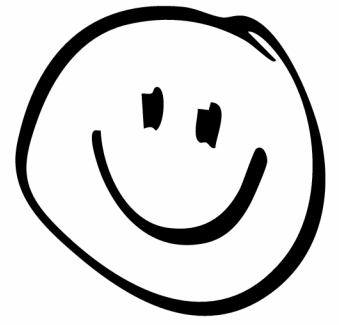




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Included in this PDF

4 Activities

Learning Intentions

MTOP Learning Outcomes

Reflection

Happiness Dance Party Freeze

Type: Movement Game

Build a Happiness Machine

Type: Creative STEM & Imagination

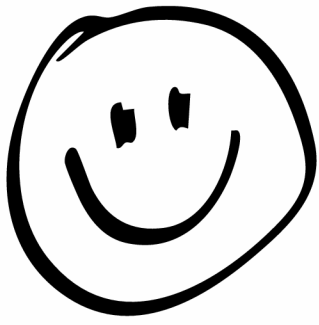
Happiness Gratitude Tree

Type: Art & Reflection

Compliment Circle

Type: Social Wellbeing Activity





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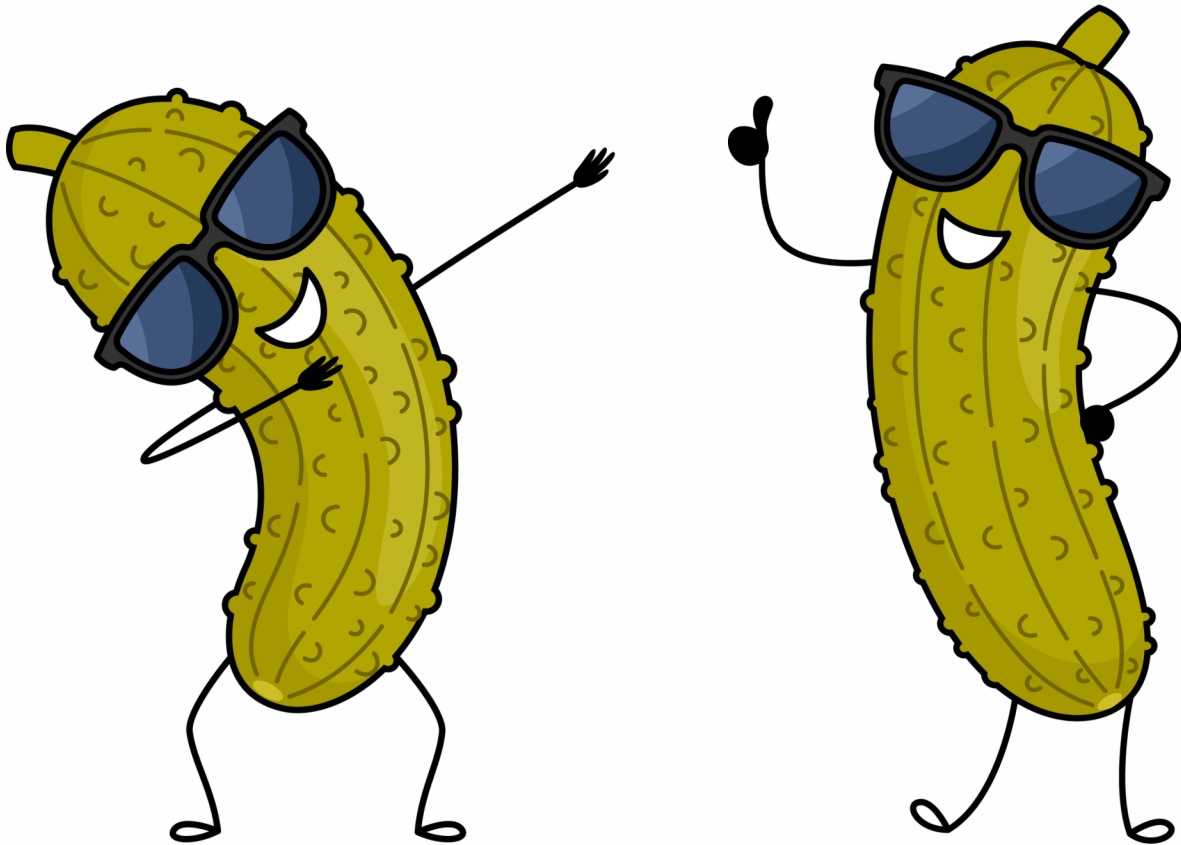


Happiness Dance Party Freeze

Type: Movement Game

Activity:

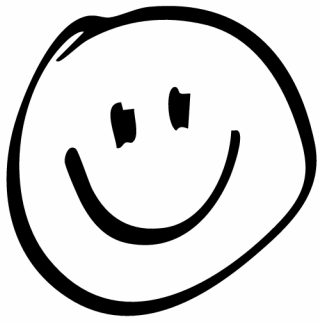
Play upbeat music and invite children to dance freely.
When the music stops they must freeze in a "happy pose".



Learning Intentions

Encourage joyful movement and self-expression.
Promote physical activity and laughter.
Support children to express emotions through movement.





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Happiness Dance Party Freeze

Type: Movement Game

MTOP Learning Outcomes

Outcome 3 – Children have a strong sense of wellbeing

Children develop body awareness, coordination and confidence through active movement and play.

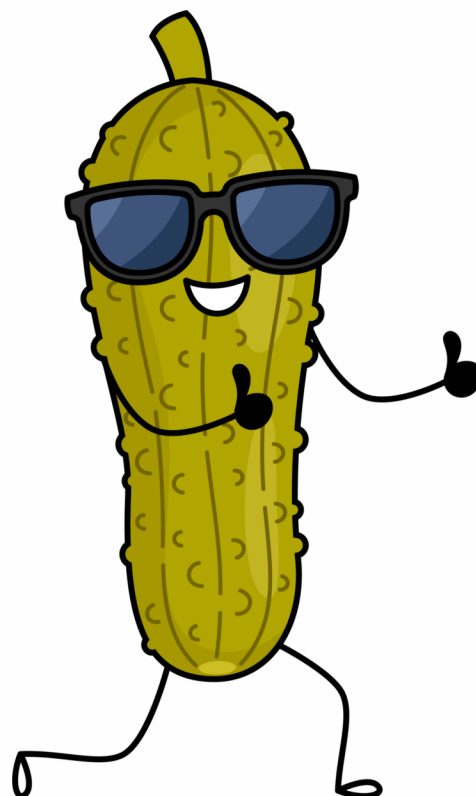
Outcome 4 – Children are confident and involved learners

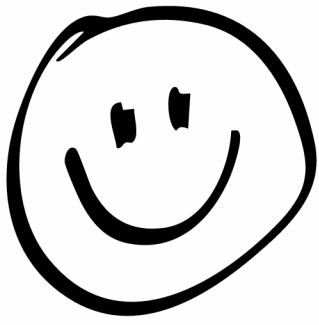
Children explore creativity through expressive movement and adapt quickly when responding to changes in the game.

Reflection

How did movement impact children's mood and engagement?

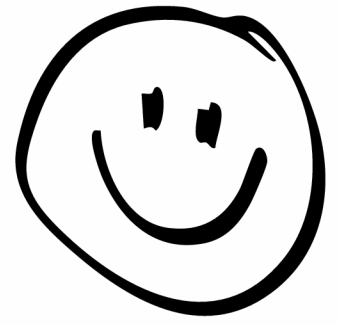
Did the activity promote laughter, cooperation and inclusion?





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Build a Happiness Machine
Type: Creative STEM & Imagination

Activity:

Using recycled materials, children design a “machine” that creates happiness (e.g., a laughter launcher or smile generator).



Learning Intentions

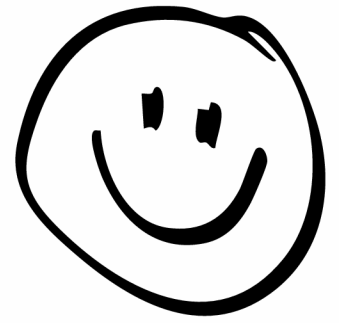
Encourage imagination and problem solving.
Explore creative construction and teamwork.
Promote playful thinking about emotions.





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Build a Happiness Machine

Type: Creative STEM & Imagination

MTOP Learning Outcomes

Outcome 4 – Children are confident and involved learners

Children develop creativity, experimentation and innovation while constructing their machines.

Outcome 5 – Children are effective communicators

Children explain their ideas, collaborate with peers and present their creations.

Reflection

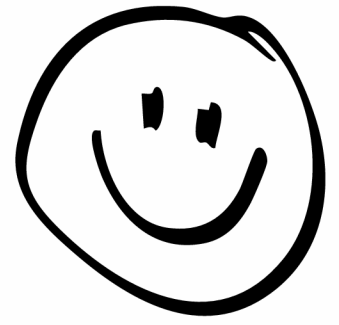
How did children work together to design their machines?
What creative ideas did they share about generating happiness?





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Happiness Gratitude Tree

Type: Art & Reflection

Activity

Create a large tree display on a wall or board. Children write or draw things that make them feel happy or grateful on paper “leaves” and add them to the tree.

Activity Option

This could also be done as an outside activity with chalk drawing on pathways around OSHC



Learning Intentions

Encourage children to reflect on positive experiences and emotions.
Promote emotional awareness and gratitude.
Support children to share and celebrate what brings joy to themselves and others.





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Happiness Gratitude Tree

Type: Art & Reflection

MTOP Learning Outcomes

Outcome 1 – Children have a strong sense of identity

Children develop confidence in expressing their feelings and personal experiences. Contributing their own ideas to the tree supports a sense of belonging within the group.

Outcome 2 – Children are connected with and contribute to their world

Children recognise that happiness can be shared within their community and learn to appreciate the positive contributions of others.

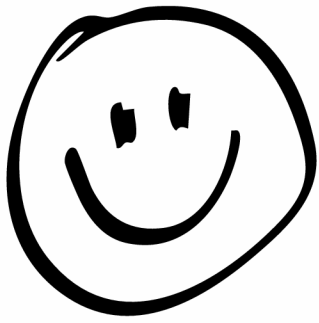
Outcome 3 – Children have a strong sense of wellbeing

Reflecting on gratitude supports emotional wellbeing and helps children recognise strategies that contribute to happiness.

Reflection

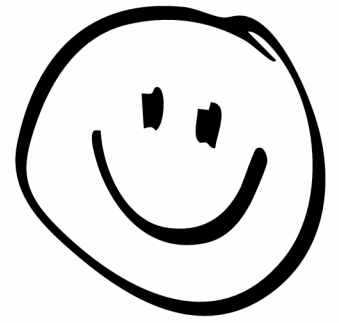
Did children feel comfortable sharing their ideas of happiness?
How did the collective tree help build a sense of community and positivity within the group?





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Compliment Circle

Type: Social Wellbeing Activity

Activity:

Children sit in a circle.

Each child gives a positive compliment to the person next to them or writes one on a card.

Activity Option

Within the circle children can also share what makes them feel happy



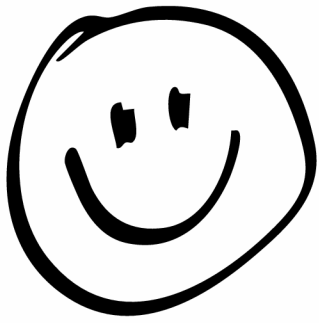
Learning Intentions

Build empathy and kindness.

Encourage positive peer relationships.

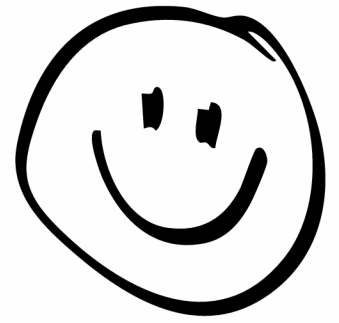
Develop respectful communication.





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Compliment Circle

Type: Social Wellbeing Activity

MTOP Learning Outcomes

Outcome 1 – Children have a strong sense of identity

Children feel valued when receiving positive feedback and develop confidence in recognising their own strengths.

Outcome 2 – Children are connected with and contribute to their world

Children learn how their words can positively impact others and contribute to a supportive community.

Outcome 5 – Children are effective communicators

Children practise expressing positive messages and listening respectfully to peers.

Reflection

Were children able to offer genuine compliments?
Did the activity strengthen peer relationships and group connection?

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