

## WHAT MAKES YOU HAPPY?

**Finding things in life that you enjoy and make you smile, help you to become happier.**

These things can also make you feel better and help turn your mood around when you're not feeling so good.

Some examples of things that might help to turn your mood around:



**Bike Riding**



**Dancing**



**Reading**

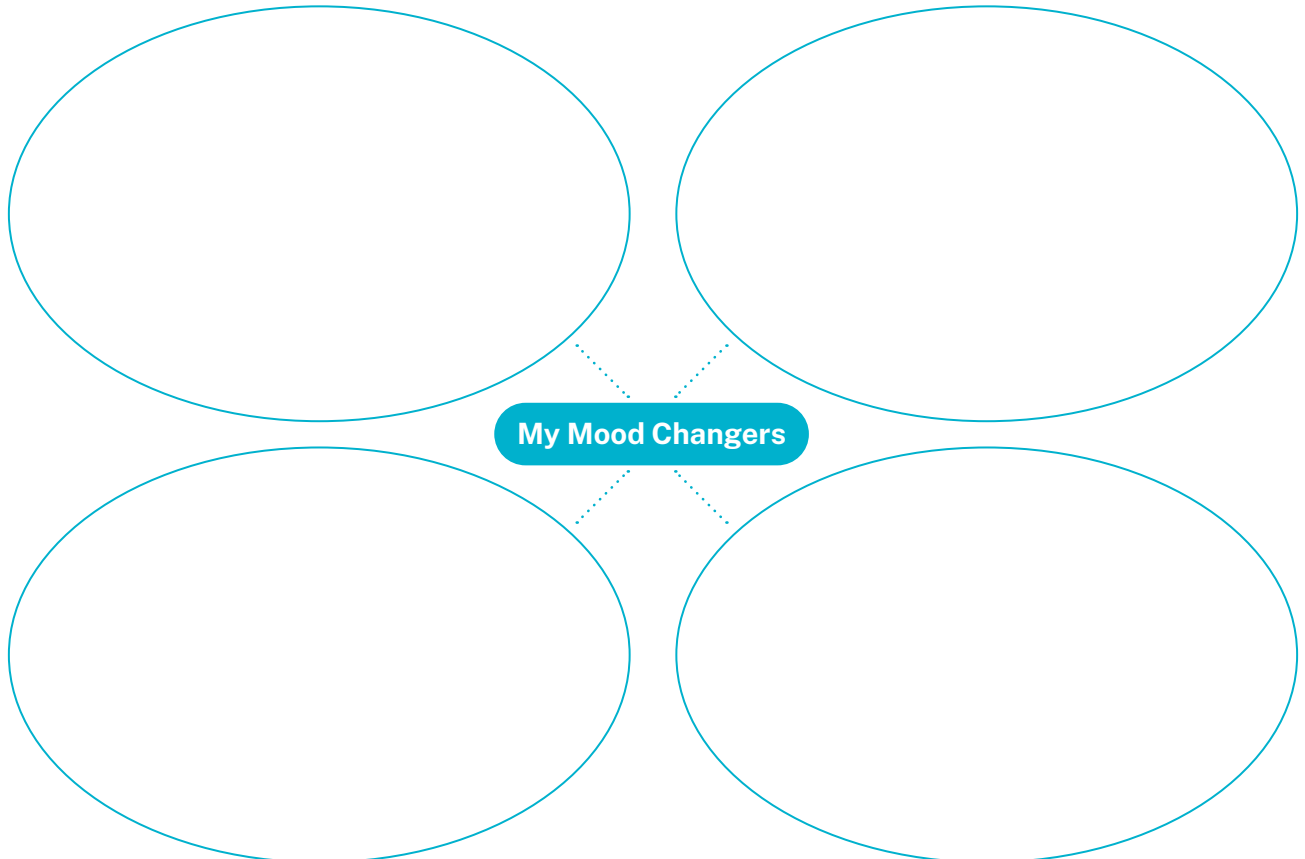


**Laughing**



**Playing Sports**

Think about 4 things that make you happy. These things could help turn your mood around if you're feeling sad, angry, frustrated, annoyed or upset. Draw or write your mood changes below.



My Mood Changers