



A SMALL ACTION FOR HAPPINESS

Family Happiness Toolbox

Nine ready-to-use actions to increase happiness at home. Cut them out, stock your family toolbox, and pull one out whenever the day needs a happiness boost.

NAME _____

FAMILY _____

HOW IT WORKS

Cut out your tools along the dashed lines and keep them in an envelope, a jar, or a family toolbox. When the day needs more happy, pull a tool and do that kind act!

TOOL NO. 1

Donate Old Books

Collect outgrown books to give to a local shelter or library.

GREAT FOR

Full bookshelves

TOOL NO. 2

Food Pantry Drop

Deliver non-perishable canned goods to a neighbourhood food pantry.

GREAT FOR

Grocery day

TOOL NO. 3

Toy Box Clear-Out

Choose gently used toys to donate to a community thrift store.

GREAT FOR

Rainy Saturdays

TOOL NO. 4

Blessing Bags

Fill bags with snacks and hygiene items to hand out to people in need.

GREAT FOR

A family project

TOOL NO. 5

Bake for First Responders

Deliver a fresh plate of cookies to your local fire station.

GREAT FOR

Baking days

TOOL NO. 6

Neighbour Yard Work

Shovel snow, rake leaves, or mow the lawn for an older neighbour.

GREAT FOR

After school

TOOL NO. 7

Park Clean-Up

Take bags to a local park or trail and clear the pathways.

GREAT FOR

Weekend walks

TOOL NO. 8

Sidewalk Chalk Messages

Chalk uplifting messages for neighbours to read as they walk by.

GREAT FOR

Sunny afternoons

TOOL NO. 9

Shelter Wish List

Call an animal shelter for their wishlist, then donate blankets or food.

GREAT FOR

Animal lovers

BUILD YOUR OWN TOOL

GREAT FOR

BUILD YOUR OWN TOOL

GREAT FOR



A SMALL ACTION FOR HAPPINESS

Family Happiness Toolbox

Every family needs a toolbox full of kind acts. Fill yours with six go-to tools, then reach for one whenever someone needs a lift.

My Happiness Toolbox

BUILT BY _____

TOOL 1

MY ACT OF GIVING

I'LL USE IT WHEN

TOOL 2

MY ACT OF HAPPINESS

I'LL USE IT WHEN

TOOL 3

MY ACT OF GIVING

I'LL USE IT WHEN

TOOL 4

MY ACT OF HAPPINESS

I'LL USE IT WHEN

TOOL 5

MY ACT OF GIVING

I'LL USE IT WHEN

TOOL 6

MY ACT OF HAPPINESS

I'LL USE IT WHEN

TOOL OF THE WEEK

My go-to tool this week is _____

Circle each time you used it: 1 2 3 4 5 ...or more!



A SMALL ACTION FOR HAPPINESS

Family Happiness Toolbox

Every moment needs the right kind act. Read each situation, then write the tool you would pull out of your happiness toolbox.

NAME _____

DATE _____

How it works: there is no one right answer, any kind act counts! Write the tool you would use and what you would say or do.

SITUATION 1

A new family moves in next door and does not know anyone yet.

THE TOOL I'D PULL OUT

SITUATION 2

Someone just dropped a whole bag of groceries on the floor.

THE TOOL I'D PULL OUT

SITUATION 3

Someone at school sat alone at lunch today.

THE TOOL I'D PULL OUT

SITUATION 4

A grown-up at home looks extra busy this morning.

THE TOOL I'D PULL OUT

SITUATION 5

Your brother, sister, or friend is nervous about a big day.

THE TOOL I'D PULL OUT

RESTOCK YOUR TOOLBOX

Two brand-new tools I want to add to my happiness toolbox:

