

# MAKING ME HAPPY

## 私のアクティブ・チャレンジ | MY ACTIVE CHALLENGE

I can find happiness through kindness!



### Why should I try this challenge?

Helping others can bring real benefits to both you and them. It helps people to connect and makes the world a better place. Doing good makes you feel good!

This challenge helps you to enjoy **being kind** and **giving help to others**.



### How do Japanese people find happiness through kindness?

Omoiyari is very important in Japan. It means being thoughtful and anticipating someone's needs. This means helping someone before they ask for it.

Omoiyari can be a large or small kindness. For example, Japanese workers take part in projects to help their local community. In school, cleaning the table after you have eaten lunch shows kindness to the people who sit there after you.



### How do Olympic and Paralympic athletes find happiness through kindness?

Slalom canoeist Bradley Forbes-Cryans shows kindness by coaching and advising other younger canoeists when he sees them out on the water. Giving back to his sport makes him happy.

Bradley is a Scottish slalom canoeist who has been selected to represent Team GB at the Tokyo 2020 Olympic Games.

## What should I do?

### Step 1: Warming up

Think about a time when someone was kind to you. How did they help you?  
How did that make you feel?

Think about a time when you were kind to someone else. What did you do?  
How did that make them feel? How did it make you feel?

For this challenge, giving is not about money or objects. You can give encouragement, ideas, time and energy. Plan how you can be kind and help others.

- **Who** will you help?
- **What** will you do?
- **When** will you do it?

#### For example:

- Help your parent/carer by washing the dishes without being asked.
- Help your brothers and sisters by teaching them a new activity to do at home.
- Help your friends by sending them ideas and links for staying active at home.
- Help others by calling to say hello or sending them pictures and messages.

### Step 2: Taking part

#### Do something that shows kindness and helps other people.

The happiness actions will help you. For example:



#### Connect

Ask how you can help.



#### Discover

Try a different task or learn a new skill as you help.



#### Notice

Spot what needs to be done before someone asks you to do it.



#### Give

Give your help freely. Don't expect anything in return.



#### Move

Do something active. Spending less time sitting down is good for you.

### Step 3: Cooling down

Kindness is a circle: keep it turning around!



#### Record moments of kindness

When you are kind to people, they are more likely to be kind in return. Record moments of kindness on a chart or in a notebook.

Remember to record everyday kindness, for example someone smiling, saying please and thank you, or not complaining.

When you feel sad, you can look at your chart to remember how happy the world can be when we are kind.



#### Tokyo Ten activity

Make helping fun by turning chores into games. For example, try Tokyo Ten activities Duster Dodge and House Workout:

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>