

SYSTEMS FOR HAPPINESS

/
do+

FEEL GOOD STARTERS

/
do

Feel good starters are a set of small actions with big impact. They're to remind you to do things that are naturally wired in us humans.

duration: 10-15 minutes

GAMECHANGER SENTENCES

/
do+ say

Golden words are great but are often misused to make not so golden sentences. Rephrasing these sentences leads to a far more effective communication. Turnaround sentences builds gratitude and tolerance.

duration: 1-2 minutes

PAPER TEXTING

/
do+ write

Talking often involves more speaking and less listening. Less engagement and interest. Paper Texting rectifies that, makes you excited to receive a reply. Through writing, speaking barriers are broken. The result is a wonderfully connected feeling!

duration: 10 minutes

COMMUNITY STORY BUILDING

/
do+ draw

Would you take the effort to strike a conversation with someone sitting next to you in class? Everyone can draw. Everyone does draw! Build a story and break that ice.

duration: 10 minutes

HOLD MY HAND

/
do+ feel

Meditation is boring because you're alone. Reinventing meditation. Entropy and Mirroring to connect to your inside.

duration: 20-25 minutes

INSTRUCTIONS

/
do+ learn+ teach

This is an open source collection of activities. The makers do not earn any money out of this kit. You can use this kit as an icebreaker, a time filler or a meeting opener. You could try it yourself or with a friend, or facilitate the activities for someone else. It's simple really.

The SFH do+ series is a simple set of tools to connect to yourself and to your peers, and trigger positivity. It is an attempt at creating a happy world, small task at a time.



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these are a set of game changing sentences. read and try your own. tear and share! #systemsforhappiness

late to office. you say "sorry I'm late", when you mean, "thank you for your patience."

in a fight with a dear one. you say, "you never listen to me!", when you mean, "i wish you'd listen to me."

frustrated in a discussion. you say, "you always do it this way!", when you mean, "how about we try it that way?"

couldn't live up to a commitment. you say, "i'm sorry I couldn't do this", when you mean, "thank you for understanding, I need to work on it more."

giving a suggestion. you say, "you should have said it differently", when you mean, "You could've also said it this way."

in doubt. you say, "how could you go without me?!", when you mean, "why did you go without me?"

what do you do in the day to feel good? here are some ideas. in the empty boxes, add your own!

tear along the dotted lines. try at random! #systemsforhappiness

sit at a bench in a park closest to you.

pack some extra food for the day, enough for one more person. invite someone to have a meal with you.

Drink one full glass of water.

after brushing your teeth, look into the mirror and smile as widely as possible. as if you were in a tooth paste commercial.

Open the window closest to you. What do you see? What is happening? How did the view out of your window look yesterday?

call a grandparent. tell them about your current project.

look for a tree and stand under it.

Take a piece of tissue paper and clean the gadget you use most often.

greet the person you pass by every day.

find a piece of art close by. is it interesting?

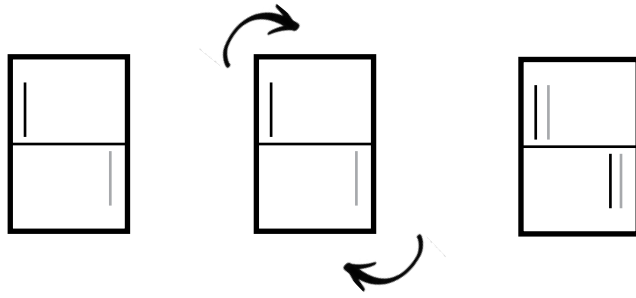
play the song you're humming. play the song that the person next to you is humming.

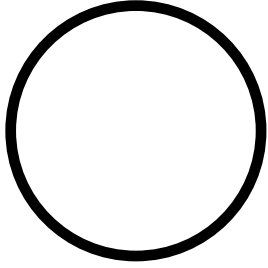
find a smallish plant. water it.

finish what you started.

stare into the distance.

two people
to connect
● ●





A person you are comfortable with.

A table with two chairs.

A space, calm, quiet, and cool

Sit facing each other on opposite ends of the table.

Now, hold each other's hands on top of the table.

Close your eyes and relax.

Focus on your breath.

On the sounds around you.

On the sensations on your skin.

make a drawing in one box and pass it on. start a story.

THANK YOU!

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write a personal message and say thank someone today

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