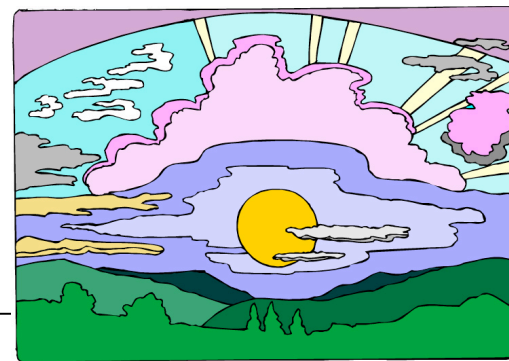


# Happiness Haiku - A Do-It-Yourself task.



You will write short haiku about each of the things that happy people do.

Each haiku should follow this pattern: 5-7-5.

Example →

Our feelings reflect  
the things we do every day.  
Choose to be happy

- 1 You can work by yourself or with a partner. -  
Read the “things happy people do”, ① - ⑧  
Write a haiku for each happiness idea.

- ① **Remember good things** in your life.  
Take time to think about all your good experiences.

- ③ **Say “thank you”** to people who help you.  
So many people help you. Thank them.

- ⑤ **Forgive** people who make you feel bad or angry.  
If you don't forgive, you carry the weight.

- ⑦ **Notice good things WHEN they happen.**  
Live life today. Not yesterday. Not tomorrow.  
Notice the good things in life NOW.

- ② **Do kind things.**  
Nice things you do for others make you happy.

- ④ **Take time for your friends and family.**  
These are the most important people in your life.  
Let them know.

- ⑥ Take care of **your health and your body.**  
A healthy body and a happy mind go together.

- ⑧ Learn to work **with your problems and stress.**  
You will have problems in your life.  
Everyone does. You can get past them.

- 2 Now make groups of 3-6. **OR** Write each haiku on big paper  
Read your haiku. Listen to theirs. Enjoy.

(A3 or B4). Use markers.  
Put them on the walls.  
Read each group's haiku.  
Enjoy. Enjoy.

