

# International Day of Happiness



## How to be happy?

- Think happy thoughts and ideas
- Listen to happy music and songs
- Dance or play dancing games and music
- Listen to your favorite happy songs
- Smile and laugh together
- Share happy fun stories to others

**International Day of Happiness**  
What are you going to bring happiness to?  
Well-being  
To feel better  
Create activities that are easy  
Take care of our bodies and minds  
Create time and space to rest  
Remember that it's okay to feel bad

**International Day of Happiness**  
International Day of Happiness is a day to celebrate well-being and happiness.  
Design a card of a happy moment if you could live in your dream place for a day.

**International Day of Happiness**  
In 2013, an organization called the United Nations created the UN General Assembly International Day of Happiness (Happiness Day). It is every 20th March when the world celebrates the International Day of Happiness.

**International Day of Happiness**  
People are told to take care of their health and happiness. Happy people are happy and feel good and have better chances in life.



## Wellbeing Self-Care EYFS Calendar



# International Day Happiness Activity

**RC Schank**

## **International Day Happiness Activity:**

Eventually, you will unconditionally discover a other experience and achievement by spending more cash. yet when? get you admit that you require to get those all needs similar to having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more a propos the globe, experience, some places, following history, amusement, and a lot more?

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