecting a response.
- Prepare for a range of emotional reactions and embrace the vulnerability this challenge brings.

Winning the Game:

The aim is to create a ripple effect of positivity, enhancing your relationships and well-being.

Variations:

- Adapt the frequency or duration to suit your comfort level and schedule.
- Choose themes for each day to guide your messages.

Additional Notes:

The Happiness Boomerang is a powerful exercise in vulnerability and kindness, aiming to bring more sincerity and warmth into our interactions.