

# HAPPINESS

For Eddie Jaku - love, kindness, friendship and generosity made him the happiest man on Earth. In each box below add three things you have, do or will do this week to make you and those you care about happy.

## People you love

1

2

3

## Your 3 best friends

1

2

3

## Acts of kindness you have shown towards others

1

2

3

## Acts of generosity you have performed

1

2

3

Identify and practise emotional responses that account for their own and others' feelings.

