

Happiness Builder

Studies show that you can boost your well-being by doing things to build positive emotion, such as spending time with others, getting things done and finding meaning in your life. Try one or more of these each day for a week.



1. Share with a friend something that made you happy today.



2. Draw a picture of something you're looking forward to.



3. Hold or hug a pet or stuffed animal.



4. Imagine yourself in a relaxing/favorite place.



5. Go outside and try to spot something interesting.



6. Read or listen to a story.



7. Talk to someone you don't normally talk to.



8. Do something kind for someone.



9. Spend some time with a friend.



10. Think of one thing you're proud of.



11. Tell someone about a good memory you have of them.



12. Try something you've always wanted to try.



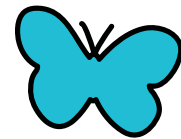
13. Help someone with a task.



14. Draw a picture of where you like to go for fun.



15. Make a list of 3 things you like best about yourself.



16. Listen to or dance to some music you like.



17. Share a snack or toy with a friend.



18. Thank someone for how they've helped you.



19. Leave a drawing or note for someone to find.



20. Invite a new friend to sit or play with you.



21. Share your favorite funny video with someone.



22. Look at photos of a favorite memory.

We want to hear from you! Share your happiness builder story on social media and tag us #KidsMentalHealthFoundation.