

# HAPPY HOUR

# AQA Part 4



Identify 3 causes and 3 signs of Happiness

You **enjoy**  
spending time  
alone

Over eating

You **enjoy**  
seeing friends &  
family

Positive  
thoughts &  
actions

You feel in  
control

Being  
apart from  
loved ones

Exercise

You **do not**  
feel in control

Holidays

Hospital stays

The Beach

Getting good  
news

A good book

Positive  
relationships

Your  
emotions take  
over

Spontaneity

You laugh &  
Smile more