

How to be happy

1. As the pupils enter

Have the **webpage open**. Play your chosen music and display the image of **three emojis** if you wish.

2. Introduction

You could start by asking pupils to name some of the emotions they have felt this week. Then ask them to think of something they do to help themselves if they are feeling sad or worried. Share some answers from pupils. Explain that they are going to watch a short video in which some other schoolchildren will give them some tips for ways to deal with their emotions.

3. Play the video

The duration is 3' 46" and the last words are: '...the easier you will find it to calm down when you need to.'

4 & 5. Time to talk

Ask pupils to spend a few moments reflecting on what they have seen. Did they get any good ideas for ways they could manage their emotions? You could lead the pupils in another short mindfulness exercise, asking them to focus on their breathing, just like the boy in the film suggested.

Invite a few pupils to share how they felt during the mindfulness exercise. Then ask:

- Is it important to be happy?
- Is it possible to be happy all the time?
- Can you think of something you can do this week to help if you are feeling sad or anxious?

6. Opportunity to sing

If the assembly is to include a song you could sing it now.

Link to video page



7. Opportunity to reflect

'Close your eyes and think of a place that makes you feel happy...

It might be a place at home...perhaps the garden...

Or it might be a place you've been to on holiday...

It might be a place you've never actually been to, but you can picture it and you can imagine feeling really happy there...

Picture yourself there now as you breath deeply...focusing on your breath going in and out...in and out...

Suggest that pupils think of this happy place and practise the deep breathing next time they are feeling anxious or worried.

8. Opportunity for prayer

Use your usual form of address ('Dear God', 'Lord Jesus', etc) and:

'Thank you for giving us lots of reasons to be happy.

Thank you for always being by our side when we are sad.

We pray that you help us to remember you when we feel sad and worried.

Amen.'