

The Happiness Boomerang

To spread kindness and strengthen relationships by sending thoughtful, positive messages to people in your life over ten days.



Learning Intentions

I can recognise and share positive feelings about others:

This helps students develop emotional awareness by identifying feelings of admiration, kindness, and respect for the people around them.

I can express kindness and appreciation to others:

Students will practice sharing positive thoughts and messages with others, strengthening their relationships and boosting their own happiness.

I can spread joy and kindness to make others feel happy:

By sending kind messages, students will create a ripple effect of positivity, contributing to their own well-being and the happiness of those around them.



Success Criteria

I can send thoughtful messages to people each day:

Students will practice sending kind and appreciative messages, showing their commitment to spreading positivity.

I can share genuine and kind feelings with others:

Students will express their admiration, respect, and love for others in simple, meaningful ways.

I can reflect on how kindness makes me and others feel:

After each message, students will think about how their kindness made others feel and how it made them feel happy too.



The Happiness Boomerang

GIVING



Objective:

To spread kindness and strengthen relationships by sending thoughtful, positive messages to people in your life over ten days.

Players:

Ideal for individual students, but can also be done in small groups or families.



Materials:

- Paper and markers or crayons for writing and drawing messages
- Alternatively, digital devices for sending messages (if appropriate for the student's age)

Setup:

No physical setup required, just a commitment to spend a few minutes each day thinking of someone to send a kind message to.

Gameplay:

Sending a Happy Message:

For ten days (or just one day to start with), each student picks a different person in their life (a family member, teacher, or friend) to send a kind message to.

- The student can either write a simple note or draw a picture that shows why they are happy to know that person or what they appreciate about them.
- The messages can be things like: "I like when you read stories with me," or "I love when we play together, you make me smile."

Write or Draw a Thoughtful Message:

The students can either draw a picture or write a short note to the person they want to send a message to. They should tell that person what they like about them or how they make them feel happy.

- For example, "I am so happy you are my friend because you share your toys with me!" or "You make me smile when we sing together."

Share with the Person:

After creating the message, the student can give it to the person directly (if in person) or share it with them at the end of the day (e.g., by telling the person in a note or drawing). The focus is on expressing genuine feelings of kindness and appreciation, not expecting anything in return.



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Reflection Prompt:

- How did it feel to share kind words with someone?
- How do you think the person felt when they got your message?
- What's one nice thing someone has said to you that made you feel happy?



Repeat for 10 Days:

Each day, the student should think of one new person in their life to send a kind message to. By the end of the ten days, they will have shared positive words or drawings with ten different people.



Winning the Game:

The goal of **The Happiness Boomerang** is not to win but to spread kindness and create a ripple effect of positivity. By sharing thoughtful, heartfelt messages, students will build stronger relationships and feel happier in the process.

Family or Classroom Variation:

If in a classroom, students can share their messages and drawings with the class. This encourages social connections and helps everyone feel appreciated. At home, students can share their notes with family members or friends, making the experience feel more personal and meaningful.

Additional Notes:

The Happiness Boomerang encourages students to practice kindness in a way that helps them connect with others emotionally. By sending positive messages to the people they care about, students not only make others feel appreciated but also boost their own happiness and well-being. This activity promotes emotional growth, empathy, and kindness in a simple, playful way.

