



## PSHE Family Learning Project – The Happy Newspaper

In school we have previously looked at the '5 ways to well-being' to help us to understand how we can look after ourselves, which is especially important at the moment. Inspired by the wonderful **Emily Coxhead**, we are encouraging you to make your own 'Happy Newspaper'.

<https://thehappynewspaper.com/education/>

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Use the links above for inspiration and look at the steps below to create your own family newspaper whilst working through the ways to well-being. We hope this encourages some positivity and collaboration at home!

1. **Take Notice** - Reminding yourself to 'take notice' can help you to enjoy the moment and the environment around you.  
- For this step we would like you to design a title/front cover – take some time with relaxing music to design and colour it in.
2. **Keep Learning** - Continued learning through life enhances self-esteem and encourages social interaction and a more active life.  
- Learn a new fun fact and create a cartoon doodle like Emily does for her Newspaper.
3. **Connect** – social relationships promote well-being as feeling close to others is a human need.  
- Call some family and interview them about something that has made them happy that week.
4. **Be Active** – regular physical activity has been proven to boost your mood.  
- Choose a form of exercise that you enjoy and would recommend to someone – it could be yoga, stretching, football or going for a walk. Draw or take a picture of you and your family doing this exercise for a page in your newspaper.
5. **Give** – committing an act of kindness is linked with greater happiness, this can be giving your time, attention or simply checking in with someone!  
- Share your newspaper and give your happy news to a loved one.



There are so many positive things you could add to your newspaper once you've done the above. Here are a few more ideas or you could come up with your own!

- Create an acrostic poem for the word 'happy'.
- Share your favourite hobbies that make you feel happy
- Look at some family photos from times that make you feel happy and write about what was happening.
- Share a photo of someone who inspires you – this could be a family member, friend or celebrity.
- Write a letter to someone you can't see at the moment to brighten their day.

Don't forget to look at The Happy Newspaper resource pack to give you more ideas or use their template.