



A writing activity from

Grimm & Co



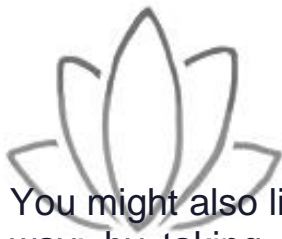
Writing for Wellbeing: Happiness Journalists

You will need: something to record your and other people's thoughts: this could be paper and pen (and possibly pencils and drawing/colouring tools!), or it could be a phone, tablet or computer that can record video or audio. It's up to you!

Step one: firstly, you're going to think about things that make you happy. These could be "big" things, or they could be "little" things that might seem silly or small, but that give you lots of joy! Things that make you happy might include people, pets, songs, films, fictional characters, videos, hobbies, tastes, smells, memories, places, habits, or objects.

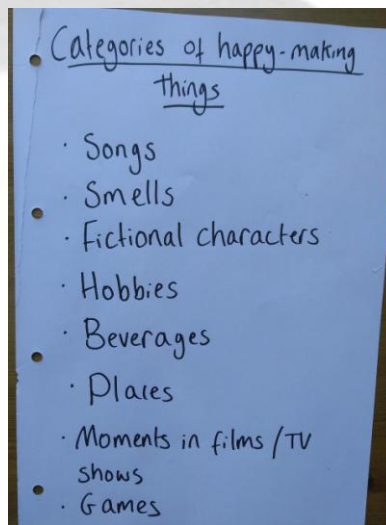
Step two: now, make a record of all the things that make you happy. Perhaps you might like to draw a heart on a piece of paper, and fill it with words and drawings that represent the things that make you happiest:





You might also like to record the things that make you happy in another way: by taking photos, making a scrap book, or just making a very extensive list! It's up to you.

Step three: now it's time to think about what makes the people around you happy. Perhaps you could make a list of 'categories' you want to ask them about: for example, you might ask what places, foods, or games make them happy.



Now, ask people you know what things make them happy! You could ask the people in your home, and if you have permission you could also call or message other people you know. Record their responses using pen and paper, or by using video or audio recording. Whatever is most comfortable for you and for them!

Step four: make a report all about what makes you and the people around you happy. This could be a written newspaper-style report, or you could record a video where you play a newsreader reporting on all the happy-making things you have discovered! It's up to you.

Step five: Share your work with us! Do this by taking a photo of your handwritten or drawn work, typing it up, or audio or video recording yourself reading it aloud (you could also ask someone else to read it aloud for you).

If you're a member of one of our out-of-school writing groups, you should then upload your work to your Seesaw journal. If you're accessing this activity independently, or through your school, we'd still love to share in the amazing writing you've created! You can post your work on social media, tagging us @GrimmAndCo, or email your work to grimmapothecary@gmail.com. Happy writing!

