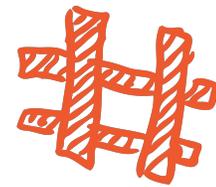


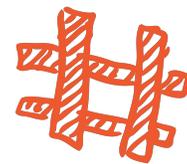
The International Day of Happiness



TITLE	What is the International Day of Happiness?
TIME	20-30 minute lesson / keep wall up for a week or longer
WHAT YOU WILL NEED	HappyActs Wall Kit and bulletin board. Or, create your own with a blank wall, sticky notes and markers. You also can build a wall using the instructions attached. http://www.livehappy.com/sites/default/files/HappyActs_PhysicalWall.pdf
PURPOSE	To teach children the importance of happiness in the world and that they can help make a difference with a simple act.
LESSON	<p>March 20 has been established as the annual International Day of Happiness and all 193 United Nations member states have adopted a resolution calling for happiness to be given greater priority.</p> <p>In 2011, the UN General Assembly adopted a resolution which recognized happiness as a “fundamental human goal” and called for “a more inclusive, equitable and balanced approach to economic growth that promotes the happiness and well-being of all peoples.”</p> <p>The first UN conference on Happiness was held in 2012 and the UN General Assembly adopted a resolution which decreed that the International Day of Happiness would be observed every year on 20 March. It was celebrated for the first time in 2013.</p> <p>One way to celebrate the International Day of Happiness is by creating a happiness wall. A happiness wall is a place full of fun and camaraderie, and it is a good way to remind us that small, thoughtful expressions can have a big impact on others.</p> <p>Pass out a “I will share happiness by...” card or a sticky note to each student and ask them how they will share happiness. Open with asking students what makes them happy. Then ask what others have done for them that have made them happy. Ask each student to share their story before deciding how they will share happiness.</p>

ADDITIONAL RESOURCES	<p>Share the history of HappyActs – http://www.livehappy.com/international-day-of-happiness</p> <p>For more information on how you can get involved, visit: http://www.happyacts.org/school-guide</p>
	<p>We would love to see your happiness walls. Please take photos of your walls and send them to happyacts@livehappy.com with your name, the name of your school and grade of your class. You could be showcased in an our upcoming Happy Acts newsletter.</p>

Homework Idea for The International Day of Happiness



TITLE	Whistle While You Work
WHAT PARENTS WILL NEED	A chore the child can do or help with
PURPOSE	To teach children the importance of offering a helping hand.
LESSON	<p>Ask your parent/guardian what you can do to help around the house. This can be a chore like cleaning up your room, bonus idea of going through your old toys/clothes and deciding what items to donate. Make it fun! Put on some music, dance, it's more than just a chore.</p> <p>See the attached #HappyActs Homework – Whistle While You Work sheet to send home with each student.</p>

#HappyActs Homework for Whistle While You Work

Helping around the house is a good way to spread happiness. Choose a task for your child that goes beyond their normal chores; can be something like cleaning up their room, or maybe something that benefits others, like going through their old toys/ clothes and deciding what items to donate. Make it fun! Put on some music, dance, and make it feel like more than just another chore.

Certificate of Completion

I certify that

Has helped with

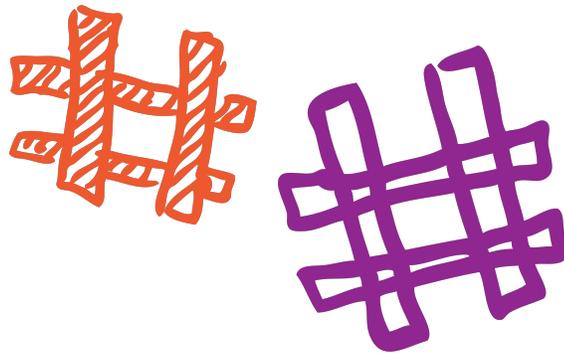
Signed,

Whistle While You Work

The chore I chose was

I made the chore fun by

At the end it made me feel





Looking to build a freestanding Happiness Wall of your own?

If you want to have a Happiness Wall but are having a hard time finding a large wall or bulletin board you can use this as a guide to build your own freestanding Happiness Wall!

Step 1: Gather Materials

There are two places you'll need to visit to get your materials. A party supply store (like Party City) and a home improvement store (like Home Depot).

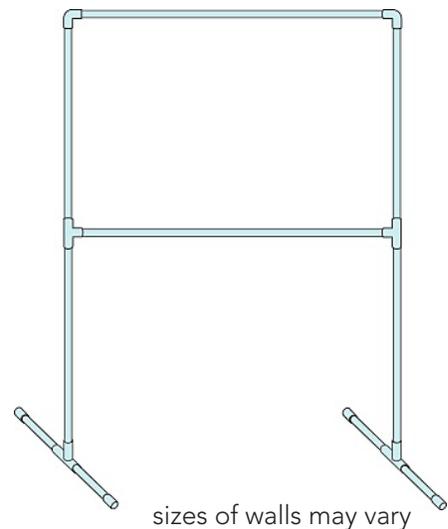
From the party supply store you will need to pick up an **orange vinyl table covering** similar to the one pictured here. They also carry a large roll of thin orange vinyl if there are no table coverings available.



From the home improvement store you will need to pick up **PVC pipe, connectors** and some **heavy duty tape** (like duct tape - which comes in many colors, maybe even orange). You can even tell one of the people working at the store what you're trying to build and they can assist with any of your questions. Make sure you create a large rectangle and a base so that the wall can stand on its own.

Step 2: Construct Your Wall

Once you have all of your supplies then build the wall and base out of PVC pipe and attach the orange vinyl table covering to it with duct tape. After you have attached the orange vinyl to your wall you're ready to go!



Step 3: Share Happiness

Start adding your happy acts and send us a picture using #HappyActs on Twitter (@LiveHappy), Instagram (@MyLiveHappy), or Facebook (facebook.com/livehappy).

happyacts.org | [#happyacts](https://twitter.com/happyacts)

[#happyacts](https://twitter.com/happyacts)

[livehappy](http://livehappy.org)