

# What Do You Do and Say to Make People Happy?

Every day you will make someone happy – you may not even know that you have done this. Try to think of all the things you have done and all the conversations you have had with people and answer the following questions:

## 1. Who have you made happy?

E.g. Maya. \_\_\_\_\_

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## 2. What did you do?

E.g. Maya was struggling to settle into her new class and didn't really want to go into school. So, I walked up to her and said, "Come on, let's go in together!" I held her hand and we went in together so she didn't feel as sad. \_\_\_\_\_

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## 3. How did you feel?

E.g. I felt happy and proud of myself. I made my friend laugh on the way into school and it helped her feel better. \_\_\_\_\_

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## 4. Is this something you could do again to make that person happy again or could you do this to make someone else happy?

E.g. I will meet my friend every day and go in with her until she feels confident and happy enough to do it on her own. \_\_\_\_\_

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**Think about what it is you are going to do each day to make someone smile.**

