

Positive Thinking

twinkl

Happy Minds, Happy People

What does happiness mean to you?



Different things make different people happy.

Whatever it is that makes you happy, it is good for your mental health to spend time thinking about it and doing it!

Think Positive

Use these words to compose a positive statement.

fantastic

laugh

love

best

great

enjoy

smile

special

brilliant

nice

good

better

amazing

How to Be Happy

Smile and laugh.

Find ways to relax
your mind.

Let go of mistakes.

Spend time with
family and friends.

Take up a hobby or
join a club.

Be fair and honest.

Appreciate yourself.

Work hard to
achieve a goal.

Care for others.