

Create an acrostic poem, using the word **happiness**, written down the side of the page.

Draw a picture of yourself doing something that makes you feel really happy.

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

Use a thesaurus to find synonyms for happy.  
What are the antonyms?

Write about or draw a picture of a time of change you have been through.

List five things you can do when you need to calm down and gain control of your emotions.

Draw a picture and write a caption about something you would like to learn about or a skill you would like to learn when you are older.

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Design a postcard to send to a friend who needs cheering up.  
Write a message on the back to help them with positive thinking.

Draw an outline of a person and fill it with all the vocabulary to describe different emotions that you can think of.