

Distance Learning

Little Tips of Happiness



Little Tips of Happiness

We would like to use part of this resource for all St Joseph's staff to pass on a very important message;

‘We miss you terribly and can not wait to see you again when it is safe to come back to school. We are thinking about you every day and hope that you are well and keeping safe’.

Please use this PSHE presentation to support your day to day wellbeing, as well as the extensive guide on our *‘Distance Learning’* website tab.

Sometimes it is the small things, people or items we take for granted that give us the lift we need.



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Everyday Joy Givers

The ones we sometimes miss;

- Snuggling into crisp/fresh bed linen and sheets
- Your pet who shows you love, affection and thanks for looking after them
- Taking a shower or long relaxing bath, doing your hair, having a shave, moisturizing your skin or painting your nails
- The twitter of birds in your garden or community rather than noisy traffic
- Watching your favourite film over and over again



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Light

Different types of light that raise our spirits and improve our mood;

- Fairy lights in your bedroom or the garden at night
- Sunshine glinting, dazzling or reflecting off plants, water or breaking through your curtains and dancing on the wall
- The flame of a flickering scented candle
- Dimmed lights while watching a family film or Netflix series
- The changing seasons as summer sunshine brings new hope and longer days





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Warmth

A natural feel good factor;

- After a long Winter and a wet Spring there is nothing quite like warm Summer sunshine on your back or face
- A warm log fire
- Cuddling up to loved ones
- A hot cup of tea/coffee/hot chocolate, mug of soup, toast/crumpets and butter or roast dinner
- A warm comforting bed
- Putting on your favourite joggers, PJs or dressing gown

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Self Care

What we can do for ourselves and put positivity into our lives;

- Eating healthy, enjoying and appreciating the food that is grown, distributed and bought for us
- Taking exercise and feeling good about ourselves afterwards
- Getting good sleep, waking up refreshed and ready to face life's challenges
- Trying something new and stimulating
- Helping others and knowing we are good citizens





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Bonding

Hopefully during lockdown there has been more opportunities for families to bond positively;

- Playing games together
- Baking and cooking
- Appreciating household chores, helping with schoolwork or developing new personal skills
- Walking or exercising together
- Taking pictures, videos or tik-toks as memories
- Never taking our nearest and dearest for granted who we are missing during this time

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Nature

We are so lucky to live in a country where each season gives us new and wonderful things;

- Trees, plants and flowers that are blooming
- Butterflies, bees and insects that pollinate our plants
- Migrating and indigenous birds that are busy nesting, gathering food and singing
- Animals that are coming out of hibernation
- Rivers, lakes, streams and seas that support so much life



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Unexpected Bonus

Those little gems that we had not anticipated;

- Finding the last Magnum/ice lolly in the freezer
- Going through coat or trouser pockets and finding some money
- Freshly washed and ironed clothes appearing in your bedroom!
- A friend posting a nice message for you
- Getting online discount when treating yourself to a new item of clothing



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Smell

Whether they be new smells that intrigue us and make us think 'What is that?' or our favourite 'Feel Good' memories;

- Freshly cut grass
- Blooming flowers
- Perfumes/after shave
- Home cooking/baking
- Sunscreen lotion
- Fence/shed paint
- Washing airing on the line
- Lavender or herbs in the garden/kitchen



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Share your everyday Top 3

Noticing the things around us that give a lift and improve our wellbeing is so important. Why not share your observations with your friends and family as it could improve their outlook too or lead to lots of sharing and uplifting experiences- Twitter, Facebook, Instagram, WhatsApp, Text.

Here's mine for today;

- Little birds in the garden on the bird table and feeder
- Meeting up with people on ZOOM and laughing until it hurt
- Chilling in the sunshine with my favourite music in the background



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Share

Why not share with others your thoughts about this topic and what works for you.

- What are your favourite feel good films?
- What music makes you feel positive?
- What photos make you giggle?
- What new foods have you tried that make you think 'Mmmm Yummm?'
- What book, podcast or audible read have you discovered?

SHARE AWAY!!!

