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# Happiness Team

## Activity Sheet



Doing things you enjoy helps your brain release special chemicals that support your mood. When you understand what makes you feel good, you can make informed choices about devices and substances.

### Instructions

1. Review the Happiness team descriptions below.
2. Reflect on activities you are already doing, or want to try, to boost your mood, manage stress and keep going strong.
3. Create your happiness plan by listing one activity for each member of your team.
4. If working with a partner, share your happiness plan and talk about what makes each activity fun or meaningful for you.

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### Happiness team

- **Dopamine** is like your brain's "reward points." It makes you feel pumped when you achieve something, kind of like leveling up in a game.
- **Serotonin** is your "chill chemical." It helps you feel calm, safe, and steady- like when you're cozy under a blanket watching your favourite show.
- **Endorphins** are your "natural candy." They kick in when you're moving, laughing, or dancing around your room, giving you that happy, joyful feeling.
- **Oxytocin** is the "connection glue." It shows up when you hug a friend, snuggle your pet, or even when someone shows you kindness. It's what makes you feel close to people and reminds you that you belong.

### Reflection questions

- Which feel-good activities are you already doing regularly?
- Which happiness team members do you think are activated when you are doing your favourite hobby?
- Which feel-good activities would you consider doing more often? Why?
- Is it possible to "overdo it" with the feel-good activities? If so, what is one example?



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## Happiness plan

Draw four boxes on a piece of paper: one for dopamine, serotonin, endorphins, and oxytocin. In each box, write or draw one activity you can do this week to “activate” that part of your happiness team. Here’s an example:

- Dopamine - Finish a tough puzzle or school project.
- Serotonin - Relax outside in the sun for 10 minutes.
- Endorphins - Dance to your favourite song.
- Oxytocin - Give your dog (or a friend!) a big hug.

At the end of the week, check off which ones you tried and notice how they made you feel.

Dopamine	Serotonin
Endorphins	Oxytocin



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