

Early Years Home Learning Resilience Challenge

Happiness and resilience go hand in hand. We want you to **explore happiness and share your ideas for boosting resilience.**

The good news is that scientists have been working on this topic and they have discovered many different ways to lead a happy life!

In a recent pupil survey 100% of the pupils questioned at Grove said that they are excited about the future. They also said that they know that if one attempt at something fails, they learn from that and try a new approach.

“When you don’t give up...you cannot fail”

Think for a minute... What are all the things that make you feel happy? There are no wrong answers. What are your top three?

Scientists have shown that happiness can do us all good. People who feel happy are less likely to catch a cold, they are more likely to help others, more likely to do better at school and make friends.

In an experiment people were asked to do five new acts of kindness in one day (things they didn’t already do). They felt happier for up to six weeks afterwards.

Being kind boosts happiness and resilience for everyone in the school community. It creates a friendly and caring community.

How many ideas can you think of that might inspire others to be kind to each other?

HAPPY FACT

Scientists have found that we are 30 times more likely to laugh when we are with others than when we are on our own.

That’s not surprising but it reinforces that making connections with others and looking after your friendships will make you feel happier and boost your resilience.

Taking care of your body and staying healthy is also important for a happy mind.

Scientists have found that exercising regularly can improve brain power and help us learn. It can boost our confidence too.

This activity will count as one of your Home Learning activities for this half term.

We would love to know what makes you happy!

Can you make a poster of the things that make you happy? This can be photos, drawings or pictures. It can include people, places, food, activities—anything that makes you feel happy.

The closing date is Monday 10th February which is the start of Feeling Good Week. Some of the best entries will be scanned and uploaded onto the school website.