



Session 19

RECAP

So far we have learnt...

- ★ About the importance of sleep
- ★ The impact that a lack of sleep can have on people
- ★ Myths that exist about sleep

What is this clip trying to teach us about friendship?



A FRIEND IS ONE OF THE NICEST
THINGS YOU CAN HAVE



& ONE OF THE BEST THINGS YOU CAN BE

Each month Action for Happiness produce a calendar of ideas for the month to help you build positive things into each day.

February's calendar is all about friendship.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



"People forget what you said and what you did. But they never forget how you made them feel" - Maya Angelou



2 Ask a friend what good things have happened to them recently

3 Do something supportive and friendly for your colleagues

4 Notice the good qualities of everyone you meet today

5 Get in touch with an old friend you've not seen for a while

6 Thank someone and tell them how they made a difference for you

7 Show an active interest by asking questions when talking to others

8 Say friendly things to people who work in your local shop or cafe

9 Put away digital devices & really focus on who you're with

10 Try to involve others and invite them to join your conversations

11 Smile at the people you're with and try to brighten their day

12 Send an encouraging note to someone who needs a boost

13 Be kind especially when your first instinct is to be unkind

14 Tell loved ones why they are so special to you

15 Make an effort to have a friendly chat with a stranger

16 Call a friend to catch up and really listen to them

17 Respond positively to everyone you meet today

18 Look for the good side when other people frustrate you

19 Tell a loved one about their strengths that you value most

20 Actively listen to what people say, without judging them

21 Give sincere compliments to three people you meet today

22 Make a plan to meet up with others and do something fun

23 Take time to speak with a neighbour and get to know them

24 Do an act of kindness to make life easier for someone else

25 Make positive comments to as many people as possible today

26 Thank three people you feel grateful to and tell them why

27 Share what you're feeling with someone you really trust

28 Be gentle with someone who you feel inclined to criticise

29 Make uninterrupted time for your loved ones

ACTION FOR HAPPINESS



www.actionforhappiness.org

HEALTHY SCHOOLS CHALLENGE:

Look at the Action for Happiness Friendly
February calendar.

Decide on at least 2 of the actions that you are
going to try over the next week.

You can choose whichever you like, so choose
something you know you can commit to!



“If you go looking for a friend,
you’re going to find they’re scarce.

If you go out to **be a friend**,
you’ll find them everywhere.”

- Zig Ziglar

