

HAPPIER FAMILIES



WELCOME!

Thank you for your interest in the Happier Families programme. This is a new programme, being developed in Northamptonshire based on the

GREAT DREAM 'Ten Keys to Happier Living'

– or put another way, things we can do to make us happier!

The programme will give you ideas of things you can do as a family to:

Explore ways to build your own and others happiness

Learn tips to help you when you are struggling

Enjoy your family time together more

Build happier relationships

GREAT DREAM

Ten keys to happier living

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|-------------------|---|---------------------------------|
| GIVING |  | Do things for others |
| RELATING |  | Connect with people |
| EXERCISING |  | Take care of your body |
| AWARENESS |  | Live life mindfully |
| TRYING OUT |  | Keep learning new things |
| DIRECTION |  | Have goals to look forward to |
| RESILIENCE |  | Find ways to bounce back |
| EMOTIONS |  | Look for what's good |
| ACCEPTANCE |  | Be comfortable with who you are |
| MEANING |  | Be part of something bigger |

ACTION FOR HAPPINESS

www.actionforhappiness.org

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INTRODUCTION TO THE PROGRAMME

- The course is run over six sessions of no longer than an hour, plus an introduction session
- Each session has a video to accompany it so it can be delivered at home
- The introduction session explains a bit about the programme, the following six sessions focus on six of the Ten Keys to Happier Living. There are lots of practical hints, tips and things for you to try as a family.
- The sessions aim to involve the whole family, but we do understand that there may be times when not all the family will be there
- The sessions will be supported by one of the counsellors or a member of school staff
- We will ask you to complete anonymous questionnaires at the beginning and end of the programme. This will help us look at how well the programme is working and what we could do to improve it.

WHAT WILL YOU NEED?

- Access to the internet for Zoom/Teams to link up and to view the videos
- Codes and links for the Zoom/Teams meetings and the videos
- An hour a week for six weeks
- Some basic materials – pens, pencils, paper
- Three goals you would like towards as a family
- Be open to new ideas and giving them a try!

WHAT NEXT?

Register with your school or local agency
Complete the introduction session
Get ready to get happy!

Facilitator Contact Details.....

Youth Works: enquiries@youthworksnorthamptonshire.org.uk Tel: 01536 518339

