

Our Class Happiness Quilt

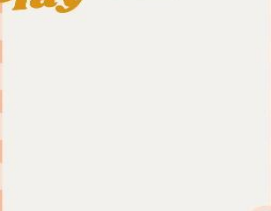
An activity of "Tee and Boba"

Read "Tee and Boba" (page 28, *What's Up* August 2026). The comic reminds us that happiness can be found in many different moments, and in different ways by different individuals. Happiness grows when it is shared. Come together as a class to make this quilt as a way to share your happiness!

1. Fill every square patch below with words, short phrases or sketches of things that bring you happiness.

MY PERSONAL HAPPINESS QUILT



Fun & Play  ACTIVITIES THAT MAKE ME HAPPY	Love & Relationships  PEOPLE WHO MAKE ME FEEL LOVED OR CARED FOR	Growth AND ACHIEVEMENT  MOMENTS I LEARNED NEW THINGS OR FELT PROUD OF MYSELF
Peace & Quiet  CALM AND SOOTHING MOMENTS	KINDNESS & GIVING  WHEN I HELPED SOMEONE OR WAS SHOWN KINDNESS	wonder & discovery  THINGS THAT FILL ME WITH CURIOSITY OR EXCITEMENT
Gratitude  BLESSINGS I APPRECIATE	Nature  OUTDOOR THINGS THAT MAKE ME HAPPY	OTHERS  ANYTHING ELSE

Happiness is...

FILL IN EACH PATCH WITH THINGS THAT MAKE YOU HAPPY

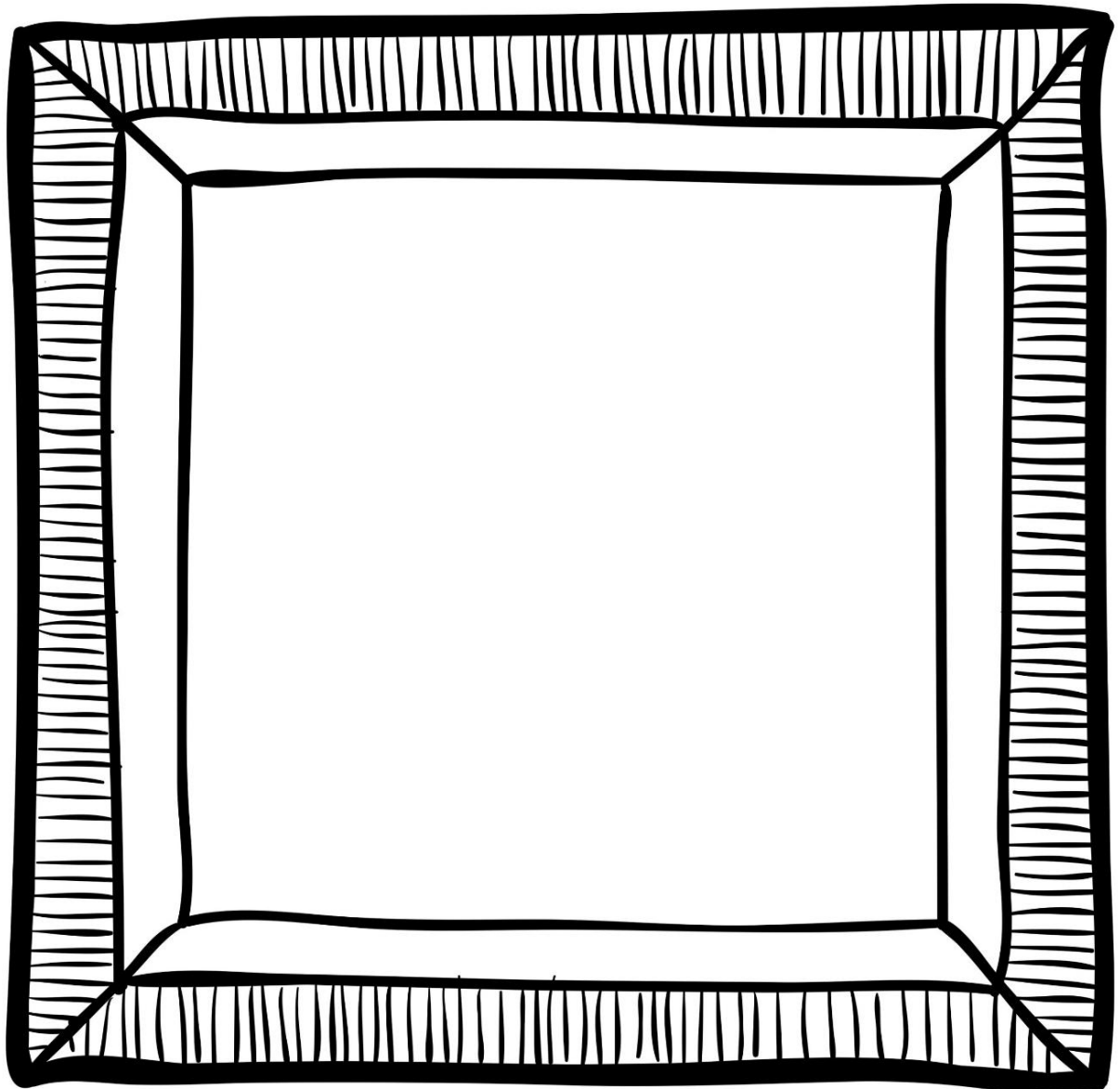
2. Respond to these questions about your Personal Happiness Quilt.

a) Which patch was easiest to fill? Why? _____

b) Which patch was hardest to fill? Why? _____

c) Which type of happiness in your quilt do you think lasts the longest? Explain.

3a) From your Personal Happiness Quilt, choose ONE patch that is especially meaningful to you. Redraw that patch in this larger quilt square ↓. Fill it with details and colours.



- 3b) In the quilt square below, write a note to your future self, reminding yourself what brings you joy.



- 3c) Cut out your two quilt squares. Next, paste the illustrated quilt square over the letter square. Do this by lining up the top edges carefully and gluing ONLY the top edge of the first quilt square onto the second quilt square. Your top quilt square should now open like a little flap to reveal the second quilt square.
4. Make a class Happiness Quilt. On a clean floor, arrange all the quilt squares side by side, facing down. Tape the backs of the quilt squares to one another to form a large rectangular sheet. Turn it over to face upwards. Now you have your class's Happiness Quilt. Carefully display it on a wall or noticeboard to share your happiness with others!