

# 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



A large white rectangular box for drawing or writing, intended for the student to illustrate their exercise routine.



5 ways I can be  
active

- 1.
- 2.
- 3.
- 4.
- 5.

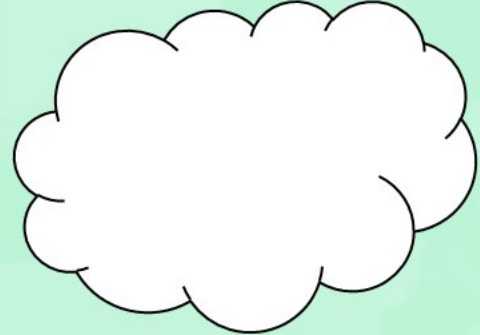
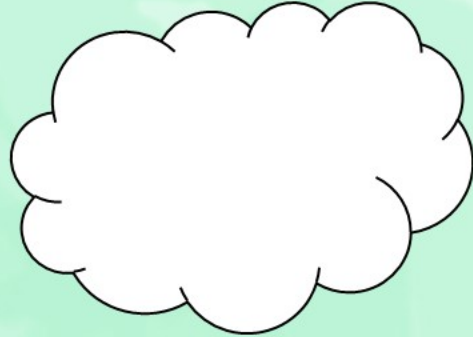
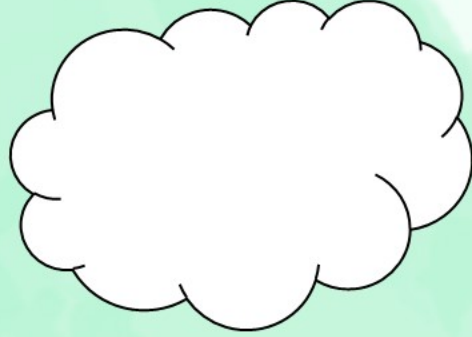
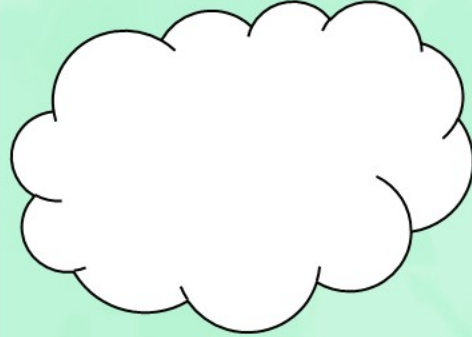
A list of five numbered lines for writing down five ways to be active.



# Day 2

These are some things I can do to be more helpful

This is me being helpful

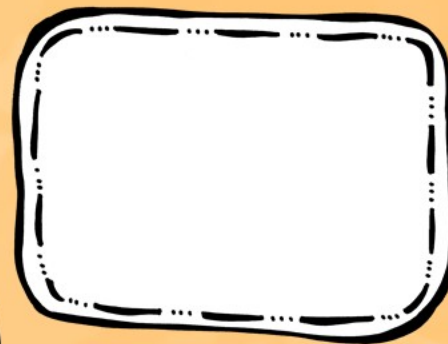
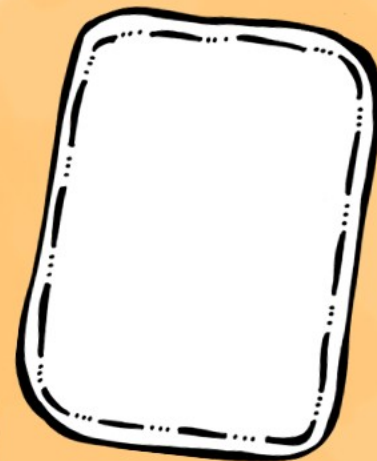
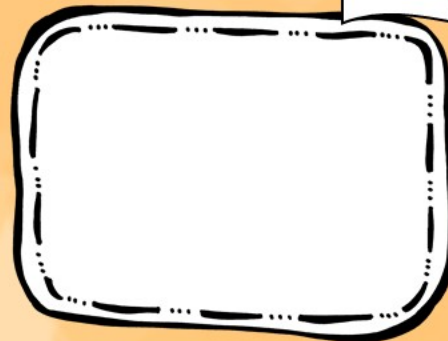


# Day 3

This is me with one  
of my friends



These are people I can  
connect with...



Here is me showing  
something I have  
learnt to do

# Day 4

A large white rectangular area for drawing or writing, decorated with a colorful bunting banner at the top. The banner consists of several triangular flags in various colors and patterns, including purple with white polka dots, blue with white polka dots, green with white polka dots, yellow with white polka dots, orange with white polka dots, red with white polka dots, and pink with white polka dots.

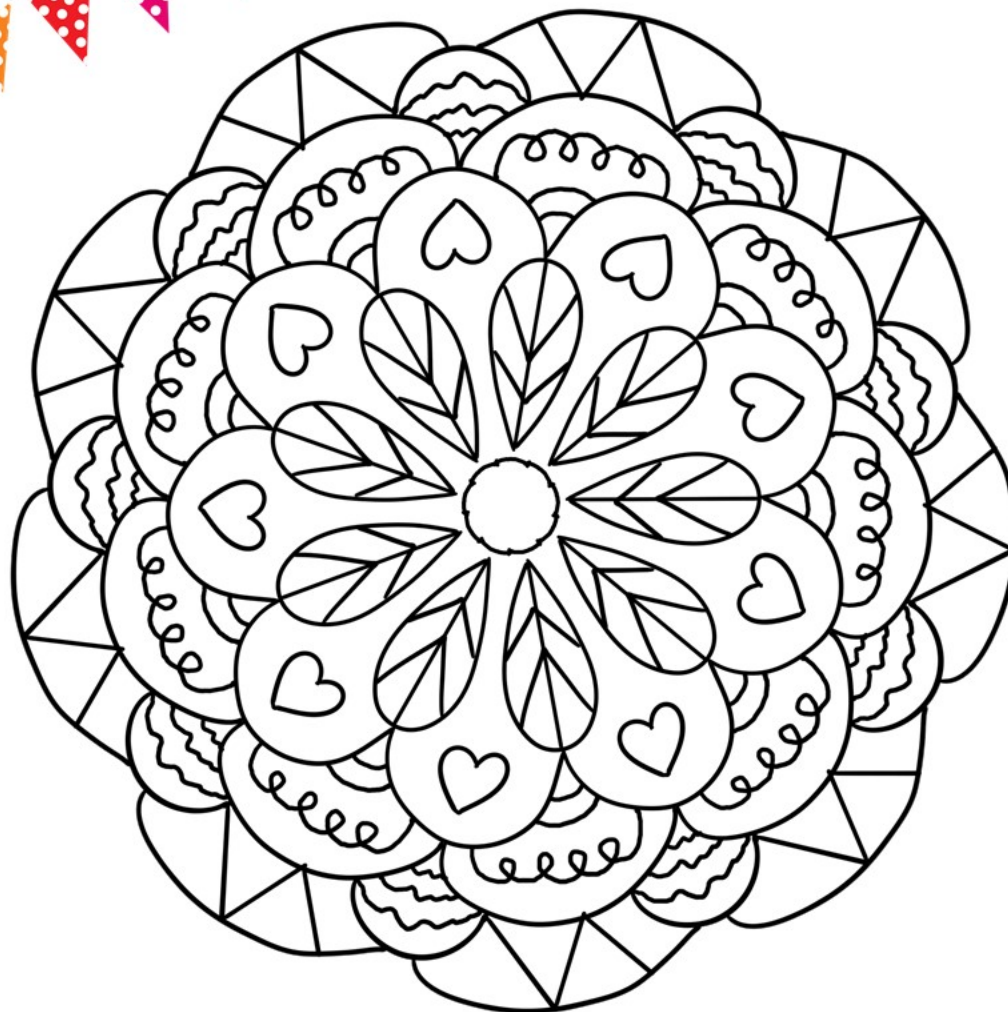
- 1.
- 2.
- 3.
- 4.
- 5.

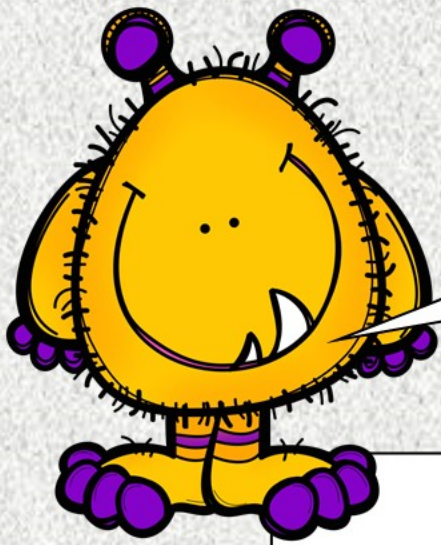


# Day 5

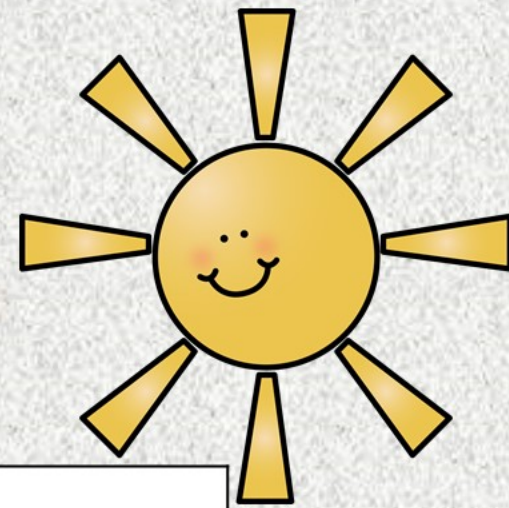


This is a  
mandala I  
have coloured





Did I do it?


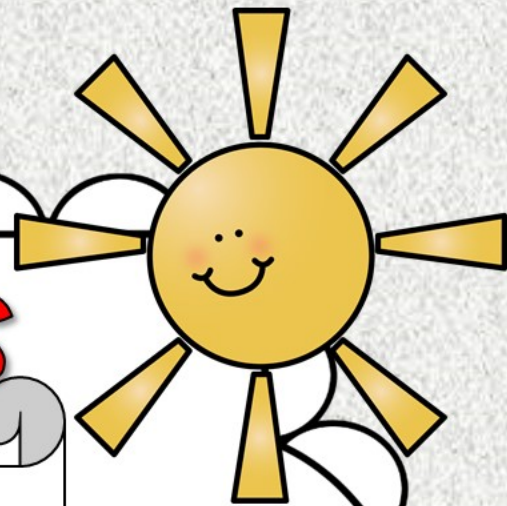


Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	





# CONGRATULATIONS



## ON COMPLETING THE ELSA SUPPORT HAPPINESS CHALLENGE

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

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

