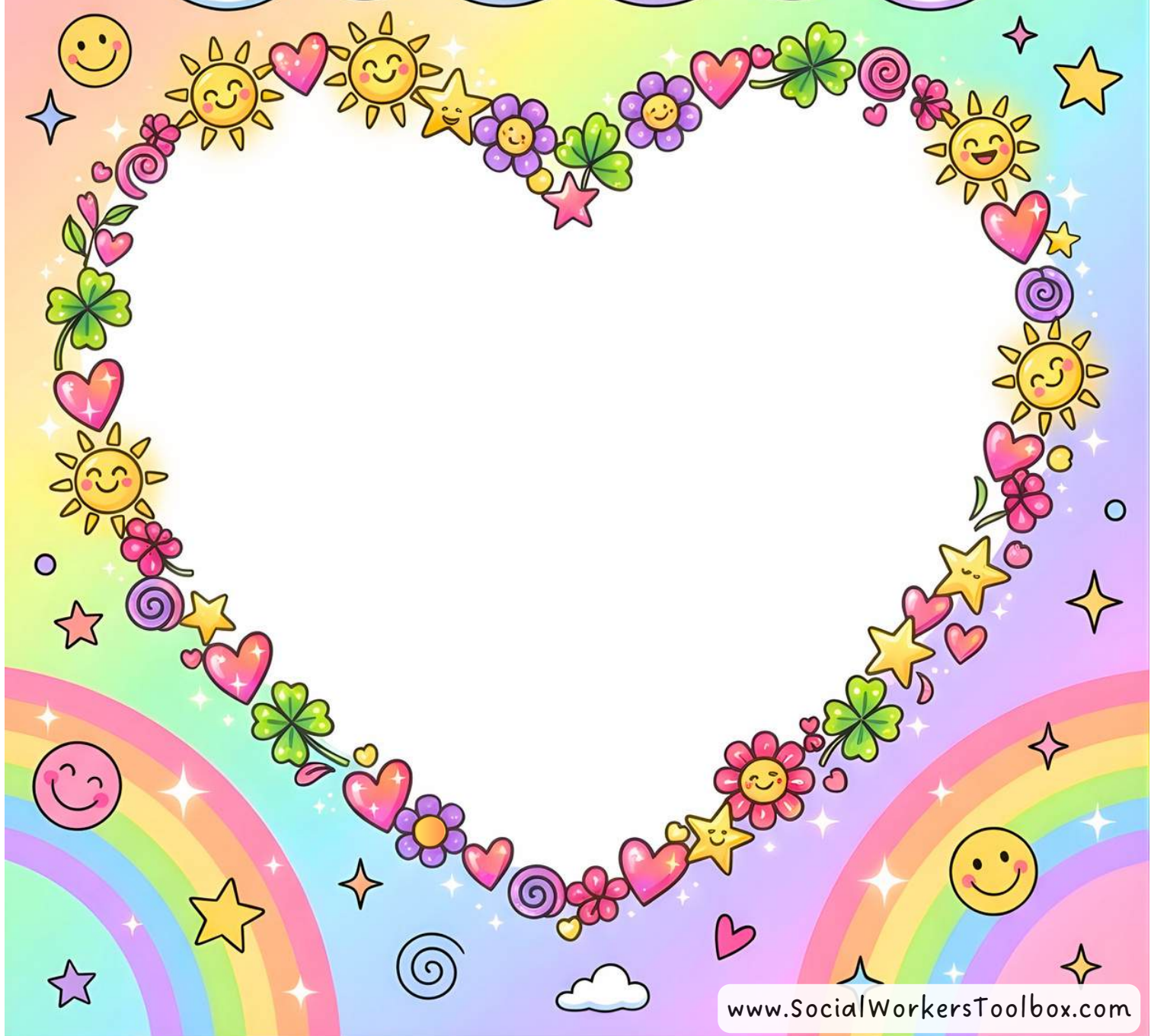


Happy Heart

Your Happy Heart helps you remember good things. Fill it with people you love, things that make you smile, and kind words about yourself. Look at it when you need to feel happy again.



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About this Resource

Happy Heart Worksheet is a free, printable PDF designed to help children recognise, record, and remember the positive things in their lives. It encourages emotional wellbeing and self-esteem by inviting children to fill the heart with drawings, photos, or words that represent people they love, things that make them smile, and kind thoughts about themselves.

This uplifting activity promotes gratitude, self-reflection, and positivity—valuable skills for building resilience and emotional balance. When children feel sad, worried, or disconnected, looking at their completed Happy Heart reminds them of what brings joy and comfort.

Perfect for classrooms, counselling sessions, or home use, this simple wellbeing worksheet supports PSHE and social-emotional learning (SEL) goals. Teachers, parents, and practitioners can use it to start conversations about happiness, self-care, and kindness.

Beautifully illustrated and easy to personalise, the Happy Heart Worksheet is a gentle reminder that happiness can grow from the small, meaningful moments we choose to remember.

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