

# 5 Day Happiness Challenge

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# 5 DAY ELSA SUPPORT Happiness challenge



Drawing or writing task –  
Being active – think about all the things that you can do to be active

Talking or doing task –  
Do some exercise with a friend – go for run, walk, dance, play a sport

Day 1

Drawing or writing task –  
Being helpful – think about all the ways you can be helpful to others

Talking or doing task –  
Help someone to do something today and think about how it makes you feel

Day 2

Drawing or writing task –  
Connecting with friends and family – who can you connect with on a regular basis?

Talking or doing task –  
Meet up with a friend, or visit family today!

Day 3

Drawing or writing task –  
Learning new things – think about how you can learn something new every day

Talking or doing task –  
Learn something new today

Day 4

Drawing or writing task –  
Be mindful – colour in a mandala

Talking or doing task –  
Try doing some other things that make you feel relaxed

Day 5



# Day 1



This is me doing  
some exercise



5 ways I can be  
active



1.

2.

3.

4.

5.



# Day 2

These are some things I  
can do to be more helpful

This is me being  
helpful



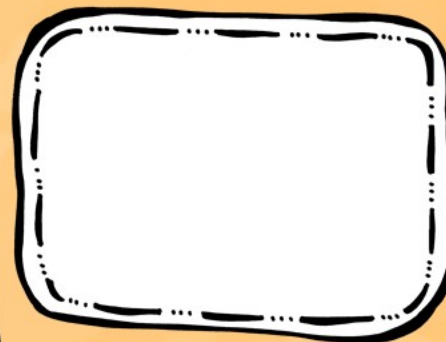
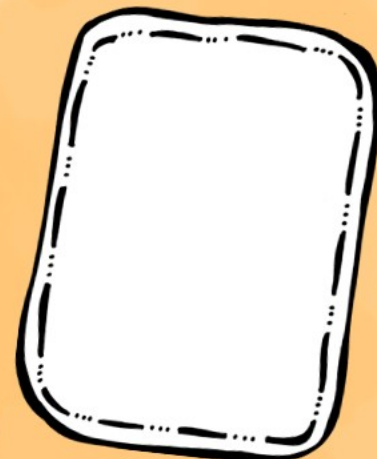
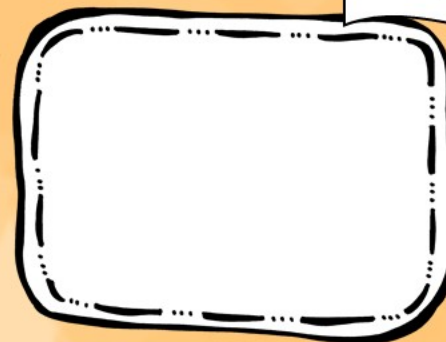
This is me with one  
of my friends



# Day 3



These are people I can  
connect with...



Here is me showing  
something I have  
learnt to do

# Day 4



**1.**

**2.**

**3.**

**4.**

**5.**





# Day 5

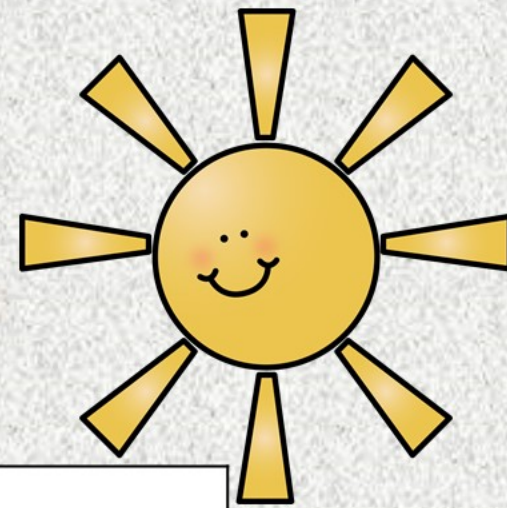


This is a  
mandala I  
have coloured



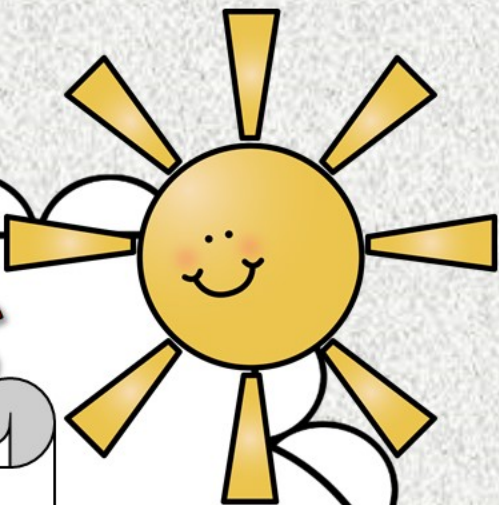


Did I do it?



| Challenge | Yes or No |
|-----------|-----------|
| Day 1     |           |
| Day 2     |           |
| Day 3     |           |
| Day 4     |           |
| Day 5     |           |





# CONGRATULATIONS



ON COMPLETING THE ELSA SUPPORT  
HAPPINESS CHALLENGE

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

