

Sometimes, all we need is a little note to remind us of the positive things we have in our lives. Little reminders to let us know that even if things are a little difficult, there are still things that we can be happy for.

Cut out the squares below, fold them in half and place them in a jar. Pick one out when you need one of those reminders and when you need a nudge to help you with a happythought.

\*  
think happy  
& happiness  
will come to you

today I am  
grateful for  
\_\_\_\_\_

• • •  
give someone  
a big hug

we are all  
doing our best

what is your  
favourite time  
of the day? why?

\*  
write a happy  
note & leave it  
for someone to find

• • •  
you make every  
day better

\*  
help with a  
chore without  
being asked

 \*  
you are  
one of a kind

  
tell someone  
you love them

say something  
kind to someone

we will get  
through the  
days together

we can't control  
what's happening  
but we can  
control our actions

• • •  
let's choose  
happy today  
when we feel sad

you are so  
special to me

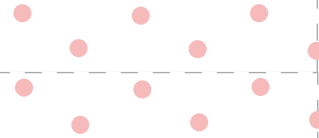
• • •  
you are  
wonderful

you  
are smart

things are  
different but  
it's ok

together we  
can achieve more

it's a  
beautiful day,  
even if it  
doesn't seem so

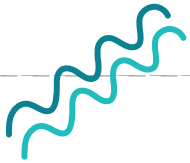


smile at  
everyone today

\*  
Today I am  
grateful for  
\_\_\_\_\_

things don't  
have to be  
perfect to  
be amazing

be sill  
be kind  
be honest



call someone  
you love

  
you  
are loved

play a song  
that makes  
you happy

by being  
yourself you  
put something  
wonderful into  
the world  
that wasn't  
there before

\*

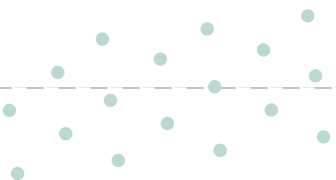


you are  
beautiful-  
love yourself

every day may  
not be good  
but there is  
something good  
in every day

you   
matter

whatever feels  
good in your  
heart, do that



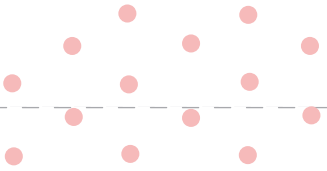
you mean  
the world to me

there are no  
rainbows without  
a little rain

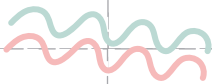
  
you  
are strong

small steps are  
also progress

learning makes  
us stronger



a warm smile  
is the universal  
language  
of kindness;  
smile more



many things are  
difficult before  
they are easy,  
but it doesn't  
mean you should  
stop trying



we are  
always brave  
for trying



life is tough,  
but so are you

make today  
count any  
way you can



there are  
many beautiful  
reasons to  
be happy

\*  
you are doing  
better than you  
think you are,  
keep it up,  
you've got this

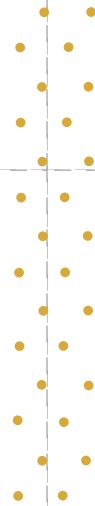
today I am  
grateful for



happiness is  
letting go  
of what you  
think your life is  
supposed to look  
like and celebrate  
it for everything  
that it is

two things  
matter:  
hospitality  
& respect

be somebody  
who makes  
everybody feel  
like a somebody



what are  
you proud  
of today?



\*  
you are loved  
no matter  
how you feel

don't just  
be good to  
others, be  
good to you

do the  
right thing,  
even if no  
one is looking

If you can't  
be kind,  
be quiet

it's not always  
sunshine &  
rainbows but  
a good amount  
of it is

be someone who  
makes someone  
else look forward  
to tomorrow

Today I am  
grateful for

