HAPPY FAMILIES
PRINCIPAL LISA

My Happy Day *Strips*

A TREASURE HUNT OF LITTLE JOYS

Some days are tricky. That's OK.
These little strips help us look for the good bits, together.
Hide them, find them, do them, and keep them. Every one is a little win!

How To *Play*

1. **Print and cut** out the strips on pages 2, 3 and 4.
2. **Hide them!** In the car, under a pillow, in the lunch box, even in the dog's bed. Now it's a treasure hunt.
3. **Or make a raffle.** Pop them in a jar or a hat and pull one out when the day needs a lift.
4. **Do it together.** Read the strip, go and do it, then tick the **Done!** box.
5. **Colour them in.** Crayons, stickers, glitter, anything goes.
6. **Keep them.** Stick the finished strips into their very first journal and look back at all the happy days.

Bring In The *Family*

- Grandparents, brothers and sisters can hide strips too.
- Use the spare strips on page 4 to write your own.
- Share your happy moment at dinner or bedtime.

By Age

- **Toddlers:** you read it, they find it and colour the picture.
- **3 to 5s:** they hunt, tick the box and tell you all about it.
- **Big kids:** they write their own strips for you!

Little joys make happy days.

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Cut Out Your *Strips*

Cut along the dotted lines. Hide them, find them, do them, then tick Done!



I saw the *sea*

DONE!



I collected *shells* and let them go

DONE!



I *walked* in my neighbourhood

DONE!



I helped pick a *family meal*

DONE!



I *loved* my dinner today

DONE!



I packed my own *lunch box*

DONE!



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More Little *Joys*

Even more happy moments to hunt for. Colour in the pictures when you're done.



I tried something *new*

DONE!



I gave someone a big *hug*

DONE!



I read a *book* with someone

DONE!



I *danced* to my favourite song

DONE!



I watched the *sunset*

DONE!



I helped *tidy up*

DONE!

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Make Your *Own*

Spare strips for your family's own ideas. Draw a picture in the circle.

draw here

I ...

DONE!

draw here

I ...

DONE!

draw here

I ...

DONE!

draw here

I ...

DONE!

draw here

I ...

DONE!

draw here

I ...

DONE!

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