

# Imagine if.....

Welcome to the April edition of the Steam Mills Wellbeing and mental health newsletter. A little while ago I asked for some feedback on themes for each edition and several children requested 'happiness'.

I've been reflecting on this and wondered what happiness means to you, how do you give and receive it? I hope this newsletter offers some thoughts and ideas to help you lean into this theme.

Kindest regards,  
Miss Fran Barber

## *Five Ways to Wellbeing... the Steam Mills whoosh!*

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them.

<i>Connect</i>	<i>Activity</i>	<i>Be curious</i>	<i>Keep Learning</i>	<i>Give</i>
<p>How do you share happiness with others?</p> <p>In recent times we have found ways of connecting with our friends, families and communities to share times of merriment.... birthdays, Christmas and seasonal celebrations.</p> <p>As lockdown eases how will you continue to share these moments with one another?</p> <p><i>Staying connected to one another can bring happiness.</i></p>	<p>Movement can be an effective way to work through feelings held in the body.</p> <p>I wonder if you have a 'happy' playlist of songs that you move to which celebrates all your body can do?</p> <p>I love 'Happy' by Pharrell Williams! <a href="https://www.youtube.com/watch?v=ZbZSe6N_BXs&amp;ab_channel=PharrellWilliamsVEVO">https://www.youtube.com/watch?v=ZbZSe6N_BXs&amp;ab_channel=PharrellWilliamsVEVO</a></p> <p><i>Be as active as you are able to; let your body bring you joy.</i></p>	<p>Happiness means many different things to the people around you.</p> <p>How about connecting with friends and family and ask them what brings them joy.</p> <p>How about making an origami fortune teller with everyone's ideas!</p> <p><i>How will you know when someone else is happy?</i></p>	<p>Did you know that the brain and body releases happy chemicals?! Amazing.</p> <p>Check out this link to learn more. <a href="https://www.psychologytoday.com/gb/blog/your-neurochemical-self/201212/five-ways-boost-your-natural-happy-chemicals">https://www.psychologytoday.com/gb/blog/your-neurochemical-self/201212/five-ways-boost-your-natural-happy-chemicals</a></p> <p><i>Learning new skills helps us develop curiosity.</i></p>	<p>"Happiness is the greatest gift I possess" Kenn Dodd</p> <p>I wonder how many different ways we gift happiness to ourselves as well as others... a smile, a listening ear, a message on a postcard.</p> <p><i>Ask of yourself what can I gift to others?</i></p>

## Tuning into happiness...

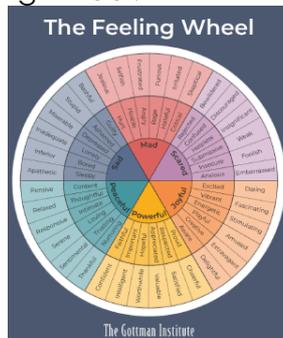
How many songs can you list with the word 'happy' in them...here's a few to start you off!

- Kenn Dodd – Happiness
  - Pharrell Williams – Happy
  - Judy Garland – Get happy
  - Al Green – Sha la la make me happy
  - Sheryl Crow – If it makes you happy
  - Pratt and McClain – Happy Days
  - B52's – Shiny Happy People
  - Captain Sensible – Happy Talk
  - Rod Stewart – She makes me happy
  - The O'Jays – The Happy song
  - All things Sesame Street!
- I could just keep going!!

## Happiness the greatest gift that I possess!

### Happy words.

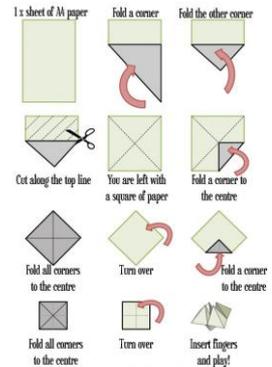
How many different words can you find to describe joy? Have a look at the Gottman feeling wheel.



## Origami fortune teller.

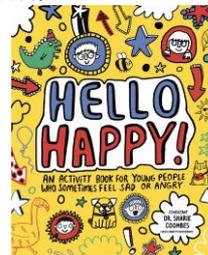
[https://www.youtube.com/watch?v=BxyXk1sr2io&ab\\_channel=APPUSERIES](https://www.youtube.com/watch?v=BxyXk1sr2io&ab_channel=APPUSERIES)

Check out this link to make an origami fortune teller, fill it with ways to be happy and then play with a friend!



### Happy vibes.

Journaling is a great way to record happy moments and happy ideas. There are many books designed to help you or you can create your own.



Action For Happiness calendar for April  
<https://www.actionforhappiness.org/>



Remember feelings are not right or wrong they come and go much like the tide of the sea. It's normal and ok if you're not happy some of the time.

However if you need a helping hand or a listening ear there are mental health agencies and numbers listed on the Steam Mills website.

What would you like next month's theme to be?