



GET INVOLVED

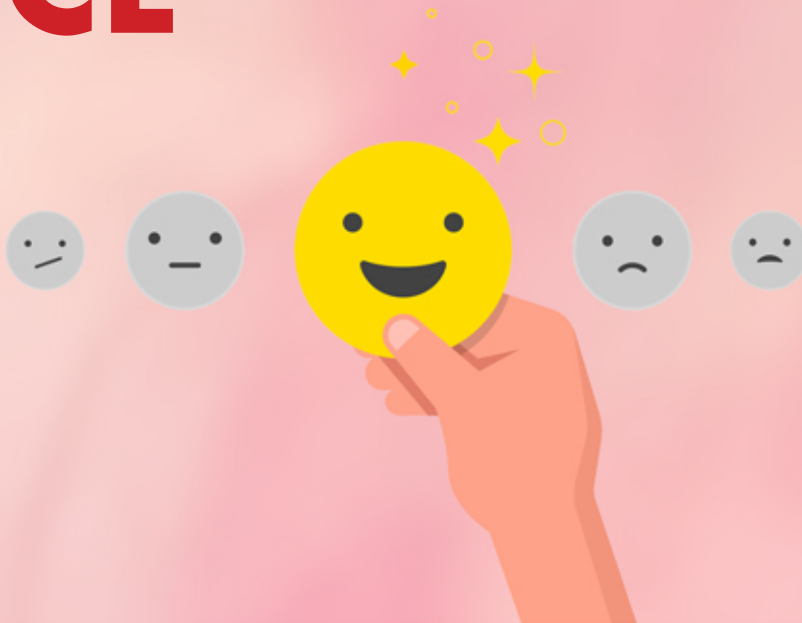


15 MINUTES



PREPARATION
NEEDED

HAPPINESS DICE



GETTING INTO THE ACTIVITY

Help spread happiness and joy to your friends and family with a Happiness Dice. Link with the UN's International Day of Happiness (20th March).

Create a happiness dice and then use it to decide which random act of kindness to do, to help spread happiness to those around you. The dice is perfect for 'International Day of Happiness' on 20th March, but it can be used at any time. How will you make someone else happy today?

Download and print the happiness dice template. (This could be prepared and sent out to children in packs beforehand). Alternatively draw your own version. Choose if to use the pre-populated dice or the blank one where children can write /draw their own suggestions on and decorate. Then cut out the template and fold all the solid lines inwards to create a cube. Apply glue to the tabs and use these to fix the cube into shape. A grown-up may be needed to help with this bit.

Alternatively, you can use the dice numbers sheet to do the activity without creating a dice. Write next to each number and then roll a regular dice to find out which activity you should do each time.

Challenge the group to try and do one act of happiness each day for a week and share how they got on at your next meeting.



WHAT YOU'LL NEED

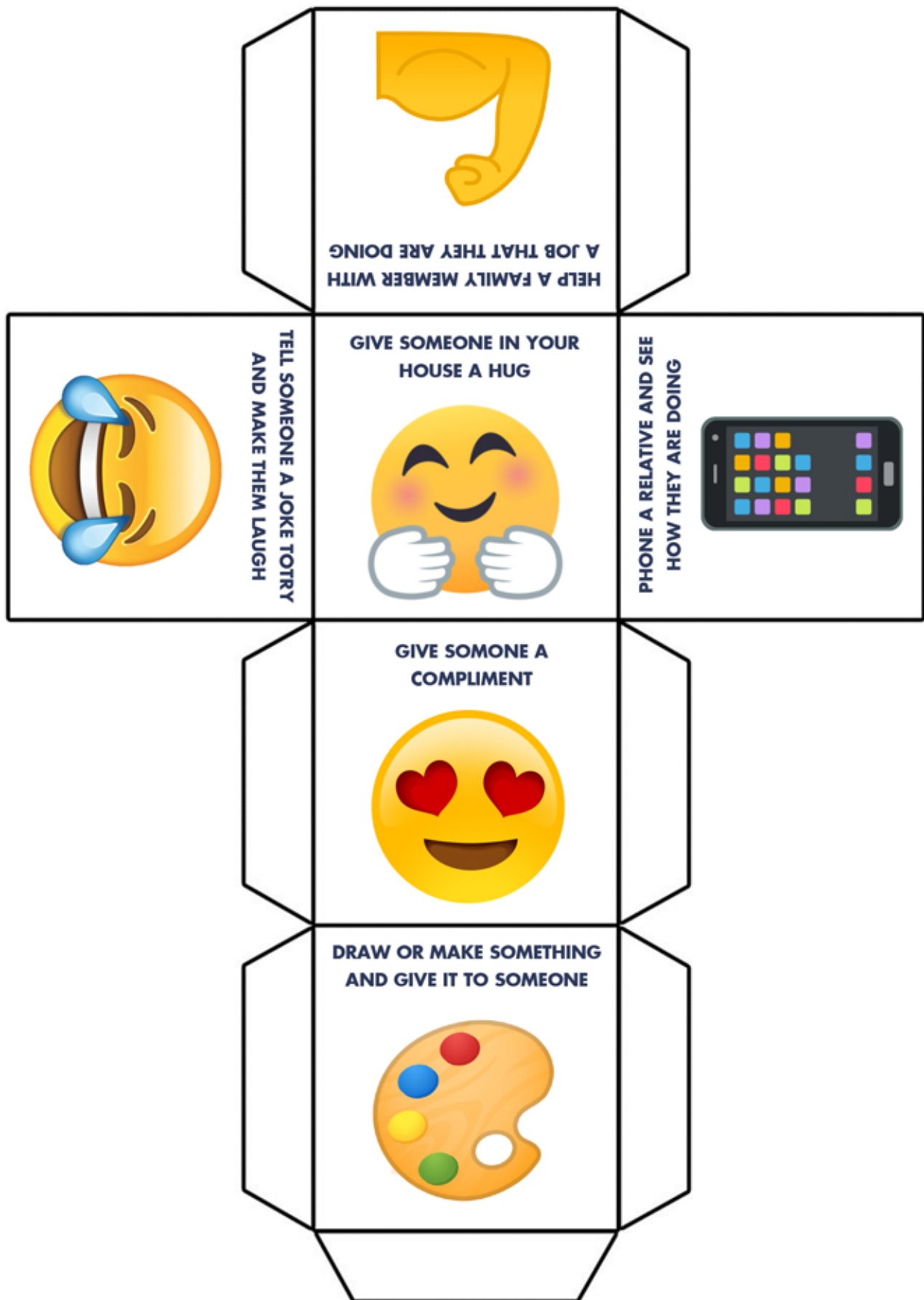
- Happiness Dice Template
- Scissors
- Glue / Sellotape
- Colouring Pens



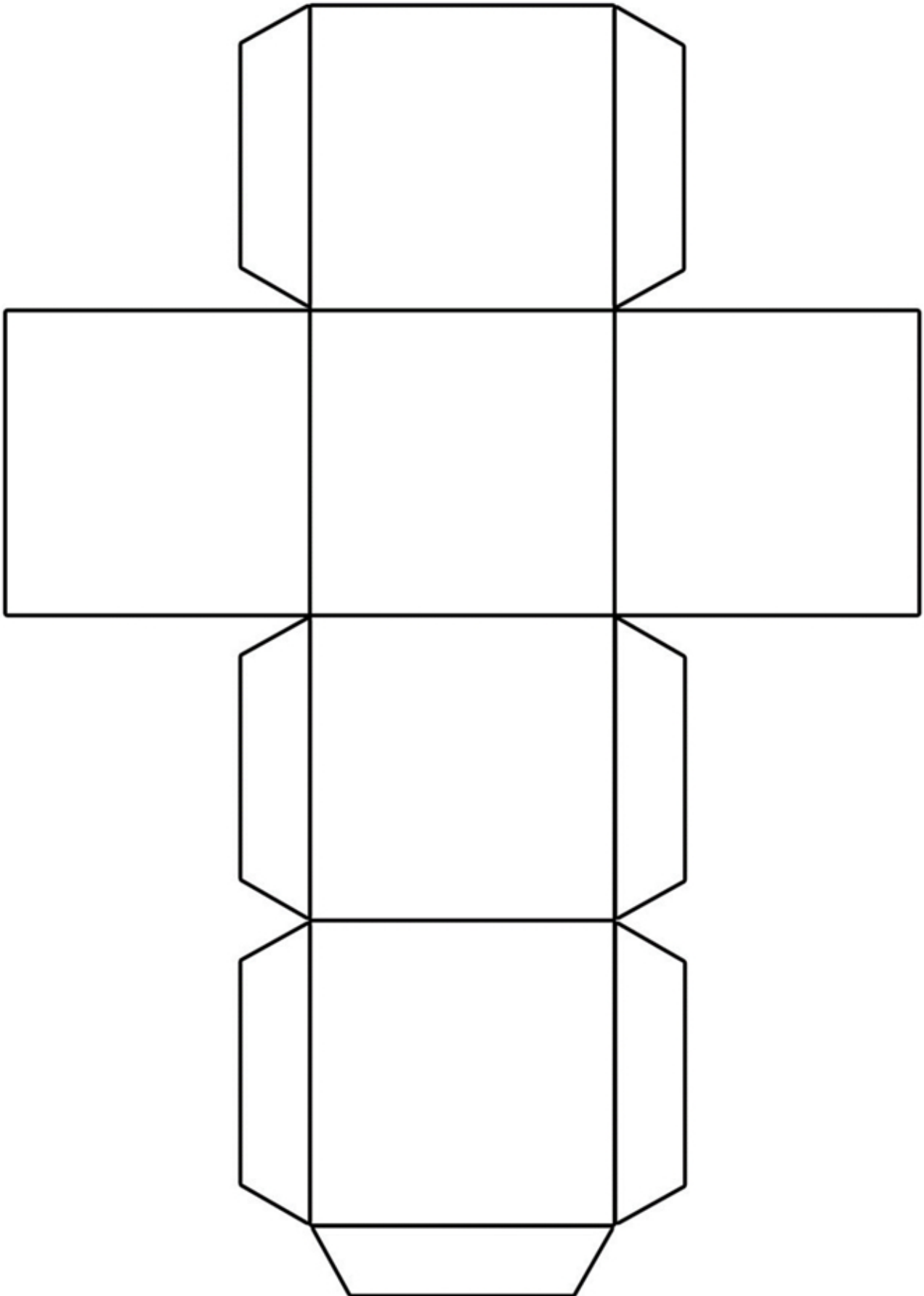
KEEPING EVERYONE SAFE

Please take care when using scissors, an adult should do this or assist.

HAPPINESS DICE



HAPPINESS DICE



HAPPINESS DICE

Decide on your 6 acts of kindness to help spread happiness and write them next to each dice number. You can then use a dice to help you decide which act you should do to help bring a smile to someone else.

