



## **Celebrate the United Nations' International Day of Happiness Create a Happiness Wall at Your School!**

Educators across the country are taking note: Research shows that instilling and encouraging positive character strengths, such as kindness, compassion and perseverance, can be as important to our children as the basics of learning math and reading. We want our kids to grow up in a world that celebrates character and a generosity of spirit.

Creating your school's own Happiness Wall is a fun, easy way to focus on these traits, engage kids in a fun activity and become a part of the global celebration of the International Day of Happiness.

### **What is the International Day of Happiness?**

The United Nations declared March 20th the International Day of Happiness in 2012. The past two years, Live Happy joined a delegation in New York at the United Nations to help inaugurate a new era—when the happiness and well-being of citizens is counted alongside Gross National Product.

As U.N. Secretary-General Ban Ki-moon explained last year, "Happiness may have different meanings for different people. But we can all agree that it means working to end conflict, poverty and other unfortunate conditions in which so many of our fellow human beings live."

Last year Live Happy constructed walls in dozens of cities. This year, we wanted to spread the happiness further, by creating hundreds of Happiness Walls in schools, communities, organizations and corporations around the country. We need your help.

### **How your school can get involved**

The week of March 20th we ask that you create your own Happiness Wall (see next page), and have students participate in happiness-related activities. On Friday, March 19, ask each student to answer complete this statement: "I will share happiness by..." This could be done on index cards, sticky notes, or through another medium.

We also ask educators to engage your students in a discussion of the meaning of authentic happiness. Authentic happiness signifies not just fleeting pleasure, but the deeper feelings of satisfaction you get from helping another person, or achieving your greatest potential.

**If you were to draw happiness, what would be in the picture?**

**What do you think makes other people happy?**

**What kinds of things can we do to help our (parents, friends, teachers) be happier?**

**What do other people do that makes us happier?**

### What are some daily activities we could do?

- Have students “show and tell” what makes them the happiest.
- Have them write and perform an original happy song.
- Make a video with a happy dance to the song “Happy,” “Everything Is Awesome,” or “Let It Go.”
- Donate canned goods to a food pantry.
- Make a picture for a friend or sibling.
- Plant a tree or flowers on the school grounds.
- Have students write notes to parents and grandparents telling how much they mean to the child.
- Write notes to a senior center nearby.
- Have a 2 minute silly break where kids can make silly faces for 2 straight minutes.
- Have an all-orange day and encourage each student to wear orange.
- Pledge to do something nice to help your parent, like do the dishes, help with dinner, etc.
- Pick up trash at the playground.
- Have a happy dance/music break at lunch.

### What’s a Happiness Wall?

On March 20, Live Happy is hosting giant orange Happiness Walls in public spaces, such as parks and plazas, across the country. In many places there will be live music and a sense of fun and camaraderie. People will place cards on the walls after they complete the sentence “I will share happiness by...”

### How to Create a Happiness Wall at your school

Here’s how your school can get in on the act and host a Happiness Wall:

- Step 1: Find a perfect spot.** A blank wall. A clean whiteboard. A bare bulletin board. Any of these places would work well for your Happiness Wall.
- Step 2: Start decorating.** Have fun with this! Your school’s students, faculty and staff need to know what your happiness wall is about! Write “I am happy because...” in big letters at the top of your wall. Get crafty with borders and colors—make an impression and draw attention to your wall.



**Step 3: Gather supplies for sharing acts on the wall.** Make it easy to share Happy Acts on your wall by keeping supplies handy. Sticky notes are a quick, easy way to post Happy Acts. If you are using a white board, keep colored erasable markers handy.

**Step 4: Share your happiness wall with us!** Take photos of your wall and celebration and post them to Facebook, Twitter and Instagram using #happyacts! Or send them to happyacts@livehappy.com. Make sure you have permission to post the image of anyone who appears in your photos.)

At Live Happy, we are dedicated to promoting and sharing a message of authentic happiness with people of all ages. We hope you and your school will join us this March as we acknowledge and celebrate the importance of happiness, health and well-being in cities across the country. Teach your students how to thrive, and bring out the best in their character.

*School is where we learn. So why not also learn to be happy?*

