



Who is your happiness hero?

Do you know who the happiness heroes are in your life? Do you know which of your friends and family will support you when you need it? Building a strong 'network' of happiness heroes can help you whenever you need it.

Your Happiness Network

Remember that a problem shared is a problem halved. Knowing that you have people to help and support you can help you feel better and helping others has the same effect. Sometimes, when we feel low, we think others might not understand or want to listen, but that's when you should ask for help. Keeping a note of your happiness network, a group of people you can call on when you need support will help in times of need. Doing this activity with a group of friends and sharing with each other who helps you feel better will spread the happiness too.

Fill in your happiness heroes below:

Someone who can help me when I make a mistake:

Someone who makes me feel good about myself:

Someone who makes me laugh:

Someone I can talk to if I'm worried:

Someone who helps me think through a challenge or problem:

Someone who is lively with me:

Someone who introduces me to new ideas and games:

Someone who will give me a hug:

Someone who will tell me I'm doing well: