

Happy Me Fact File

Thinking about what makes us happy can help us feel happy. Finish these sentences below to say what makes you happy.

Someone who makes me happy is...

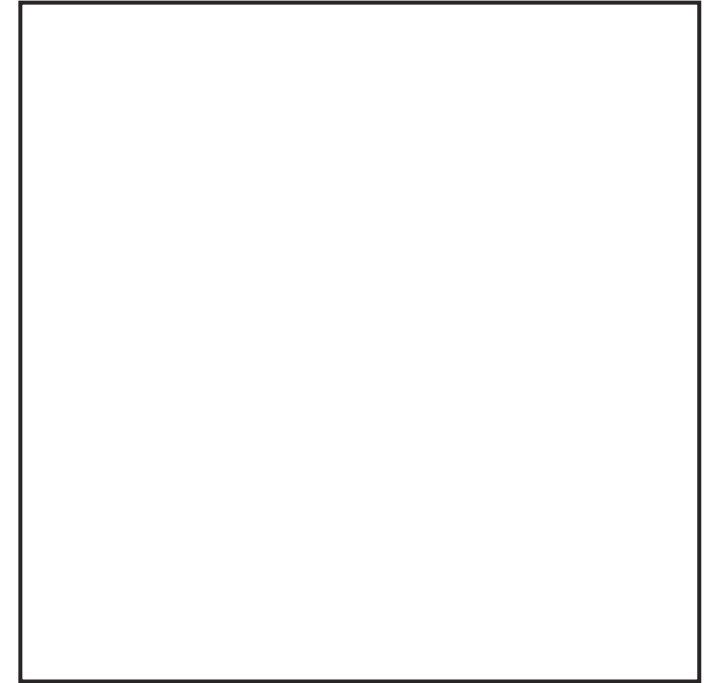
A place that makes me feel happy is...

A song that makes me feel happy is...

A book that makes me feel happy is...

An activity that makes me feel happy is...

Draw a picture of you feeling happy:



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).