

# Happy Thoughts Journal

# WRITTEN

**To promote positive thinking and self-reflection by encouraging students to identify and express happy moments from their day.**



## Learning Intentions

**I can recognise positive moments in my day:**

This encourages students to reflect on and appreciate the positive experiences they have each day.



**I can express my feelings through writing and drawing:**

This helps students develop self-expression and creativity while reflecting on what made them happy.

**I can set intentions for more positive moments in the future:**

This encourages students to think ahead and plan for happy moments in their upcoming days, fostering optimism and goal-setting.



## Success Criteria

**I can identify one thing that made me feel good today:**

This ensures that students focus on the positive aspects of their day, helping them develop a habit of recognising the good in their lives.

**I can express my happy moments through words or drawings:**

This demonstrates creative expression and helps students articulate and reflect on positive experiences.



**I can reflect on how thinking about happy moments makes me feel:**

This encourages emotional reflection, helping students connect with their positive feelings and reinforce them.



# Happy Thoughts Journal

# WRITTEN

## Objective:

To promote positive thinking and self-reflection by encouraging students to identify and express happy moments from their day.

## Players:

Ideal for individuals, small groups, or classrooms.

## Materials:

- Paper
- Crayons, markers, or pens

## Setup:

- Provide each student with a piece of paper or a journal, along with crayons, markers, or pens for them to write and draw their reflections.

## Activity:

### 1. Write or Draw About a Happy Moment:

Ask the students to think about one thing that made them feel good today. It could be something they did, something someone said, or a fun experience they had. Have them write about it and/or draw a picture to represent it.

### 2. Reflect on the Happy Moment:

After writing or drawing, ask the students to reflect on how thinking about this happy moment makes them feel right now. Encourage them to write or draw their feelings in response.

### 3. Plan for Tomorrow's Happy Moment:

Ask the students to think about another happy moment they'd like to have tomorrow and write or draw about it. This helps students focus on the positive possibilities of the future and set intentions for their day ahead.

## Reflection Prompt:

- How does thinking about this happy moment make you feel now?
- What's another happy moment you'd like to have tomorrow?
- Why is it important to focus on happy moments?



# Happy Thoughts Journal

# WRITTEN

## Winning the Game:

There is no winner in this activity. The goal is to focus on positive moments and reinforce the habit of thinking about happiness, helping students develop a joyful mindset.

## Family or Classroom Variation:

In a group setting, students can share their happy moments with each other. This encourages connection, helps them learn from each other's positive experiences, and builds a supportive atmosphere where everyone focuses on happiness.

## Additional Notes:

Happy Thoughts Journal helps students practice positive thinking and self-reflection. By identifying and reflecting on happy moments, students learn to appreciate the good in their lives and focus on positive emotions. This activity fosters optimism, self-awareness, and gratitude, contributing to a positive and healthy mindset.

