



Values @ Home

The value for October is Happiness! It is often something that we see as dependent on external factors and not under our own control. However we have been learning that there are things we can do to increase our own happiness as well as the happiness of others! We all want to feel happy and one of the best ways to do that can be to make others happy too! In school your child will be learning ways they can make others feel happy; maybe by saying kind things, inviting others to join in games or just by being cheerful!

It can also really help our own happiness by thinking about things that make us happy. It might be our family, relationships, positive experiences or upcoming events. It is easy to focus on the negative things in our lives - but regularly remembering the positive can have a real benefit in the long-term!

THE BIG BOX OF HAPPINESS

Mrs Mooney will be sharing her Big Box of Happiness in assembly this week. Have a think about what you might to put in.

Which activities do you like doing or who do you like spending time with that makes you happy?

Bring in a photo or draw a picture to add to the box and share who or what makes you happy.



TELL ME A JOKE

We all enjoy a good joke! Help your child to learn (a suitable) one to share with their class and create some happiness!

5 STEPS TO WELLBEING

In our PSHE lessons we refer to the NHS's 5 steps to wellbeing and try to focus on different areas throughout the year. Evidence suggests all these 5 things can help to make us happier!



Connect with others



Be active



Keep learning



Take notice



Give to others



October 2025 - Happiness

