

INTERNATIONAL DAY OF HAPPINESS - IDEAS BANK

A continuous collection of classroom and whole school ideas to explore wellbeing, kindness and positive classroom culture. Suitable across primary and secondary phases.

About the Day

- Celebrated each year on 20 March
- Created by the United Nations
- Focuses on wellbeing, relationships and positive communities
- Encourages reflection on what helps people live and learn well

Whole School / All Through Ideas

- Start the day with a short discussion about what happiness means
- Create a whole school kindness challenge for the week
- Display positive messages around the school
- Share examples of students supporting others
- Reflect on quotes about wellbeing and positive relationships
- Create a school gratitude board

Primary Ideas

- Gratitude circle where each student thanks another student
- Draw or write about what makes them feel happy at school
- Create a classroom happiness wall with encouraging messages
- Write kind notes to classmates
- Discuss how helping others can improve a classroom environment

Secondary Ideas

- Debate whether schools should prioritise wellbeing alongside academic success
- Explore how stress and emotions affect learning and concentration
- Students design a personal wellbeing plan during busy school periods
- Discuss strategies for supporting classmates who may be struggling

Cross Curricular Links

- PSHE, wellbeing and emotional awareness
- English, reflective writing and discussion
- Art, posters promoting kindness or wellbeing
- Citizenship, building supportive communities