

LIVE  
MORE  
HAPPY

*kids journal*



*Because we care...*

HI I AM TANISHA, THE CREATOR OF THIS  
JOURNAL, MY PRAYER IS THAT APPLYING  
THESE PRINCIPLES WILL HELP YOU LIVE A  
HAPPIER LIFE!



*Because we care...*



***This journal belongs to:***





SPECIAL MENTION TO DR DARREN MORTON,  
ALL INFORMATION HAS BEEN SOURCED FROM  
HIS BOOK 'LIVE MORE HAPPY'.

# Hi kids

ARE YOU AS EXCITED AS I AM !!

PICK YOUR  
EXCITED  
EMOJI FACE



# SELF PORTRAIT



*all about  
me*

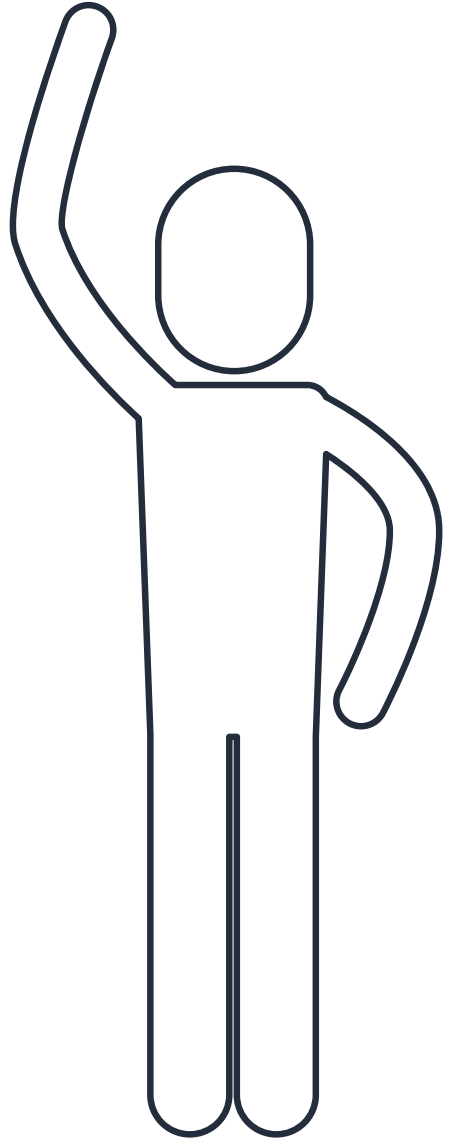
WHAT COLOURS ARE YOUR HAIR  
AND EYES?

HOW DOES YOUR HAIR LOOK?  
DRAW IT ON!

DRAW ON YOUR FACE, TO SHOW  
HOW YOU ARE FEELING TODAY.

WHAT ACTIVITIES DO YOU  
ENJOY? DRAW IT IN THE  
BACKGROUND

DRAW ON YOUR CLOTHING ITEMS  
TO MATCH YOUR FAVOURITE  
COLOUR.



*Colour me to look like you*

# LIMBIC SYSTEM

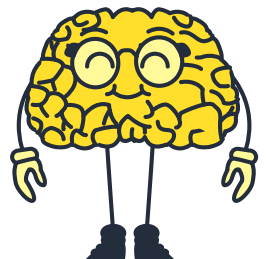
THE LIMBIC SYSTEM IS THE PART OF THE BRAIN  
THAT IS RESPONSIBLE FOR OUR EMOTIONS AND  
FEELINGS





*Where does Larry get its information from?*

LARRY THE LIMBIC SYSTEM GETS ITS  
INFORMATION FROM WHAT IT IS TOLD AND  
WHAT WE PUT INTO OUR BRAIN.



*What's the amazing  
thing about Larry the  
Limbic System?*



WELL THE WAY WE LIVE CAN EITHER  
MAKE LARRY THE LIMBIC SYSTEM VERY  
HAPPY OR VERY SAD.

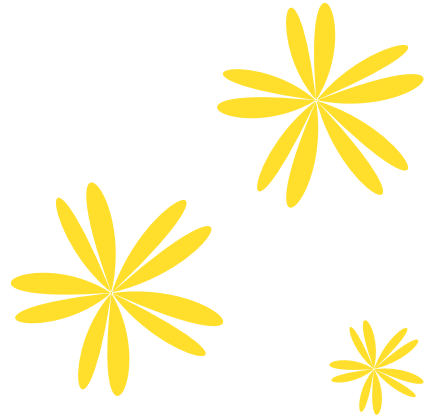
# Sometimes we feel



THESE EMOTIONS HURT BUT ITS GOING TO BE OKAY BECAUSE WE ARE GOING  
TO LEARN HOW TO TURN THAT FROWN UPSIDE DOWN

CIRCLE THE EMOTIONS YOU HAVE  
BEEN FEELING THIS WEEK

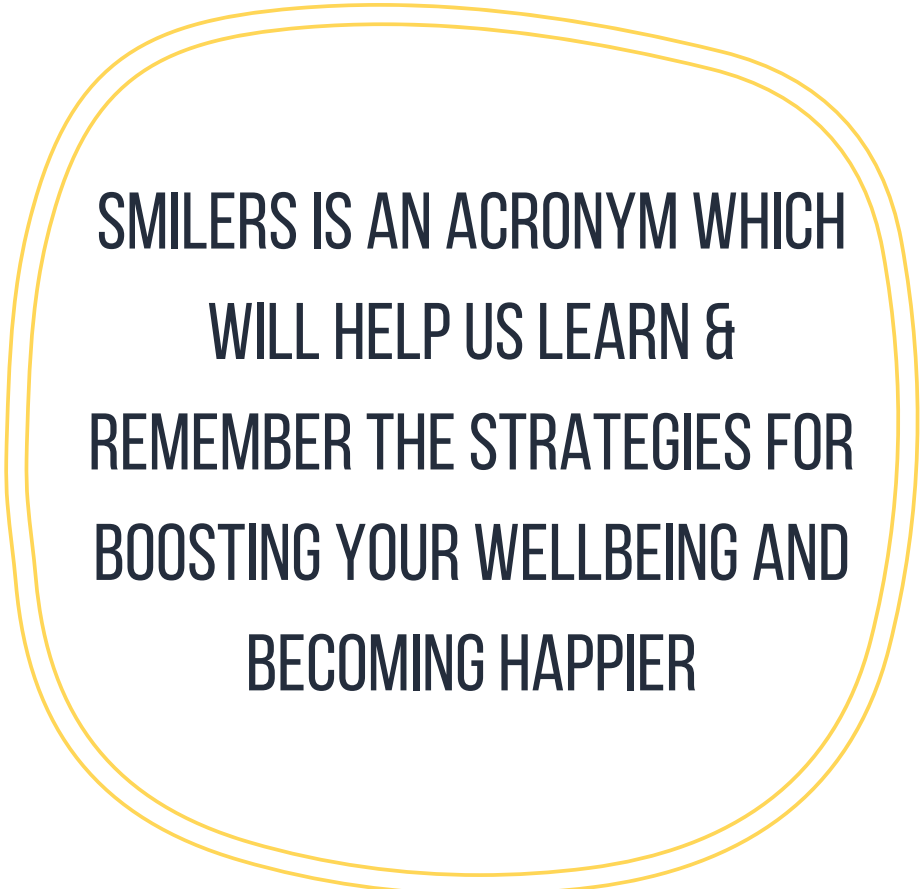




**WE ARE GOING TO LEARN  
ABOUT A FUN LITTLE  
THING CALLED....**

S.M.I.L.E.R.S

DOESN'T THAT JUST MAKE YOU WANT TO SMILE



**SMILERS IS AN ACRONYM WHICH  
WILL HELP US LEARN &  
REMEMBER THE STRATEGIES FOR  
BOOSTING YOUR WELLBEING AND  
BECOMING HAPPIER**


LETS LEARN HOW TO BE MORE





*Speak*  
**POSITIVELY**

SPEAKING POSITIVELY TO OURSELVES AND TO OTHERS



SPEAKING MORE  
POSITIVELY TO  
OURSELVES AND TO  
OTHERS CAN HELP US  
LIVE MORE HAPPY



WHEN WE SAY NICE THINGS, LARRY THE  
LIMBIC SYSTEM HEARS THEM AND IT  
MAKES US FEEL MORE HAPPY



GOOD WORDS MAKE US HAPPY  
NEGATIVE WORDS MAKE US FEEL SAD

SPREAD  
HAPPENESS





IT IS VERY IMPORTANT TO SPEAK POSITIVELY,  
TO OURSELVES AND TO OTHERS! IT HELPS OUR  
LIMBIC SYSTEM FEEL HAPPY AND IT HELPS  
OTHER'S LIMBIC SYSTEMS FEEL HAPPY TOO.

I ENJOY SPENDING TIME  
WITH YOU

YOU ARE VERY  
INCLUSIVE OF  
EVERYONE

I SAW YOUR  
AWESOME  
TEAMWORK TODAY

DAD YOU ARE SUCH A HARD  
WORKER

YOU ARE VERY  
HELPFUL

YOU HAVE A GREAT LAUGH

15

# COMPLIMENT IDEAS FOR OTHERS

YOU ARE A GREAT  
LISTENER

YOU HAVE SUCH A  
TALENT WITH MUSIC

YOU ARE SO MUCH  
FUN TO BE AROUND

YOU ARE REALLY  
FUN, YOU MAKE  
ME LAUGH ALOT!

WOW MUM YOU MADE AN  
AWESOME DINNER  
TONIGHT

YOU ARE SO  
CREATIVE!

YOUR SMILE IS SO WARM  
AND FRIENDLY

YOU HAVE A VERY  
CARING HEART

YOU ARE REALLY  
AT SPORT

# challenge time

## **CHALLENGE 1:**

PICK AN INSPIRATIONAL QUOTE OR A BIBLE TEXT FROM THE BIBLE TO MEMORISE. WHEN YOU START TO HAVE NEGATIVE THOUGHTS ABOUT YOURSELF OR OTHERS, SAY THE QUOTE YOU HAVE BEEN LEARNING OUT LOUD OR IN YOUR HEAD

## **CHALLENGE 2:**

GIVE MORE COMPLIMENTS TO THE PEOPLE AROUND YOU!

Write your  
inspirational text  
below

A large, hand-drawn yellow rectangular box that occupies most of the page. It is intended for the user to write their inspirational text inside.



# Track your progress

S M T W T F S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

colour in the bubbles to  
track the amount of daily  
compliments



*Move*

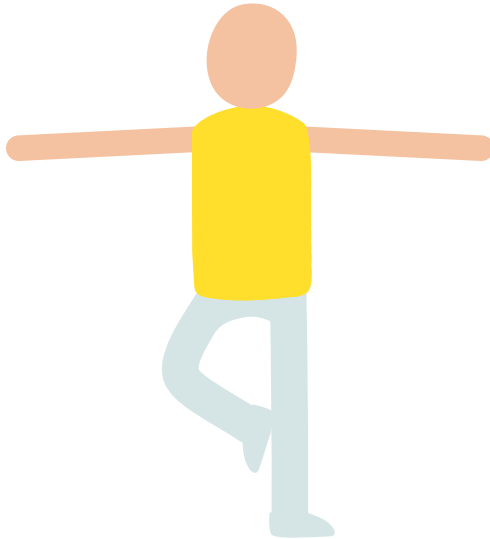
**DYNAMICALLY**

MOTION CREATES EMOTION

# *Did you Know?*

THAT OUR BODIES HAVE MILLION OF LITTLE TINY NERVE  
ENDINGS CALLED '**PROPRIOCEPTORS**'

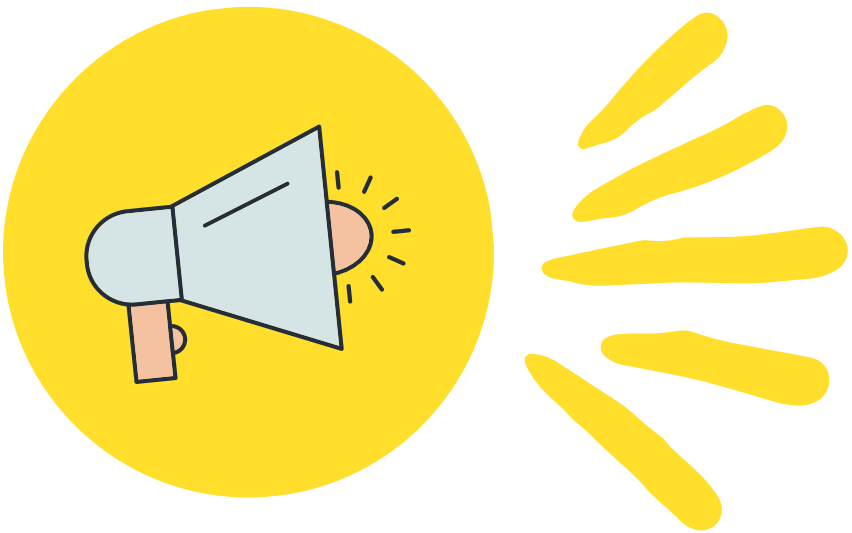
THESE LITTLE GUYS RESPOND TO POSITION AND  
MOVEMENT OF OUR BODIES, THEN SEND A MESSAGE  
BACK TO OUR BRAIN.



THE MORE WE MOVE THE MORE WE FEEL HAPPY!!  
THATS BECAUSE THE 'LITTLE GUYS' START SENDING  
OUT LOTS OF MESSAGES THROUGHOUT OUR BODY  
CREATING HAPPY EMOTIONS



'MORE INTENSE EXERCISE RESULTS IN OUR  
PROPRIOCEPTORS CHEERING WITH A LOUDER  
VOICE AND OUR LIMBIC SYSTEM LISTENS'



# MOTION CREATES EMOTION

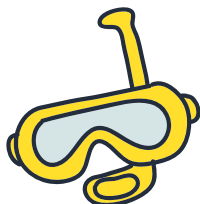
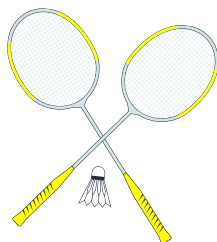
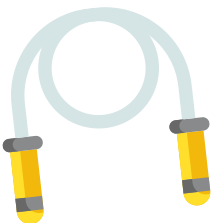


# Meet your happy chemical Beta - Endorphins



PHYSICAL ACTIVITY CAUSES THE LIMBIC SYSTEM TO  
RELEASE CHEMICALS CALLED **BETA-ENDORPHINS** INTO  
THE REST OF OUR BRAIN

# IDEAS FOR BEING ACTIVE





# How active are you?

PUT A TICK NEXT TO THE BOX THAT RELATES TO YOU

5

Excellent - I exercise daily

4

Pretty good - I exercise almost every day

3

Average - I exercise only 3 or 4 times a week

2

Poor - I exercise once a week

1

Very poor - exercise what's that? I don't exercise

# DIFFERENT WAYS YOU ARE GOING TO BE ACTIVE THIS WEEK



## *Pick the letters of your name for a workout idea ?*

A - Run on the spot for 1 minute

N - March on the spot for 1 minute

B - Do 15 jumping jacks

O - Do 20 toe touches

C - Pretend to jump rope for 30 seconds

P - Do 10 mountain climbers

D - Stretch to the sky for 30 seconds

Q - Do 10 walking lunges

E - Do 5 burpees

R- Do 20 bicycle crunches

F - Run and give five a friend

S - high knees running for 1 minute

G - Squat 5 times

T - Do 10 sit ups

H - Do 5 push ups

U - Do 10 crunches

I - Balance on one foot for 1 minute

V - Stretch and touch your toes for 30 seconds

J - Plank for 30 seconds

W - Do arm circles 10 times

K - Wall sit for 1 minute

X - Do 20 calf raises

L - Do 5 lunges

Y - Skip to the end of the room

M - Hop on one foot

Z - Jump to the sky 10 times

# challenge time

THIS WEEK TRY SPENDING LESS TIME ON TECHNOLOGY  
AND INSTEAD EXERCISE FOR 30 MINS A DAY



# Track your progress

S



M



T



W



T



F



S



TICK THE BUBBLE EACH DAY YOU  
EXERCISED FOR 30 MINUTES

REMEMBER TO BE HONEST, THIS IS NOT ABOUT GETTING THE BEST SCORE, IT  
IS ABOUT DOING THE BEST YOU CAN AND ALWAYS LOOKING TO IMPROVE.

*Immerse*

**IN AN  
UPLIFTING  
PHYSICAL  
ENVIRONMENT**

BLUE AND GREEN SHOULD OFTEN BE SEEN



LARRY THE LIMBIC SYSTEM RECEIVES MESSAGES  
FROM THE ENVIRONMENT THAT SURROUNDS US.

WHAT WE SEE, HEAR AND SMELL ALL HAVE AN EFFECT ON OUR LIMBIC SYSTEM OR IN OTHER WORDS ON OUR EMOTIONS AND FEELINGS.

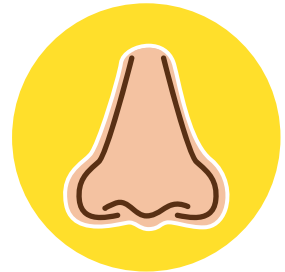
**See**



**Hear**



**Smell**



THATS WHY IT IS IMPORTANT TO HAVE A POSITIVE ENVIRONMENT AROUND US.





# Did you know?

THAT THE COLOUR WE SEE HAS A  
BIG IMPACT ON OUR LIMBIC SYSTEM.

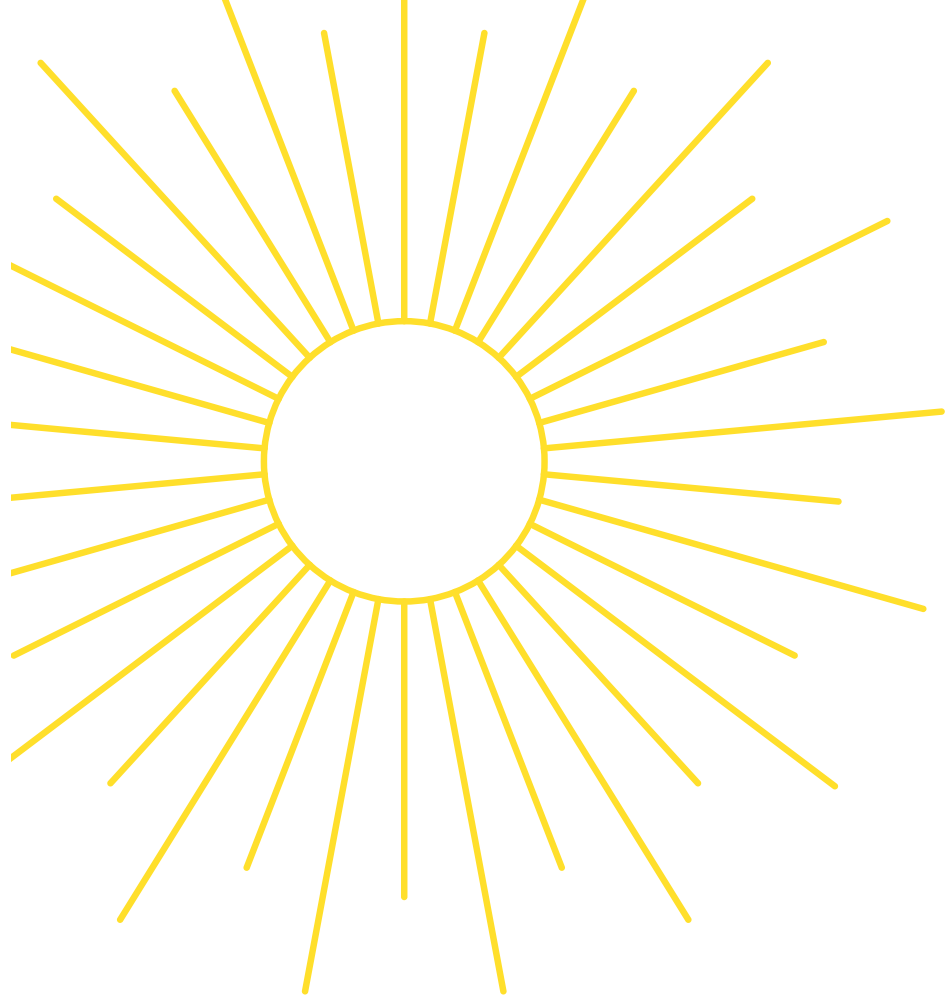
COLOURS CAN AFFECT OUR MOODS  
AND BEHAVIOURS.



The colour blue helps  
make people more calm  
and creative



Yellow is a colour  
that makes us more  
happy.



SUNLIGHT AND THE LIGHT IN THE MORNING  
CAN HAVE A POSITIVE EFFECT ON LARRY THE  
LIMBIC SYSTEM. WHICH THEN CAN HAVE A  
POSITIVE EFFECT ON HOW WE FEEL,  
"HAPPY AND POSITIVE"





*Different sounds  
can cause different  
kinds of emotions.*

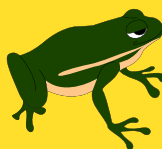
SOUNDS SUCH AS MUSIC HAVE A BIG EFFECT ON  
OUR EMOTIONS... AND CERTAIN TYPES OF MUSIC  
SUCH AS CLASSICAL MUSIC HELPS US TO  
REMEMBER THINGS BETTER.



FUN FACT - LISTENING TO MOZART CAN HELP  
BOOST YOUR **IMMUNE SYSTEM**. THAT MEANS A  
HAPPY AND HEALTHY PERSON.



# Nature hunt



# SIMPLE OUTDOOR ACTIVITY IDEAS

LEARN ABOUT THE  
CLOUDS

SCAVENGER  
HUNT

NATURE WALK

READ A BOOK  
UNDER A TREE

MAKE A STICK  
FORT

ROCK COLLECTION

LEARN  
TO SURF

BIRD WATCHING

GO TO A  
LOOKOUT

ANT FARM

START A GARDEN

GO CAMPING OUTSIDE

FLY A KITE

COLLECT FLOWERS FOR THE  
HOME

MAKE A NATURE JOURNAL



Write or draw  
what new outdoor  
activity you want  
to try this week



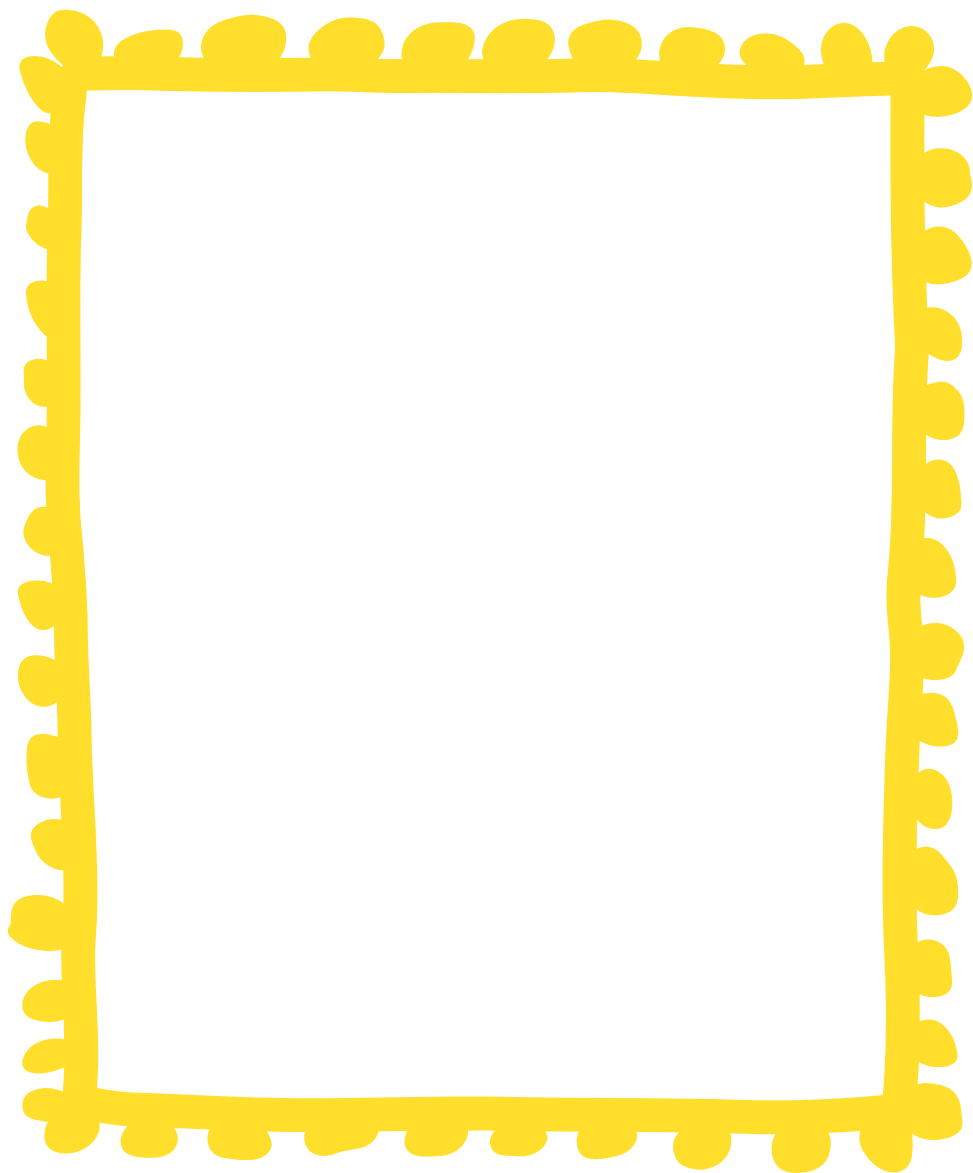
# challenge time

THIS WEEK TRY AND GO OUTSIDE, PLAY OR EXERCISE  
WHILE THE SUN IS SHINING FOR 30 MINUTES A DAY.

## **BONUS ACTIVITY**

ASK YOUR PARENT OR GUARDIAN TO GO WITH YOU TO  
WATCH A SUNRISE ON ONE OF THE MORNINGS





STICK IN A PICTURE OF THE SUNRISE THAT YOU SAW

*Immerse*

**IN AN  
UPLIFTING  
SOCIAL  
ENVIRONMENT**

TOGETHER FEELS BETTER

BEING CONNECTED TO OTHERS LEADS TO POSITIVE FEELINGS. LARRY THE LIMBIC SYSTEM LOVES IT WHEN WE LOVE OTHERS AND WE ARE CARING AND THOUGHTFUL TO PEOPLE AROUND US.



friends 

SPENDING TIME WITH FRIENDS AND  
BEING FORGIVING ALSO MAKE LARRY THE  
LIMBIC SYSTEM HAPPY AND FEELING  
GOOD.

# What helps me be a good friend?

I AM ENCOURAGING TO THEM

I TAKE TIME TO LISTEN TO WHAT  
THEY HAVE TO SAY

I CARE FOR THEM AND THINK ABOUT  
WHAT'S BEST FOR THEM

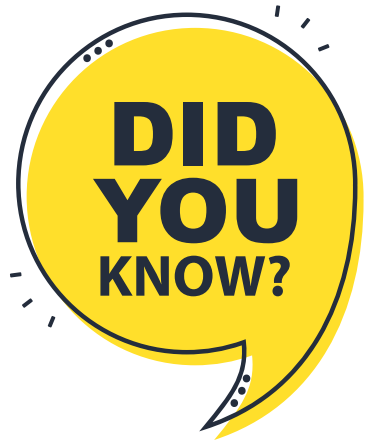
TALK KINDLY TO THEM AND ABOUT THEM  
WHEN THEY ARE NOT THERE

I PUT THEM FIRST

I AM LOYAL

I CHECK UP ON THEM AND STAY IN  
CONTACT WITH THEM

PLAY A GAME OF GET TO KNOW  
ME WITH YOUR FRIENDS OR  
FAMILY



WHAT IS YOUR FAVOURITE FOOD?

WHAT IS YOUR FAVOURITE MEMORY FROM THE HOLIDAYS?

WHAT IS SOMETHING UNIQUE ABOUT YOU?

WHAT IS SOMETHING NEW YOU WOULD LIKE TO TRY?

WHAT IS SOMETHING YOU WANT TO IMPROVE IN THIS YEAR?

WHAT IS SOMETHING YOU LIKE ABOUT YOURSELF?

DO YOU HAVE ANY PETS? WHAT ARE THEY?

HOW MANY SIBLINGS DO YOU HAVE?

WHAT IS SOMETHING NEW YOU LEARNT LAST WEEK?

IF YOU COULD BE ANY AGE WHAT WOULD IT BE? AND WHY?



# ideas to be kind



GIVE SOMEONE A HUG

PICK UP THE RUBBISH

GIVE SOMEONE A NICE ENCOURAGING NOTE

BE FRIENDLY AND SMILE TO PEOPLE YOU COME ACROSS

DONATE SOME OF YOUR TOYS

OFFER TO TAKE YOUR NEIGHBOURS BINS IN FOR THEM

HOLD THE DOOR OPEN FOR YOUR FAMILY OR FRIENDS

SEND YOUR GRANDPARENTS A LETTER

HELP MAKE DINNER OR HELP DO THE DISHES

LISTEN TO A FRIEND

LET SOMEONE GO IN LINE BEFORE YOU

SHARE YOUR TOYS WITH YOUR SIBLING

# challenge time

## CHALLENGE 1

DO SOMETHING KIND FOR A LOVED ONE TO LET THEM  
KNOW THEY ARE SPECIAL TO YOU.

## CHALLENGE 2

GO OUT OF YOUR WAY TO MAKE A NEW FRIEND



*journal it*



WRITE ABOUT HOW YOU WENT WITH YOUR CHALLENGES

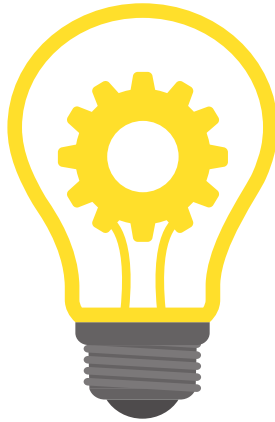
*Look*

**TO THE  
POSITIVE**

FEELINGS FOLLOW YOUR FOCUS



WE CAN ALL DEVELOP A POSITIVE ATTITUDE.  
WE CAN CHANGE OUR DOWNWARD, NEGATIVE  
FEELINGS AND EMOTIONS BY CHANGING WHAT  
WE CHOOSE TO

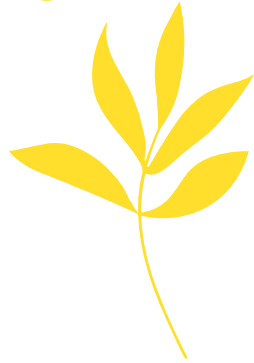


**THINK ABOUT**

AND FOCUS ON.

TIPS TO

Stay  
Positive



IN EVERY SITUATION TRY AND FOCUS ON THE  
POSITIVE THINGS, THE GOOD THINGS THAT HAPPENED.

ALWAYS BE THANKFUL FOR AND THINK ABOUT  
PEOPLE WHO HAVE A POSITIVE INFLUENCE ON YOU.

**BY LOOKING AT ALL THE  
POSITIVE THINGS IT WILL  
ALLOW US TO HAVE  
POSITIVE FEELINGS**

# gratitude prompts

1. A QUALITY OF MINE THAT I AM GRATEFUL FOR
2. SOMETHING IN NATURE THAT I AM GRATEFUL FOR
3. SOMETHING THAT MAKES ME LAUGH THAT I AM  
GRATEFUL FOR
4. A FAMILY MEMBER I AM GRATEFUL FOR
5. A FRIEND I AM GRATEFUL FOR
6. A TEACHER I AM GRATEFUL FOR
7. A MEMORY I AM GRATEFUL FOR
8. SOMETHING CHALLENGING THAT I AM GRATEFUL FOR



WRITE YOUR ANSWERS FROM THE ABOVE  
GRATITUDE PROMPTS BELOW:

1.

2.

3.

4.

5.

6.

7.

8.

# challenge time

## CHALLENGE 1:

THIS WEEK TAKE TIME AT THE END OF EACH DAY TO WRITE 3 THINGS YOU ARE GRATEFUL FOR AND WHY.

## CHALLENGE 2:

THINK OF SOMEONE WHO HAS HAD A POSITIVE IMPACT ON YOU AND WRITE THEM A THANKYOU NOTE

## CHALLENGE 3

THINK ABOUT AN EVENT YOU ARE LOOKING FORWARD TO AND WRITE THE DATE IN YOUR DIARY.



S

M

T

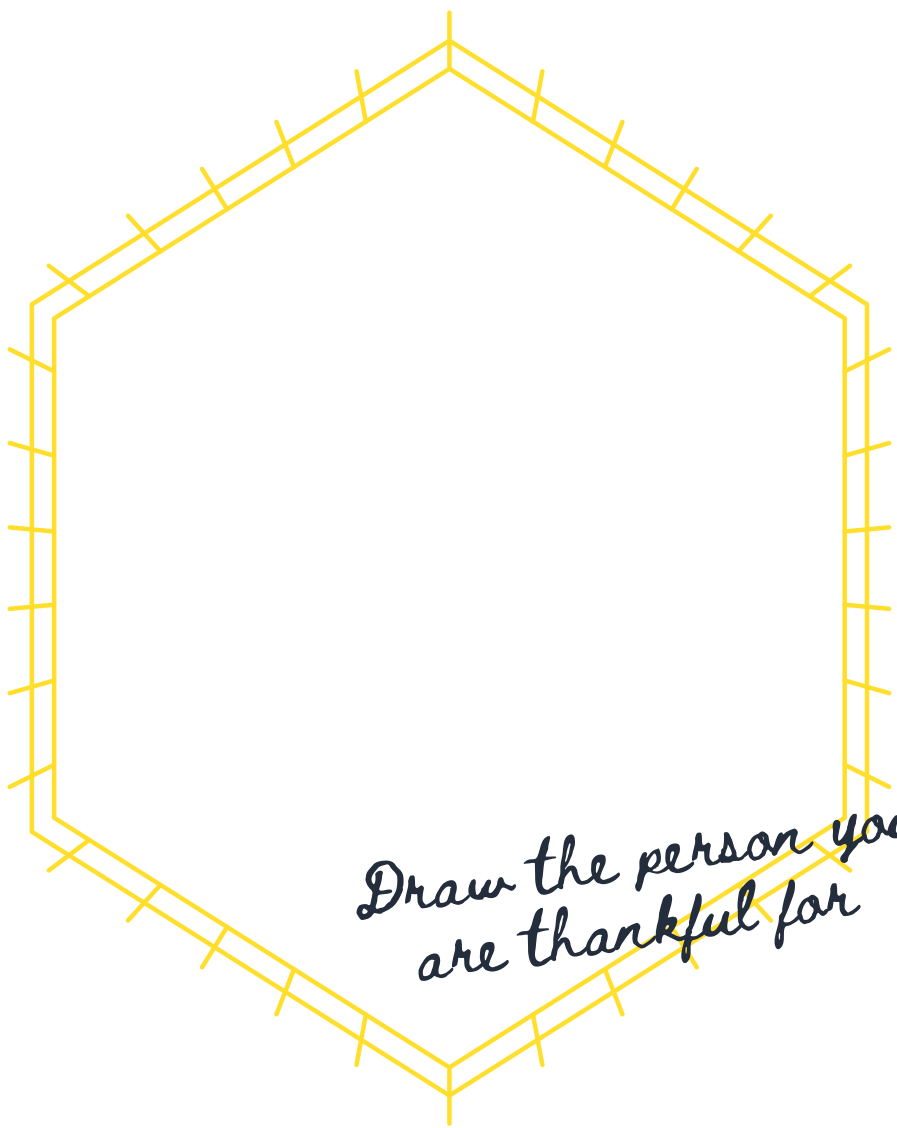
W

T

F

S

*gratitude  
challenge  
1*



*Draw the person you  
are thankful for*

*Eat*

**NUTRITIOUSLY**

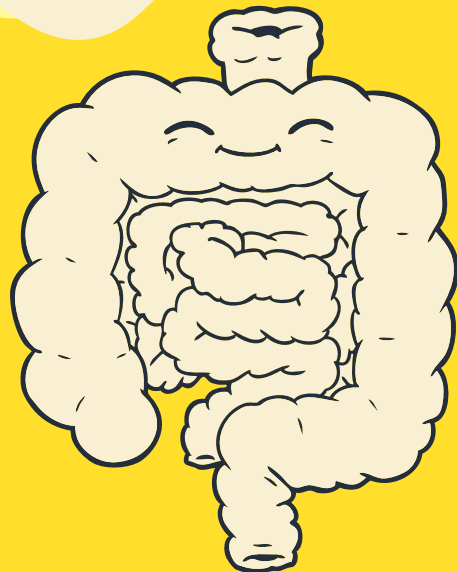
FOOD FEEDS OUR MOOD

CERTAIN TYPE OF FOODS CAN HELP WITH  
OUR MOODS AND EMOTIONS. THE MORE  
HEALTHIER AND NUTRITIOUS FOOD WE  
EAT, THE HAPPIER WE WILL BE.



KEEPING OUT 'GUT' HEALTHY WILL KEEP OUR MOODS AND FEELINGS HAPPY. EATING A PROPER AMOUNT OF **FIBRE**, WHICH IS FOUND IN **PLANT BASED FOOD** IS THE BEST WAY TO KEEP THE GUT HEALTHY AND HAPPY WHICH WILL LIFT UP OUR MOODS.

HI I AM YOUR GUT, I  
HELP WITH DIGESTION  
OF FOOD



# SOME FOODS FILLED WITH FIBRE



DRIED FRUIT &  
NUTS



LEGUMES &  
GRAINS



FRUIT AND  
VEGETABLES



HOW MUCH FIBRE SHOULD I BE HAVING?



8 FISTS FULL A DAY



Did you know  
that eating berries  
can help make us  
happier.



**DRAW THE HEALTHY FOODS ONTO YOUR PLATE**

# challenge time

EAT 8 OR MORE FISTS FULL OF FIBRE (PLANT  
BASED FOODS) FRUIT, VEGETABLES, WHOLE  
GRAINS AND LEGUMES EACH DAY



HOW MANY DAYS OUT OF 7 DID I EAT 8 FISTS FULL OF  
FIBRE, WRITE IT IN BELOW



REMEMBER TO BE HONEST, THIS IS NOT ABOUT GETTING THE BEST SCORE, IT  
IS ABOUT DOING THE BEST YOU CAN AND ALWAYS LOOKING TO IMPROVE.

*Rest*

**SLEEP**

REST TO FEEL YOUR BEST

EVERYONE NEEDS SLEEP AND IF WE DON'T GET ENOUGH OF IT, IT CAN EFFECT OUR WHOLE BODY. ONE OF THE AREAS THAT LACK OF SLEEP AFFECTS IS "LARRY" THE LIMBIC SYSTEM. HOW DO WE FEEL WHEN WE ARE TIRED? THAT'S RIGHT TERRIBLE, WE FEEL TERRIBLE.



LACK OF SLEEP AFFECTS ALL PARTS OF THE LIMBIC SYSTEM, OUR EMOTIONS, OUR MEMORY OUR MOTIVATION AND MANY OF OUR FUNCTIONS LIKE THE **IMMUNE SYSTEM**.

# good *sleeping* habits

- RELAXING SLEEPING ENVIRONMENT
- DARK ROOM
- WAKE UP EARLY
- DO SOME EXERCISE EACH MORNING
- HAVE THE SAME SLEEPING TIME EACH NIGHT
- DO'NT USE THINGS THAT WILL KEEP US AWAKE AT NIGHT SUCH AS CAFFEINE, TELEVISION AND THE INTERNET BEFORE BED.



# challenge time

## **CHALLENGE 1:**

TRY AND GET CONSISTENT EARLY NIGHTS

AIM TO GET 10 - 11 HOURS OF SLEEP EACH NIGHT

## **CHALLENGE 2:**

SWITCH OFF THE ELECTRONICS AND ENJOY A CAMPFIRE

WITH YOUR LOVED ONES

(IN A LEGAL SPACE AND WITH ADULT SUPERVISION)

# Track your progress

S ○

M ○

T ○

W ○

T ○

F ○

S ○



TICK THE BUBBLE EACH DAY YOU  
GOT 10-11 HOURS OF REST IN BED

REMEMBER TO BE HONEST, THIS IS NOT ABOUT GETTING THE BEST SCORE, IT  
IS ABOUT DOING THE BEST YOU CAN AND ALWAYS LOOKING TO IMPROVE.

*Rest*  
**DESTRESS**

STRESS LESS

# STRESS

EVERYONE HAS THINGS THAT STRESS  
THEM IN LIFE. THERE ARE SOME GOOD  
WAYS THAT CAN HELP PEOPLE TO STOP  
STRESSING.

*lets check them out*

Have a good laugh

HA  
HA

Sit quietly and  
dwell upon  
scripture or a  
inspirational  
text



Always take time to rest.

# challenge time

## **CHALLENGE 1:**

LAUGH OUT LOUD, FIND THINGS THAT MAKE YOU LAUGH A LOT

## **CHALLENGE 2:**

TAKE 15 MINUTES OUT OF YOUR DAY TO STOP AND BE REFLECTIVE, DWELLING UPON THE GOOD.

## **CHALLENGE 3:**

HAVE A SABBATH REST, TAKING A DAY OFF FROM THE BUSYNESS OF THE WEEK.



HOW DID TAKING TIME OUT EACH DAY TO BE  
REFLECTIVE, BENEFIT YOU THIS WEEK?

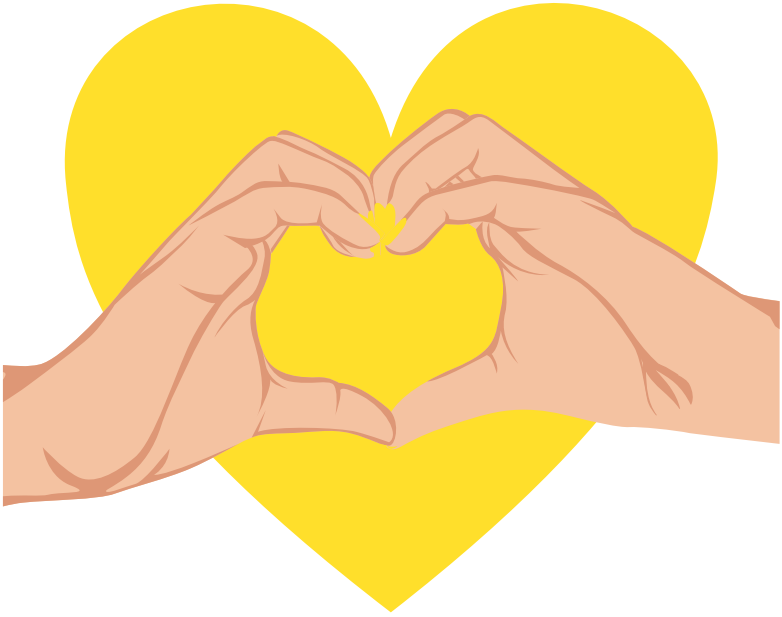
A large yellow circle outline, centered on the page, intended for writing or drawing an answer.

*Write or  
draw your  
answer*

*Serve*

GIVING IS LIVING





*To serve other people, puts  
our focus onto others and  
away from ourselves.*

WHEN WE DO GOOD TO OTHERS IT  
UPLIFTS OUR MOODS AND WE ARE  
HAPPIER PEOPLE. IT ALSO HELPS  
BOOST OUR IMMUNE SYSTEM

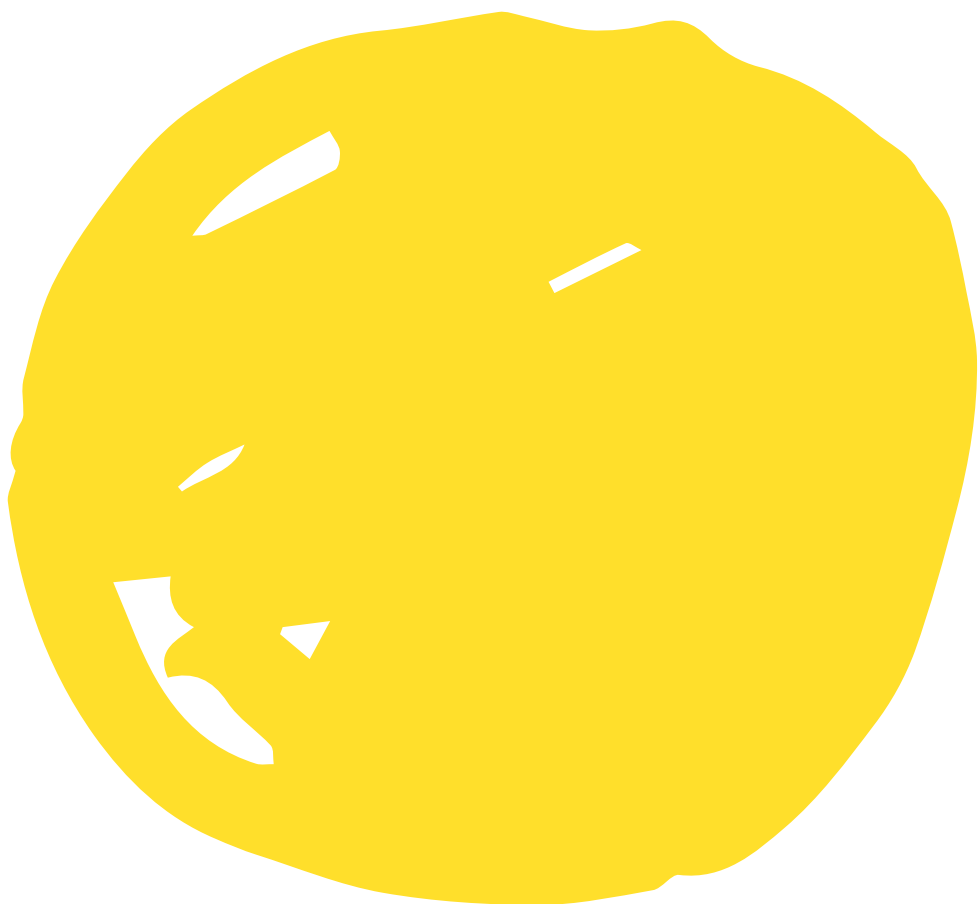


# challenge time

DO RANDOM ACTS OF KINDNESS, GO OUT OF  
YOUR WAY TO BE KIND TO OTHERS



DRAW ONE OF YOUR RANDOM ACTS OF  
KINDNESS FROM THIS WEEK



# WORD DEFINITIONS

**WELLBEING:** THE STATE OF BEING HAPPY, HEALTHY OR SUCCESSFUL

**PROPRIOCEPTORS:** A RECEPTOR LOCATED IN THE TISSUE OF THE BODY SUCH AS MUSCLES, TENDONS AND JOINTS THAT RESPOND TO STIMULI

**BETA -ENDORPHINS:** A CHEMICAL THAT IS PRODUCED IN THE BODY IN RESPONSE TO PAIN, TRAUMA, STRESS, OR EXERCISE

**IMMUNE SYSTEM:** THE SYSTEM THAT PROTECTS YOUR BODY FROM DISEASES AND INFECTIONS

**LOYAL:** SHOWING AND COMPLETE AND CONSTANT SUPPORT FOR SOMEONE

**GUT:** A PERSONS STOMACH OR PART OF THE BODY THAT CONTAINS THE STOMACH

**FIBRE :** PLANT MATERIAL THAT CAN NOT BE DIGESTED, BUT CAN HELP DIGEST OTHER FOOD

**PLANT BASED FOOD:** FOODS CONSISTING ENTIRELY FROM PLANTS E.G. NUTS, SEEDS, VEGETABLES, FRUIT, GRAINS AND LEGUMES

THAT'S IT, THE SMILERS PRINCIPLES.  
LET'S HOPE THESE PRINCIPLES HAVE  
HELPED LIFT YOUR MOOD, AND HELPED  
YOU FEEL MORE HAPPY.



# Evaluation time



DO YOU THINK YOUR WELLBEING HAS  
IMPROVED?

WHAT WAS YOUR FAVOURITE  
SMILERS STRATEGY?

WHAT HAVE YOU LEARNT ABOUT  
YOURSELF?

*Discuss with a  
friend or family  
member*



***Because we care...***

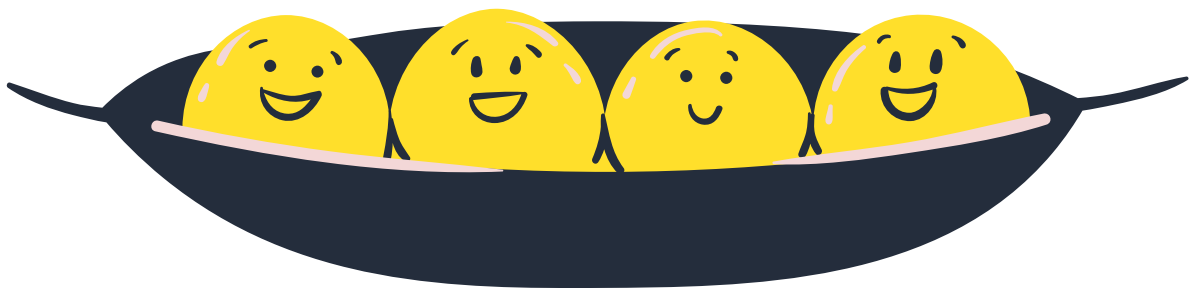
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*Speak*  
**POSITIVELY**

SPEAKING POSITIVELY TO OURSELVES AND TO OTHERS

SPREAD  
HAPPENESS



*Move*

# DYNAMICALLY

MOTION CREATES EMOTION



*Immerse*  
**IN AN  
UPLIFTING  
PHYSICAL  
ENVIRONMENT**

BLUE AND GREEN SHOULD OFTEN BE SEEN

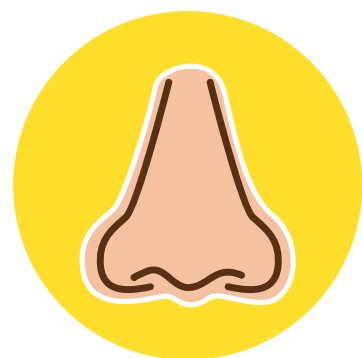
**See**



**Hear**



**Smell**



*Immerse*  
**IN AN  
UPLIFTING  
SOCIAL  
ENVIRONMENT**

TOGETHER FEELS BETTER



*Look*  
**TO THE  
POSITIVE**

FEELINGS FOLLOW YOUR FOCUS

*Stay  
Positive* 

*Eat*

# NUTRITIOUSLY

FOOD FEEDS OUR MODD



*Rest*  
**SLEEP**

REST TO FEEL YOUR BEST



*Rest*  
**DESTRESS**

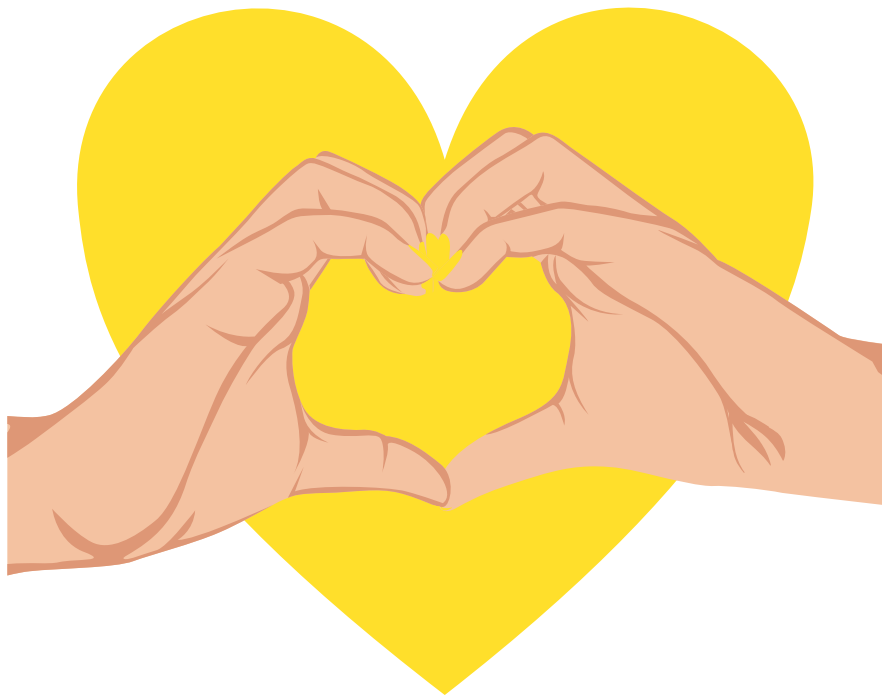
STRESS LESS





# Serve

GIVING IS LIVING



# TEACHER/PARENT GUIDE

# LIVE MORE PROJECT JOURNAL

## WHAT IS THE LIVE MORE HAPPY KIDS JOURNAL?

The Live More Happy Kids Journal is using the Live More Project's scientifically proven strategies to make a kid friendly journal that will help improve kids health and happiness in a fun and practical way.

To find out more information about The Live More Project visit <https://eliawellness.com/livemore>

## GUIDE FOR THE TEACHERS

### READING AND ACTIVITIES

This is where majority of the teacher's responsibility lies. The teacher will at the end of a week, introduce the students to a wellbeing strategy from the journal, for the students to put in place for the upcoming week. The teacher is to go through the content and activities in the journal for the upcoming week, so that the students can better understand the health principle. After the students learn the new health principle at the end of the week, they will put into practice what they have learnt through completing the weekly challenge, the following week. The activities and content are completed in the classroom and the challenges are completed at home.

### WEEKLY CHALLENGES

A lot of the challenges will require parent involvement, as majority of the challenges will be completed at home. However the teacher will need to monitor the journal each week to ensure they are being completed correctly. The teacher also needs to provide time for the students to reflect and fill in their journals.

### ASSESSMENT

The aim of the program is not to pressure the students into achieving high scores in each area. The assessment is based on the student involvement and engagement with the tasks. The students should be encouraged to be honest and as involved as possible.

If the teacher chooses to, they can include a component of literacy in their assessing. This means they are assessing the student's writing, reflection, spelling, evaluating skills when filling in the journal.

## GUIDE FOR THE PARENTS/GUARDIANS

One of the biggest roles of the parent/ guardian is to encourage your children. For some, these activities will be completely new and maybe a little different. So being supportive and encouraging of the project will help your children achieve the greatest growth.

Also monitoring your children's journal, checking how they are going with their challenges and being aware of what the challenges are, will benefit the children greatly. Feel free to join in on the challenges and experience the benefits of The Live More Program too.

**The outcomes addressed: Grades 3-6**

**ACPPS036 Identify and practise strategies to promote health, safety and wellbeing**

**ACPPS054 Plan and practise strategies to promote health, safety and wellbeing**