



Happiness Activity Chart

The whole family can fill in this weekly chart to plan and participate in activities that make them feel good over the week.

Day	Hobby Activity	Healthy Eating Activity	Physical Activity	Restful Activity	Fun Activity
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).