



# Welcome to 4R's assembly

On being joyful/ happiness

Friday 11th June

# What makes 4R happy?

Please click on image  
for video



But we can't be happy all the time...



Please click on image  
for video two.



# 1. Gratitude

Please click on image  
for video

Gratitude  
turns what  
we have  
into  
enough.

Aesop

## 2. Doing something kind for others...

Doing something kind for others not only makes us happy but also makes them happy too.

Even just smiling at someone can make their day brighter.

Maybe ask someone to join in a game at playtime if they are by themselves or do a job for your parents at home without being asked.

Did any of you earn any 'compassion credits' after 6R's assembly?



Kindness  
is  
Magic

### 3. Mindfulness



## 4. Becoming aware of your inner critic

Are you aware of your inner critic? I.e. those negative voices in your head that might tell you that you're not good enough.



Please click on image  
for video

# What can we do to quieten our inner critic?

If you don't work to quieten your inner critic then it can sometimes hold you back from achieving your best.

1. The first step to silence your inner critic is to become aware of your inner critic and to notice what it says to you.
2. Create space between you and your inner critic by giving your inner critic a name or perhaps even make them into a silly character.
3. Challenge your inner critic. Is there any evidence supporting the message?
4. Show compassion for yourself by responding to the inner critic as a kind friend would.



# 'Your happy place' By Helene Pam, read by Emilia



Please click on image for video



## Your Happy Place



Through inner reflection you've planted new seeds,  
and now understand what true healthy growth needs.

You know that real beauty comes from a deep place,  
and life holds more meaning than winning a race.

Our world is connected; that's something we share,  
and love and compassion can spread everywhere.

You're born with a purpose and not to fill space.  
So shine and spread light from your bright happy place.

- Helene Pam

Please put your hands together...



**Lord,  
Today is a day I choose  
happiness and peace. I  
choose to be centered  
and grounded in you. I  
am grateful for my life  
that you have filled  
with many blessings.  
Please help me to go  
through my day with  
grace and love.**

**Amen**

Some music...



# Awards

