

# RESOURCES FOR CHILDREN AND YOUNG PEOPLE

**AFTER SCHOOL HAPPINESS CLUBS**  
Programme piloted in 2021

*For groups or classes.*



**ACTIVITY BOOKLET FOR AGE and 5-YEAR-OLDS**

Available for free on request

*Appropriate for individuals, groups, and classes*

**KEYS TO HAPPIER LIVING TOOLKIT KEY STAGE 1**

Available to purchase online at:  
<https://actionforhappiness.org/toolkit-for-schools>

*Appropriate for groups, classes and whole school*

**KEYS TO HAPPIER LIVING TOOLKIT KEY STAGE 2**

Available to purchase online at:  
<https://actionforhappiness.org/toolkit-for-schools>

*Appropriate for groups, classes and whole school*

**CHILDREN AND YOUNG PEOPLE WELLBEING ACTION PLAN**

Will be available via Northampton General Practice Alliance

IN DEVELOPMENT

*Appropriate for individuals and groups*

**AGES  
4 - 5**

**AGES  
5 - 7**

**AGES  
7 - 11**

**AGES  
11 - 18**

**POSTERS FOR CHILDREN – FREE DOWNLOADS**

<https://actionforhappiness.org/posters-for-children>

**COLOUR POSTERS**

**Black & white colouring in POSTERS**

**MONTHLY CALENDARS**

[actionforhappiness.org/calendar](https://actionforhappiness.org/calendar)

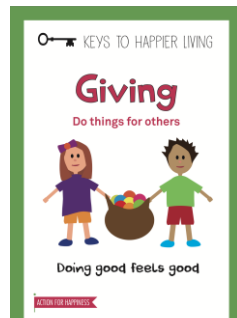
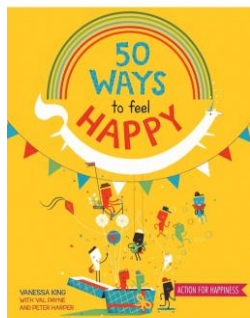
*Appropriate for individuals, groups, classes and whole school*

**'50 WAYS TO FEEL HAPPY' CHILDRENS BOOK**  
[actionforhappiness.org/50-ways-to-feel-happy](https://actionforhappiness.org/50-ways-to-feel-happy)

**Available from most bookshops**  
*Appropriate for children and families, groups, clubs and assemblies*

**10 DAYS OF HAPPINESS ONLINE COACHING PROGRAMME**  
[10daysofhappiness.org/](https://10daysofhappiness.org/)

*Appropriate for individuals*



**ACTION FOR HAPPINESS**



**THE ACTION FOR HAPPINESS APP**

[actionforhappiness.org/app](https://actionforhappiness.org/app)

*Appropriate for individuals*