🍂 **November Action for Happiness: Family Challenge** 🍂

As the days become shorter and life gets busier, November is a great opportunity to focus on the small things that help us feel happy, connected and grateful.

This month, we are inviting all families to take part in our **30 Days of Happiness Challenge**. The challenge includes simple activities that can be enjoyed at home and encourage kindness, gratitude, wellbeing and quality family time.

There is no pressure to complete every challenge. Instead, we hope the daily prompts provide opportunities to pause, connect with one another and enjoy special moments together.

Whether it is sharing a meal, taking a walk, helping someone else or talking about what made you smile, small actions can have a big impact on our wellbeing.

Throughout the month, we encourage you to:

💛 Be kind to yourself and others
💛 Spend quality time together
💛 Notice the good things in each day
💛 Take time away from screens
💛 Celebrate the small moments that bring joy

Thank you for supporting your child's wellbeing and helping us build a happy, caring school community.

Together, let's make the darker days a little brighter. 🍂✨

"Happiness is not something ready made. It comes from your own actions."

🌟 **30 Days of Happiness Family Challenge** 🌟

One small action each day can make a big difference!

☐ **Day 1:** Tell someone why you appreciate them.
☐ **Day 2:** Share a smile with five people.
☐ **Day 3:** Take a family walk outdoors.
☐ **Day 4:** Eat a meal together without screens.
☐ **Day 5:** Write down three things you are grateful for.
☐ **Day 6:** Call or visit a family member.
☐ **Day 7:** Help someone without being asked.
☐ **Day 8:** Spend 30 minutes doing something you enjoy.
☐ **Day 9:** Read a story together.
☐ **Day 10:** Have a screen-free hour.
☐ **Day 11:** Compliment someone.
☐ **Day 12:** Do something creative together.
☐ **Day 13:** Notice signs of autumn outside.
☐ **Day 14:** Enjoy a hot chocolate or favourite drink together.
☐ **Day 15:** Write a thank-you note.
☐ **Day 16:** Tidy a space together.
☐ **Day 17:** Dance to your favourite song.

☐ **Day 18:** Make someone laugh.
☐ **Day 19:** Carry out a random act of kindness.
☐ **Day 20:** Take three deep breaths and relax.
☐ **Day 21:** Share your favourite part of the week.
☐ **Day 22:** Spend time outdoors.
☐ **Day 23:** Talk about something you're proud of.
☐ **Day 24:** Listen to your favourite music.
☐ **Day 25:** Help with a household chore.
☐ **Day 26:** Talk about something you're looking forward to.
☐ **Day 27:** Play a game together.
☐ **Day 28:** Do something that helps you relax.
☐ **Day 29:** Thank someone important in your life.
☐ **Day 30:** Reflect on your happiest moment this month.

💛 **Family Reflection**

At the end of each week, ask:

- What made you smile this week?
- What are you grateful for?
- Who was kind to you?
- How were you kind to someone else?

Remember, happiness often comes from the little things. Let's make November a month of kindness, connection and wellbeing for our whole school community. 🍂✨

#ActionForHappiness #FamilyWellbeing #TogetherWeThrive 💛

New Ways November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					











ACTION FOR HAPPINESS

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