



3. Express yourself

Feelings are just visitors, let them come and go

– Mooji (Spiritual teacher)

Feelings kept hidden inside can jumble up your thoughts. Writing them down or talking about them can make you feel both happier and healthier. It just takes practice.

Activity: Getting your feelings out

Write down three feelings (positive or negative) which you have had today and what caused them.

1. Today I felt
because

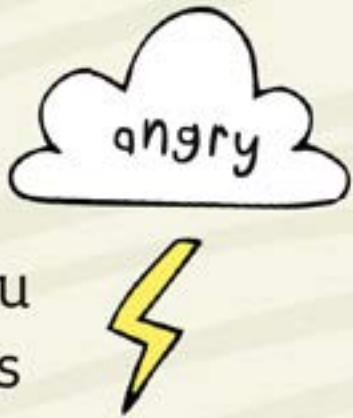
2. Today I felt
because

3. Today I felt
because



So how did it go?

Did it feel good to get your feelings out? Did you find it easier to talk about your positive feelings than your negative ones?



How it works

Scientists have found that keeping all our bad feelings inside can actually make us feel unwell! Letting our feelings out by talking about them or writing them down is a way of keeping ourselves healthy, like getting enough exercise, cleaning our teeth or eating our five a day.

So does it make you a weak person if you say you feel sad? No way! It makes you a stronger, healthier and happier person.

Create your own happy...

...by talking or writing about how you feel. Expressing some feelings might take practice. It is easy to say, 'Chocolate makes me happy!' but harder to say, 'I feel really jealous because my friend got in the football team and I didn't.' Negative feelings get smaller when you talk about them with someone you trust. But, if you let out your happy feelings these get BIGGER. So make sure you share your happy feelings too.





4. Get moving, get happy!

Motivation is what gets you started. Habit is what keeps you going.

- Jim Ryun (Former athlete and politician)

Experts say young people should do at least 60 minutes of exercise a day, but why?

Obviously we know exercise keeps your body fit and healthy, but did you know it also makes you happier?

People who move regularly are happier than those who don't. Scientists at Cambridge University tracked people using an app on their phones and found people who had been moving felt happier than those who had been sitting still.

The trick to keeping up exercise is making it a habit. Plan it into your day just like cleaning your teeth, going to school or eating tea.

Activity: Move it!

Write down the exercise you already do each day of the week and how long you do it for. It might be PE



lessons, dancing, sports clubs, or walking to and from school.

Next let's fill in the gaps, you need to be active for at least an hour a day.



Here are some tips to help you:

- Practise speaking out loud in front of a mirror
- Stand up straight, put your shoulders back, put your head up and smile! Body language tells people you are confident, even if you don't feel it inside. It also tells your brain you are confident.
- If you feel nervous take a deep breath or two. Breathe in through your nose and count to five. Then breathe out through your mouth as you count to five again.

So how did it go?

Which topics can you talk about most confidently?

How it works

Have you ever felt a bit shaky, jumpy or tense when you have to speak in front of people? This is because of a substance that our bodies make when we feel nervous. It is called adrenaline. Our bodies make it naturally when we are stressed and also when we feel angry or excited.

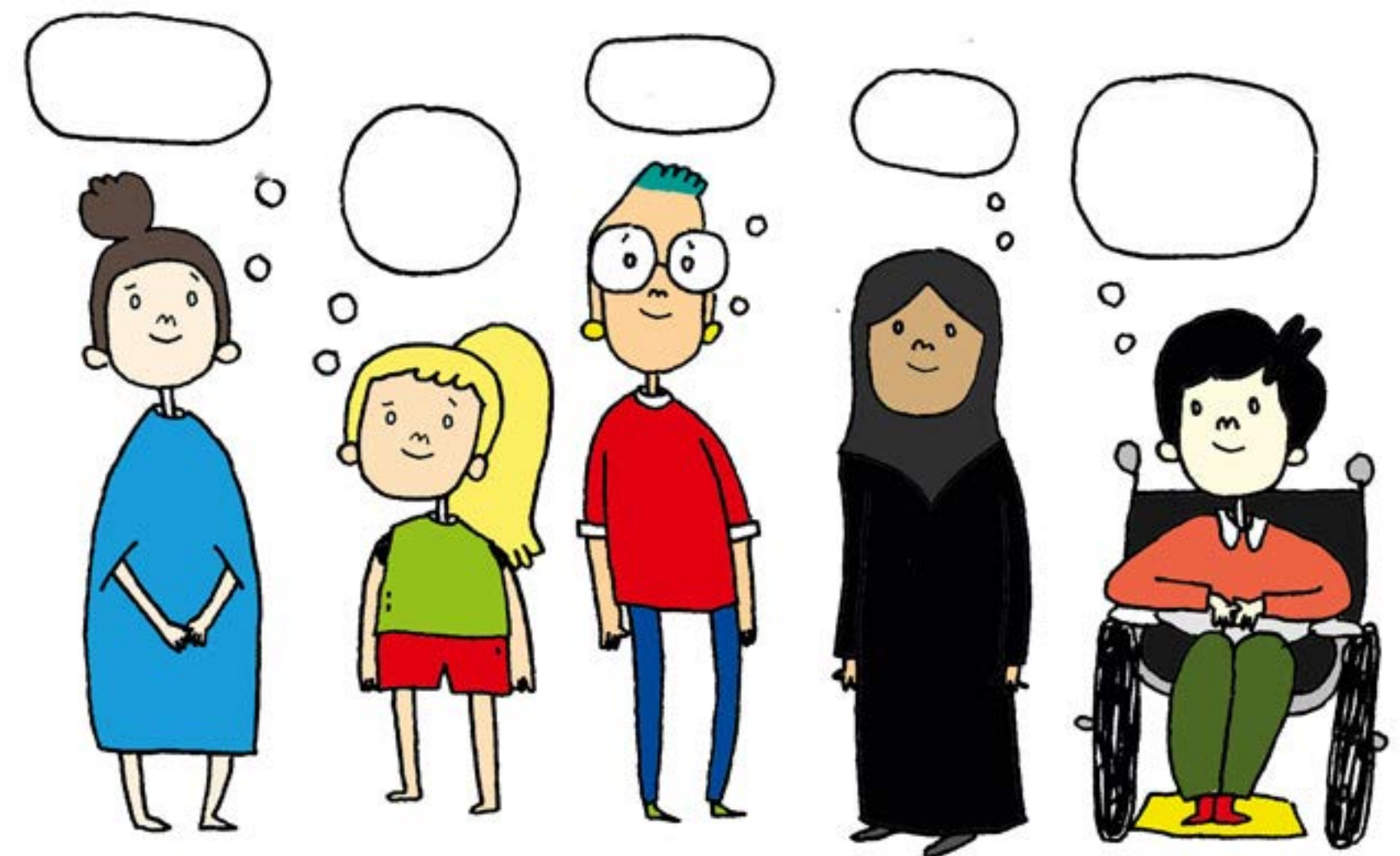
Adrenaline helps us by making our hearts beat faster to give us more energy for a performance. By thinking of these funny, nervous feelings as useful



things you can feel differently about them. Actors and sports people think of nerves in this way, which is how they stay confident.

Create your own happy...

...by building your confidence. Put yourself forward to be a class rep, sport team leader or part of the class council. Practise speaking up, because the more you do it the more normal it feels and the better you get at it. Speaking confidently means you share all your ideas with the world, which can help your dreams come true. Speaking out to help others can help make them happier too.

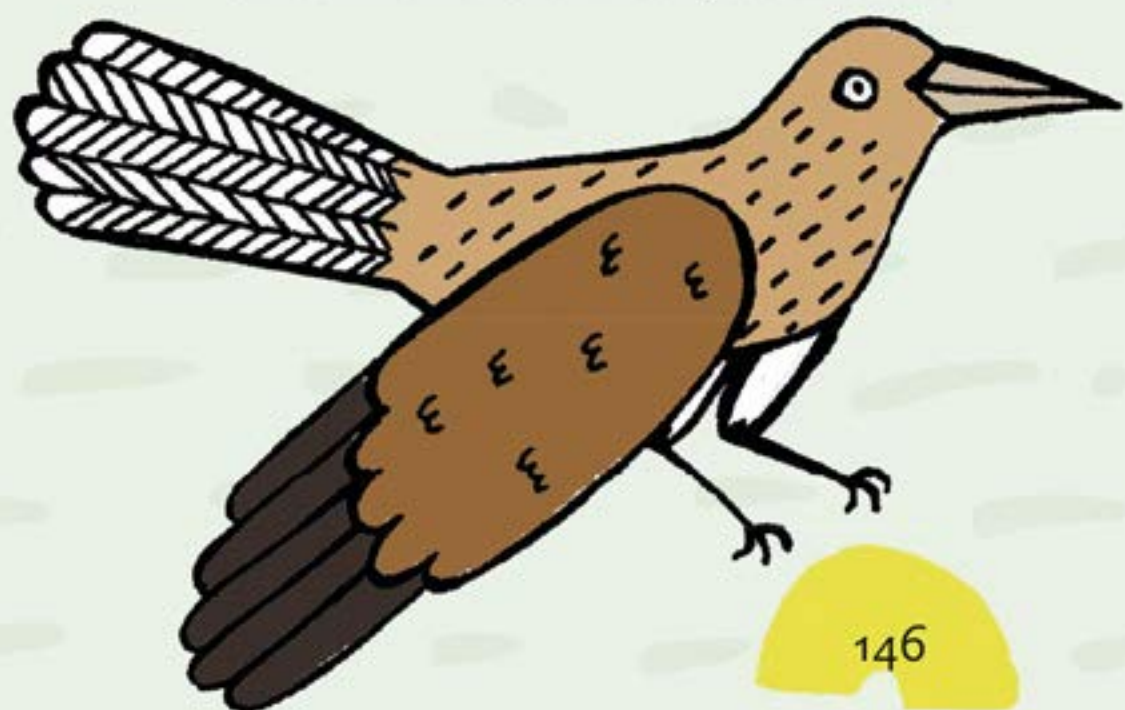


9. Feed the birds

What wild creature is more accessible to our eyes and ears, as close to us and everyone in the world, as universal as a bird?

– David Attenborough (Naturalist)

Apart from being amazing to watch, birds are a vital part of our ecosystem, in that they are brilliant at keeping garden pests away. You don't need much to encourage birds into your garden, or to your balcony, window or street. Experts don't recommend giving birds bread these days because it doesn't have much nutritional value for them and because it quickly goes off and mould is harmful to many birds. However there are plenty of other things you can put out for the birds, such as seeds, mealworms and fat balls. Making fat balls is fun, recycles kitchen scraps and birds absolutely love them! Remember not to leave them out in hot weather though as the fat can melt and stick to the birds' feathers.



Activity: Make fat balls for the birds

You will need:

- Vegetable suet
- Bird food mix (such as peanuts, birdseed, crumbs, grated cheese and currants)
- Yogurt pots
- String
- Skewer or needle –

ask an adult for help with this bit

As a guide, you should try to have about twice as much bird food mix compared to the amount of suet you use.

Instructions!

- Make a hole in the yogurt pot and thread a length of string through.
- Mix together your dry ingredients.
- Melt the suet in a big pan or microwaveable bowl – ask an adult to help.
- Stir the bird food mix and suet together.
- Spoon into the prepared yogurt pots and squash down firmly, making sure the string runs through the middle of the mixture.
- Leave to chill in the fridge.
- Cut away the yogurt pot and tie knots in the string to secure it.
- Hang from a tree, bush or pole.

