

Happiness Journals



In this two-part project we start by making our own small sketchbook, and then we fill it up with pictures and words that make us happy!

For your sketchbook, you will need three or four sheets of paper, a ruler, a pencil and a needle and thick thread (or a hole punch and yarn or twine).

To make your happiness journal, check out our how to make a sketch book video here:

<https://vimeo.com/eskereducation/sketchbooks>

In Part 2 of our happiness project, we fill our sketchbook with things that make us feel happy. You can do this all in one day or add to it throughout your week. Think of it

as your diary, something to fill with reflections on your day. You can draw, collage, write or colour in your sketchbook, whatever makes you happy!

We've put together a list of reflections or prompts that you could think about to help you remember or notice things that make you feel happy throughout the day. Scroll down to read the list on the next page.

To see what we put in our happiness journal this week, check out this video:

<https://vimeo.com/eskereducation/happiness>



Share some of the things that made you happy this week by posting your photos on social media and tagging @eskerfoundation using #eskerfoundation or #eskerathome! We'd love to see what you make and what makes you happy.

What made you feel happy today? Use these prompts if you need some help getting started on your happiness journal!

When you're out in your yard or out for a walk start to notice:

- Are there sounds that you enjoy?
- Look at your neighbour's homes – is there anything delightful in the windows? Or do you smile when you see the colour of their front door? Ask yourself what you love about their homes.
- Look up at the sky! What are the birds up to? What else can you see in the sky that makes you happy? Are the clouds making interesting shapes?
- What plants or creatures make you feel happy? This is a special time when the earth is just starting to wake up from winter, what signs of Spring do you see that make you happy?
- Are there smells outside that you love?
- Is there a feeling that makes you happy? The sun warming your face, a breeze in your hair, pay attention to sensations that make you feel happy and content.
- Do you love moving in a certain way? Running or dancing or hula hooping?

When you're inside, in your home with your family, start to notice:

- What made me laugh today?
- Did I hear a piece of music or something on the radio or tv that made me smile?
- Did I talk to someone who made me happy?
- Is there a creative project that I've been working on or something I've been inventing or writing that makes me feel happy?
- Does spending time with certain people make me feel happy?
- Did I learn something new that made me feel excited?
- Is there a colour that makes me feel happy?
- Did I eat something delicious today that delighted my taste buds?
- Was there a fun game that I played today?
- Did I hear a story that made me happy?

These are some questions to help you get started on your happiness journal or to help out if you feel stuck. The main thing is to start paying attention to how you feel throughout the day and to start to shift your attention to things that bring you delight or that you find beautiful. We hope that as you explore your world using your eyes and ears to soak in some beauty and joy, paying attention to what makes you feel happy, your days and weeks will be filled with even more happiness!