



The Happy Kit

Welcome to me, your **Happy Kit**.

I will help you be inspired, get creative
and have fun on National Happy Day -
Friday 1st May 2009.

So turn the page to Get Happy, Get
Creative and Get Results!



Get Happy



A well as being good for people physically and emotionally, happiness and laughter can lead to you releasing your inhibitions and being more creative and open to new ideas

Right, are you ready to laugh and have fun?

Step 1. SMILE!

Step 2. Try one of these fun activities or do something else that makes you smile

Aeroplanes



1. Construct your paper plane as follows.
2. Get family, friends and colleagues to construct a paper plane.
3. Fly your plane to make sure it is aerodynamic.
4. Set targets around the space you are in.
5. Fly your plan to land in, on or past the targets.
6. You can even keep score by making easy targets low numbers (1-5) and harder targets high numbers (6-10)

INSTRUCTIONS

Get a piece of typing paper and crease it length-wise



Fold one corner to the centre crease



Fold the other corner to the centre line



Fold in half



Fold one wing down



Fold the other wing down



Fold the wings out, add paper clips to nose (3 small, 2 big)



Bend the back of the wing up a little bit



Throw it gently forward. If it needs adjusting, try another paper clip on the nose, and adjust the amount you bend the back of the wing up.

Now decorate with these –



NHD Airlines

NHD Airlines

Or decorate it with your own corporate branding and create your own airline.



Now have a paper aeroplane race!

The Happy Factor



Are you the office joker? Do you provide the ‘joke of the day’?

Then on Friday 1st May why not hold a Laugh Off! In true X Factor style set up a panel of joke appreciators and then give a two – five minute routine and see how many people you can make laugh when you’re on the spot.

You can even have a buzzer system using miscellaneous household or office items. When you are bored or have heard enough you just make your noise and, if the contestant gets buzzed by the entire panel they have to leave the Laugh Off – whether there time is up or not!

Or why not create you very own team anthem! You can *take a sad song and make it better*. Using a well known song, you then have to write new lyrics that will act as a motivational tool for your team or maybe it tells the story of your family or friends. There is only one rule - your song must include the word ‘Happy’. Then find potential Louis, Danni, Cheryl and Simon’s to act as your judging panel. Why not see if your colleagues or friends have some karaoke CDs that you can use to sing along to?

Business Bingo

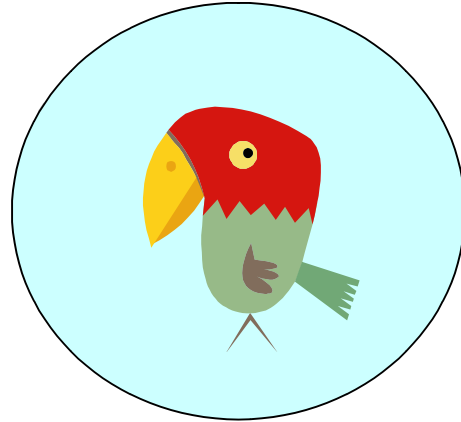
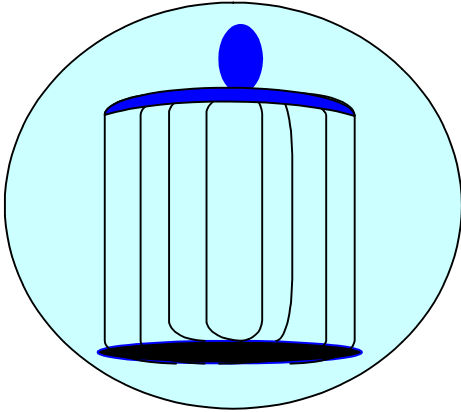


Play our Business Bingo. You can use ours or make up your own.

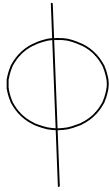
Get someone’s name wrong	Office stapler goes missing	Computer crashes	Boss enters and looks sternly around	Someone’s mobile phone goes off
Photocopier breaks down	Run out of tea or coffee	An email message is rejected	Knock over drink on your desk	Phone rings as you’ve taken a mouthful of lunch
Forget a vital password	Loose document on your computer	Get good news or reward	Client cancels your meeting	Someone is late back from lunch
A car alarm goes off in car park	Ruin/soil item of clothing	Accidentally shred the wrong document	Send an email to the wrong person	Miss the post deadline

Spinner

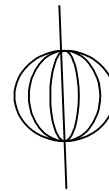
Create your own spinner. All you need is a piece of string



Cut out the two circles and glue the blank sides together with the piece of string in the centre



When you twist the string you will see the bird in the cage



Top Tips for getting rid of **NITs!** (Negative Inhibiting Thoughts)

1. Realise that your success or failure depends on you
2. Resolve to take responsibility for everything you think, feel and do
3. From time to time, stop and examine your progress
4. Compare where you are now with where you would like to be
5. Make plans and take action to constantly improve your attitude
6. Listen to yourself and your internal thoughts
7. Don't let other peoples negativity influence you to stop doing something
8. When you make a mistake, accept responsibility and learn from it
9. Use your time for discovering solutions instead of inventing excuses
10. Share your success and encourage others around you

Get Creative



Taking part in creative activities puts you into 'right-brain thinking' when you are able to break out from your usual constraints and come up with more innovative ideas and solutions

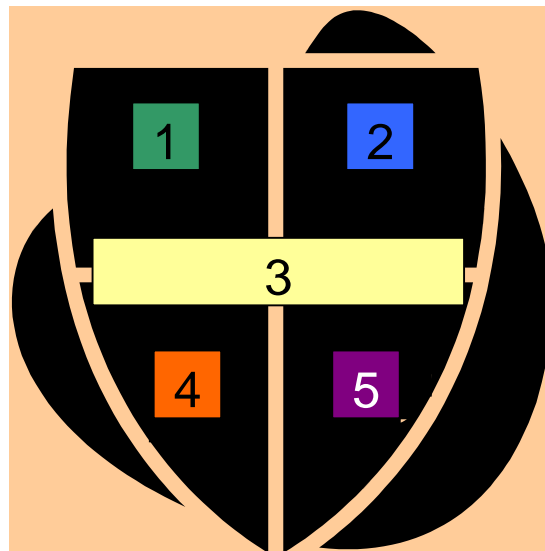
Team Coat of Arms



Why not create a coat of arms that will represent some of the key qualities of your family, friends or team?

Each coat of arms is divided into five sections (numbers 1, 2, 4 and 5) to represent different aspects of the business, such as performance, customer/community care, employee attitudes etc or for family and friends you can use family values, likes and dis-likes, hobbies or habits! Then come up with a written motto or statement (number 3) that represents the whole coat of arms.

Armed with multi-coloured sheets of card and an array of pens and pencils, you can get amazingly creative, and why not try gluing beads, sequins or any craft materials to your coat of arms to make it extra special.



On the next couple of pages are some games you can all play - have fun!



Who's Who



In this fast paced game you have to guess the identities of 20 famous people based on 'impersonations'

AIM: The aim of this game is to guess the identities of 20 film stars

TIME: You have a maximum of 10 minutes

WHO: 4 or 6 team members in pairs and one non-participatory facilitator

HOW:

- The pair must decide who will be the impersonator and who will be the guesser
- The first pair will stand facing each other on the hotspots
- The remaining pairs line up behind the impersonator and wait their turn
- The facilitator will stand behind the guesser and hold a card up for the impersonator to see – this will show the name of a film star (eg Jack Nicholson)
- The impersonator has to give clues about and / or do an impersonation of the film star
- The guesser has to name the film star on the card
- If the impersonator or guesser does not know the film star, they can pass, but the team will forfeit 20 seconds
- Once the guesser has called out the right name, this pair must leave the hot spots and tag the next pair
- The next pair must stay in line until the first pair tag them and then get to the hot spot as quickly as possible
- This is repeated as many times as necessary until the team have answered 20 names correctly or the 10 minutes has run out

Below are some celebrities to start you off, print them onto separate 9cm x 21cm size pages

Arnold Schwarzenegger

Humphrey Bogart

David Beckham

Marlon Brando

Richard Madeley (from Richard and Judy)

James Cagney

Victor Meldrew from One Foot In the Grave

Michael Caine

Jim Carrey

John McEnroe

Ronald Reagan

Charlie Chaplin

Sean Connery

Edina from Absolutely Fabulous

Clint Eastwood

Darren Day

Grant Mitchell from Eastenders

Tom Hanks

Michael Jackson

The Duke of Edinburgh

Tommy Cooper

Tara Palmer Tomkinson

Robert Mitchum

Eddie Murphy

Jack Nicholson

Frank Bruno

Don't Say a Word



In Don't Say a Word you need to identify a series of things based on the description given by your team mate.

AIM: The aim of this game is to correctly identify 20 words, things, people or places based on the description of your team mates

TIME: You have a maximum of 10 minutes

WHO: All team members must take part in pairs and there must be one facilitator

HOW:

- The team must split themselves into pairs
- Each pair must decide who will be the speaker and who will be the guesser
- The first pair will stand facing each other on the hotspots
- The remaining pairs line up behind the line and wait their turn
- The facilitator will stand behind the guesser and hold a card up for the impersonator to see – this will show the word in question
- The speaker has to describe the thing on the card, without using any of the words shown on the card
- The guesser has to name the word on the card
- If the speaker or guesser does not know the word – or how to describe it - they can pass, but the team will forfeit 20 seconds
- Once the guesser has called out the correct word, this pair must leave the hot spots and return to the back of the line for their next go
- The next pair must stay in line until the first pair have reached the back of the line and then get to the hot spot as quickly as possible
- This is repeated as many times as necessary until the team have answered 20 words correctly or the 10 minutes has run out

Below are some words to start you off, print them onto separate 9cm x 21cm size pages

Buckingham Palace

Rottweiler

Clown

The Titanic

Bingo

Stockings

Toad in the Hole

Trousers

Mount Everest

A flock of sheep

Sausages

Polo

Pyjamas

Ivory

Lego

A sporran

A sword

Chrysanthemums

Clock

Cymbal

Punch and Judy

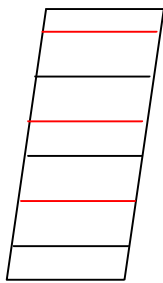
Castanets

Pop Up Card



Why not make a friendly National Happy Day pop up card? Here are you step by step instructions -

1. Fold the page in half at the black line
2. Cut out the National Happy Day logo (Fig 1) and the light yellow block underneath him. Fold at the black line at the top of the light yellow block
3. Glue the light yellow block on the bottom of the logo onto the light yellow block of your card
4. Fold the arms like a concertina



TIP: Use this diagram as an example. All of the red lines get folded one way and all the black lines get folded the other, so it should look like this.

That way the arms spring out at the recipient!



5. Then fold the paper again at the bottom of the page and seal with tape. Then you can write the recipients name and the whole page becomes the envelope as well

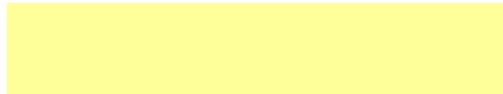
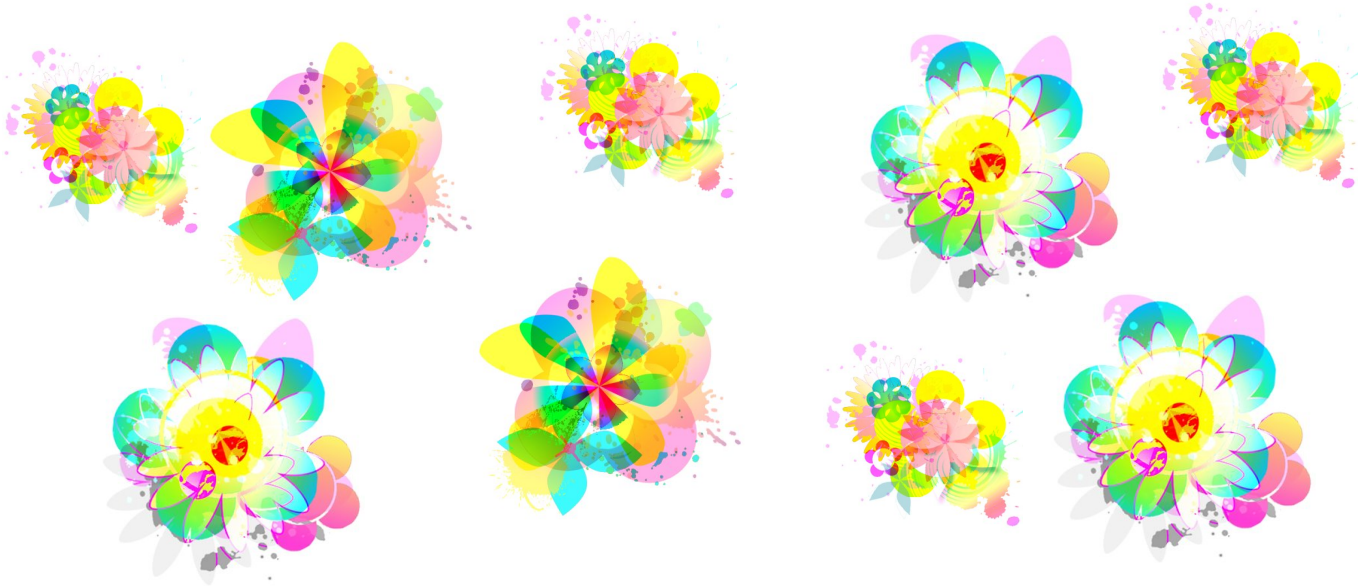
Cut out this National Happy Day logo (Fig 1)



And here's the card



Friday 1st May 2009



Dear _____

I hope you have a wonderful

National Happy Day

From _____

Put More Laughter Into Your Life

1. **Own your laughter – don't wait for someone or something to 'make' you laugh. Laugh just because it feels good**
2. **Lower your threshold for laughing, give yourself permission to laugh at anything you need to especially on those 'NO SENSE OF HUMOUR DAYS'!**
3. **Wake up in the morning with the intention to laugh long & often.**
4. **Look for humour around you - on signs, in peoples' behaviour, on TV, in newspapers, funny things that people say. Keep a journal that you can look back on.**
5. **Laugh with other people when they laugh (it doesn't matter if you don't get the joke – laugh because it feels good)**
6. **Exercise your smile muscles while you think happy thoughts. A smile brings you closer to laughing.**
7. **Seek out entertainment which makes you laugh.**
8. **Buy and listen daily to a tape of laughter, a laughter box or a laughing toy.**
9. **Wear silly hats or socks that make you laugh.**
10. **Be creative with fun and make sure you have fun.**

(Taken from various sources including members Carol Thompson, Carrie Graham and Julie Whitehead of *The Laughter Network*)

"Creativity is thinking up new things. Innovation is doing new things."

Theodore Levitt

Get Results



When everyone is feeling happier and thinking more creatively, you now need to harness this energy and focus on what is really important - whether that be dealing with some major issues, planning your future strategy or simply learning to work better together

We know that getting happy and getting creative can lead to improved personal and business results. Now we would like you to prove this by:

- Measuring your productivity both before and after your happy hour and seeing how it improves OR
- Setting yourself or your team a challenging activity, such as planning your strategy, resolving a process problem or learning a new skill

Then let us know the results

Obviously our Happy Hour is just a taster of what the Get Happy, Get Creative, Get Results concept can do to revitalise your team and your organisation. If you would like to know more about how to embed this way of working into your organisation, then contact us on 01753 624985.

A good starting point would be for us to run one of our specially-designed half day 'Team Re-vitalisation Session ' or 'Laughter Workshop' at a discounted price of £495.00 + VAT. For further details on these and our wider range of services email enquiries@getcreativegetresults.co.uk or call 01753 624985.

We hope you enjoy your Happy Kit. Don't forget to join the Facebook group and celebrate National Happy Day on Friday 1st May. Goodbye!

