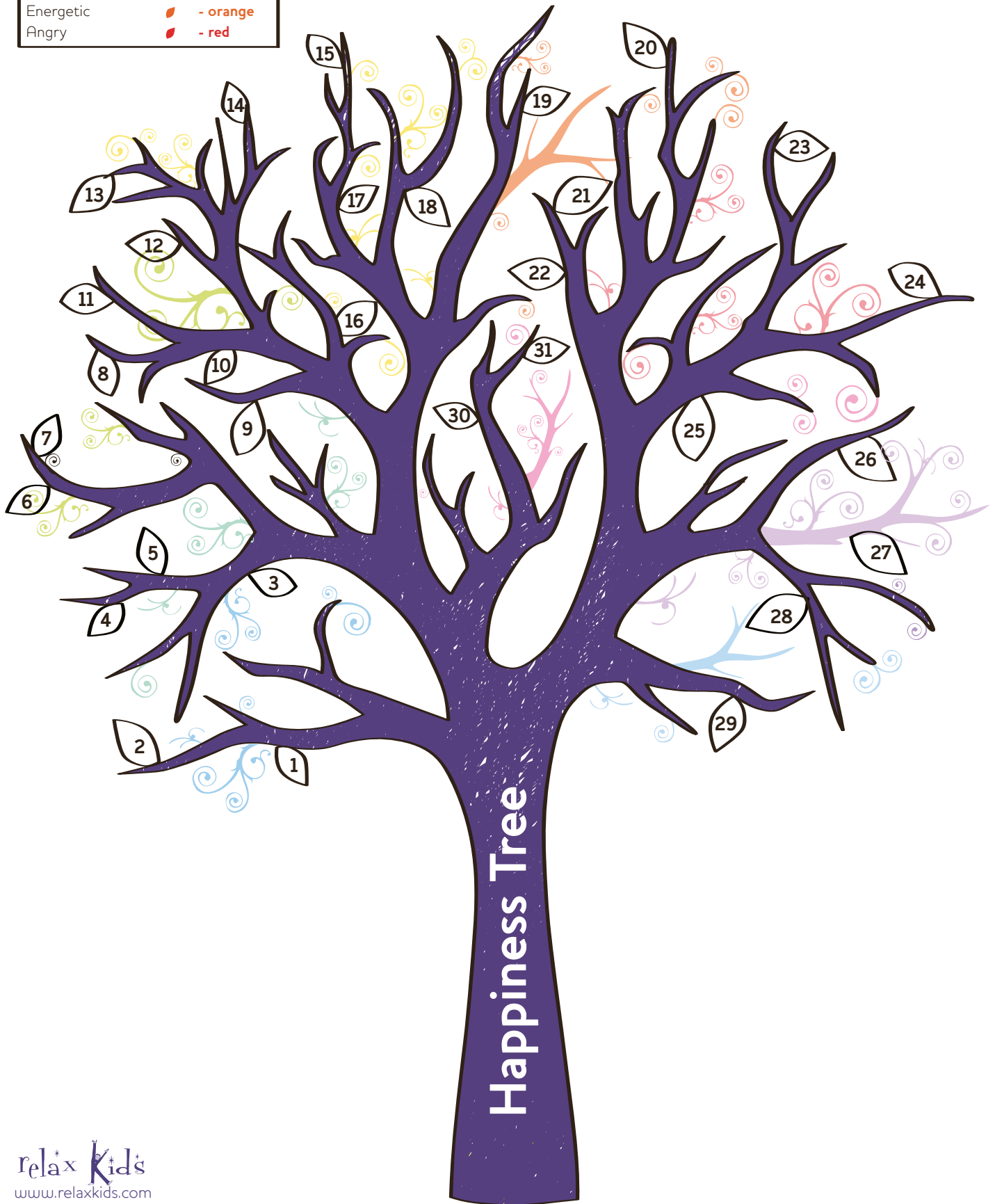


**KEY:**

- |                    |   |          |
|--------------------|---|----------|
| Happy and positive |  | - yellow |
| Sad/upset          |  | - brown  |
| Calm and peaceful  |  | - green  |
| Energetic          |  | - orange |
| Angry              |  | - red    |



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**20 March - International Day of Happiness**

This is your Happiness Tree. It has 31 leaves - one for each day of the month. Colour in each leaf depending on how you feel that day when you wake up or before you go to bed. The Happiness Tree is a great way of recording how your moods change each day. In a months time, you will be able to track and see how you felt each day.

We hope you enjoy your Happiness Tree.