

5 ways to smile on the way to school

Video Transcript



Introduction (Piers the Meerkat)

Scientists like me have been studying happiness for a long time and we've discovered that it's completely normal for mood to go up and down. Sometimes we feel happy, sometimes we feel ok, and sometimes we feel sad – it happens to all of us. We all know that it's important to take care of our physical health, for example by doing regular exercise, but we now know that we have to take care of our mental health too. The good news is that the five ways to wellbeing are simple and you can do them all on your way to school.

Here are the five ways to happiness - Speak, Move, Imagine, Learn and Enjoy.

S [speak] (loud hailers)

When you feel sad you might feel like being on your own but speaking with others can make you feel happy because if you have problems you can share them with each other.

I walk with my friend every day, she comes down and knocks for me, me and my sister and her will always walk together and talk about random stuff.

You just know you're not alone and (yeah) you just say things and you know they'll understand what you're talking about.

I felt happy on the way to school cos my friend told me a joke. What was it? It went knock knock. Who's there? Atch. Atch who? Do you need a tissue? (laughs).

M [move] (skipping rope, shoes and wheelchair)

Sometimes I walk to school, sometimes I drive, but I feel much happier and awake when I walk cos it's just you're getting a good start to the day with all the fresh air (yeah and) also it's less pollution. And cars make me sleepy.

I think walking's a lot better for you because it releases endorphins in your brain which apparently, according to scientists makes you happier, which I think is quite cool.

When I move I feel good because, erm, (stretching out my muscles) yeah stretching out my muscles and usually when I move I'm with people so I socialise while I do something that's healthy for me, mean that could be, running, or just doing anything while talking (yeah's quite fun) and we would be releasing, erm, (endorphins) endorphins.

I like skateboarding (it's a sport and it's energetic) oh yeah, I like skateboarding cos it makes me feel quite free. I like jumping off things on my skateboard.

I [imagine] (hat and bats)

I feel happy when I imagine and play because you don't have limits on your imagination.

I can imagine all sorts of things on the way to school such as my favourite type of bats: Fruit Bats, Vampire Bats and Flying Foxes.

What do Fruit Bats look like?

They have, very very big teeth that go about to there but they're a bit blunt at the bottom and their wingspan is about 8cm and baby ones erm ones only have 2cm wingspan.

I [imagine] (hat and bats)

I like learning because it's fun.

Yes Brain, it fills up your head with cleverness.

Yes, and then, you can put, the cleverness into your work.

And you can know lots.

In class, we are learning about fractions.

And it makes you happy because you know a lot more and you don't get upset and frustrated about your work.

Yes and then your brain grows big.

And then you know lots.

Yes.

I like learning how to cross a road properly on the bike.

I learnt how to make sausages and I like making sausages because it makes people happy.

On my way to school I like to look at flowers.

When I walk to school there's like this big hill and there's loads of grass and trees and (and we always see squirrels) and they're just running and collecting nuts back and forth.

I just really enjoyed Walk to School Week because there was a lot less cars and it was so much safer for me to cross the roads to school. And there was less noise when you were talking to your friends (yeah) on the way to school so I really enjoyed it, yeah.

Outro (Piers the Meerkat)

So these are the five ways to happiness.

- Speak
- Move
- Imagine
- Learn
- Enjoy

What will you do to make you smile today?

(children shouting) 'S' 'M' 'I' 'L' 'E' Smile!