

# 31 THINGS TO PUT A SPRING IN YOUR STEP

Instant happiness on a page!

## Happiness is...

Our fave stars tell us the things that make them happy

- 1 "Going out for breakfast and living life to the full."  
**Mollie, The Sats**
- 2 "Gossip, because it puts joy into everyone's life."  
**Cher Lloyd**
- 3 "Wearing hats and eating chocolate peanuts."  
**Oily Murs**
- 4 "Oreos. I feel beautiful when I eat them!"  
**Conor Maynard**

5 **Things that make Jessie J smile:**  
Catsuits, Milky Bar cookies, Rihanna and sunshine!

## CUTE CORNER

Baby animals give us a warm fuzzy feeling. FACT. All together now: Aww!



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## Happy Facts

These actions are guaranteed to make you happy. Tick 'em off!

### 11 Just smile

Smiling gives you a happy, relaxed feeling, so grab your friends and get grinning.

### 12 Get skills

Learning new skills makes you feel great. Useful and fun. That's a win in our book.

### 13 Be sweeter

Helping someone else makes you feel good. Fact. What good deeds can you do today?

### 14 Go outdoors

Get outside and have some fun. You'll get happy feelings and great memories.

### 15 See blue

The colour blue reminds us of sunshine and clear seas. So dig out that blue t-shirt, today!

### 16 Pump it up

Turn up the volume 'n' dance yourself silly. It's certain to put a huge grin on your face.

### 17 Fake it

Practise your smile in a mirror - you'll love how good you look when you wear it!

### 18 Get fresh

Tidy you = tidy mood. You'll be surprised what a little bedroom clear-out can do.

### 19 Say thanks

Being polite to others is an instant way to feel good. Good manners cost nothing y'know.

### 20 Cuddle up

Just 20 seconds of cuddling (if it's your friend or your dog) releases happy hormones.

## Ten TOTALLY hilarious words

We dare you to say these words out loud without smiling. Drop them into conversation today.

21. Amazeballs
22. Gobbledygook
23. Mollycoddle
24. Balderdash
25. Fuddy-Duddy
26. Wobble
27. Oompa loompa
28. Noodle
29. Chihuahua
30. Flip-flop

## Guess who?

Join up the dots to reveal a pretty pic of our favourite cheeky chappy!

