

Positive Thinking

twinkl

The Science of Happiness

Scientists have found that happy people are more successful. This means that they are more likely to achieve their goals.

In schools, research shows that happy children learn better and make more progress.

However, one study found that only 17% (that's 17 out of 100) of the people in the world are living truly happy lives.

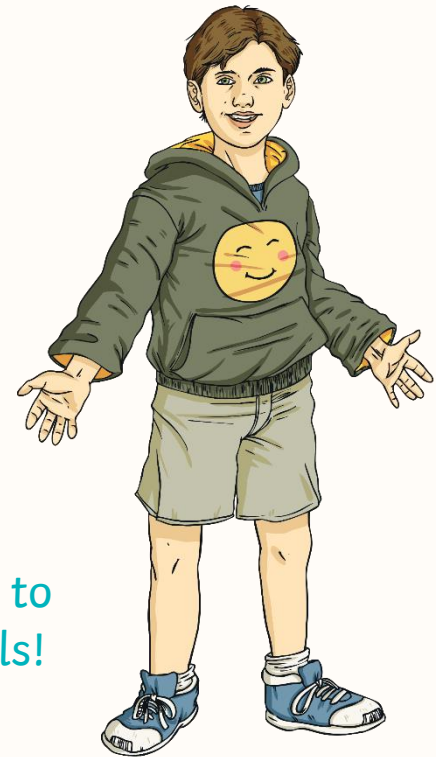


The Science of Happiness

Our brains are in charge of our feelings and emotions.
There are chemicals in our brains that actually make us feel happy.
There are four main chemicals:

dopamine
oxytocin
serotonin
endorphins

The fantastic news is that there are things we can do to trigger our brains to release these 'feel-good' chemicals!



How to Be Happy

Smile and laugh.

Find ways to relax
your mind.

Let go of mistakes.

Spend time with
family and friends.

Take up a hobby or
join a club.

Be fair and honest.

Appreciate yourself.

Work hard to
achieve a goal.

Care for others.

Appreciate Yourself

We are all unique and very special.

Sometimes we forget to appreciate ourselves. We often focus on what we cannot do instead of what we can do, or we wish we could change something about ourselves.

It is time to tell yourself how super you are!



Find Ways to Relax Your Mind

You could sit quietly and focus on your breathing, practise meditating or yoga, do some quiet colouring, read a book or do a jigsaw puzzle.



Smile and Laugh



Did you know that laughing and smiling releases
'feel-good' chemicals in our brains?

Being a smiley person can draw others to you, too!

Spend Time with Family and Friends



Being around those we love, care about and feel safe
with makes us feel happy.

These are also the people who can help cheer us up or make us laugh.

Be Fair and Honest



Knowing you are doing the right thing and being a good person feels great and makes other people want to be around you.

Take Up a Hobby or Join a Club



Finding something you really enjoy doing and then doing this with others who love it too can make us feel happy.

It also keeps your mind busy, meaning there is less room for negative thoughts.

Work Hard to Achieve a Goal

It feels OK when you do something you find easy...



but it feels **great** when you succeed at something you had to really try at!

Let Go of Mistakes

Nobody is perfect. Everybody makes mistakes! It's OK to get things wrong sometimes; this is how we learn. If you have made a mistake, think about how you might do things better next time and then try not to worry about it.



Care for Others



Doing things for others not only makes them happy but it makes us feel better too.