



## Bring happiness to your community.

On March 20th, countries all across the world will celebrate the International Day of Happiness. This global celebration will unite communities such as yours through the thoughtfulness of a smile.

### What is the International Day of Happiness?

The United Nations declared March 20, as the International Day of Happiness. This year involvement will span not just individuals, but businesses, civic causes, schools, universities, even entire governments. And, we hope, the community or communities in which you share your life.

Happiness is a goal for all people, of all ages, of all backgrounds, all over the world. And it can be found in companies and businesses communities of all sizes.

### Why is happiness important in your community?

A community is a grouping of people with common interests, similar backgrounds, like-minded goals, even demographics such as age, nationality or beliefs.

There's a community where you live, work and play. There are also the communities of worship, civic involvement, educational institutions, even our own family functions.

By building a Happy Acts Wall in your community you can start the spark of happiness and watch it positively impact those around you.



# Take photos and share them on Facebook, Twitter or Instagram using #happyacts.

## How can I bring the International Day of Happiness to the communities I'm a part of?

First, start by checking with anyone who leads the communities you're a part of and share this guide with them to help them understand the importance of happiness in the community.

Next, ask if you can host a happiness wall in your community! It's a place full of fun and camaraderie. Invite community members to place cards on the walls after they complete the sentence "I will share happiness by..."

## Hosting a wall is easy! Just follow these steps.

### Step 1: Find a perfect spot & start decorating.

A blank wall. A clean whiteboard. A bulletin board. Big or small, there's a spot that will work for a happiness wall.

### Step 2: Gather supplies.

You can gather your own supplies or order a Live Happy wall kit (pictured to the right) at [store.livehappy.com](http://store.livehappy.com). Each wall kit includes stickers, wall cards, bracelets and more for your happiness wall.

### Step 3: Start sharing!

Break the ice and post your own #HappyActs card on the wall. Then remember to take a photo of it and share it on social media using #HappyActs!

That's it! Now, to encourage others to share their acts (no one wants to be first!), break the ice by adding a few of your own. See what others are doing at [happyacts.org/tagboard](http://happyacts.org/tagboard).

Let us know you're participating by visiting [happyacts.org/welcome](http://happyacts.org/welcome).

