



Friday 20th March 2020

Today is the International Day of Happiness. We thought we would celebrate this at Christ Church by wearing either bright colours or the t-shirt we all had to remind us of our Happiness Project last year. We took the time to remind ourselves of our Happiness themes which are good for our own and others' wellbeing and happiness.

You can find all ten themes dotted around this page!

Giving



Family and Friendship



Mindfulness



Trying something new



Being aware of our emotions



Celebrating difference



Healthy body

Setting goals

Resilience

Belonging to something bigger

