



# HAPPY HABITS

**BY DR ALEX GEORGE**



**READER NOTES**





# HAPPY HABITS

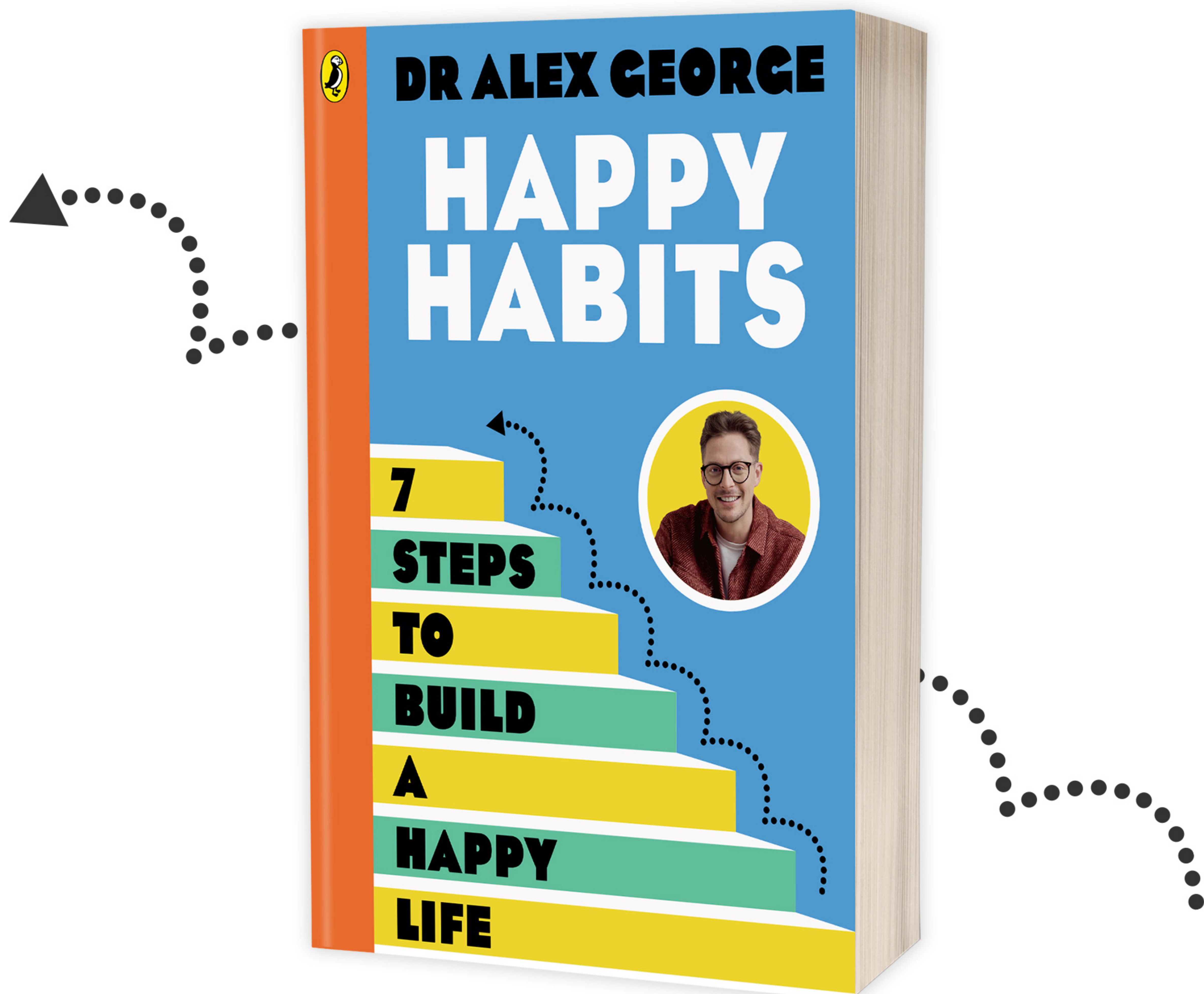
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### Notes for Teachers & Librarians UKS2 / Ages 8+

The activities included here are suitable for the classroom or library sessions. They serve as an introduction to some of the key ideas explored in Dr Alex George's book, *Happy Habits* – helping children explore, understand, and implement **positive daily habits** that support **wellbeing, confidence, and happiness**.

#### Explore Themes of:

- *Physical Health*
- *Emotional Wellbeing*
- *Mindset*
- *Self-care*
- *Routine*
- *Boundaries*







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### About the Book

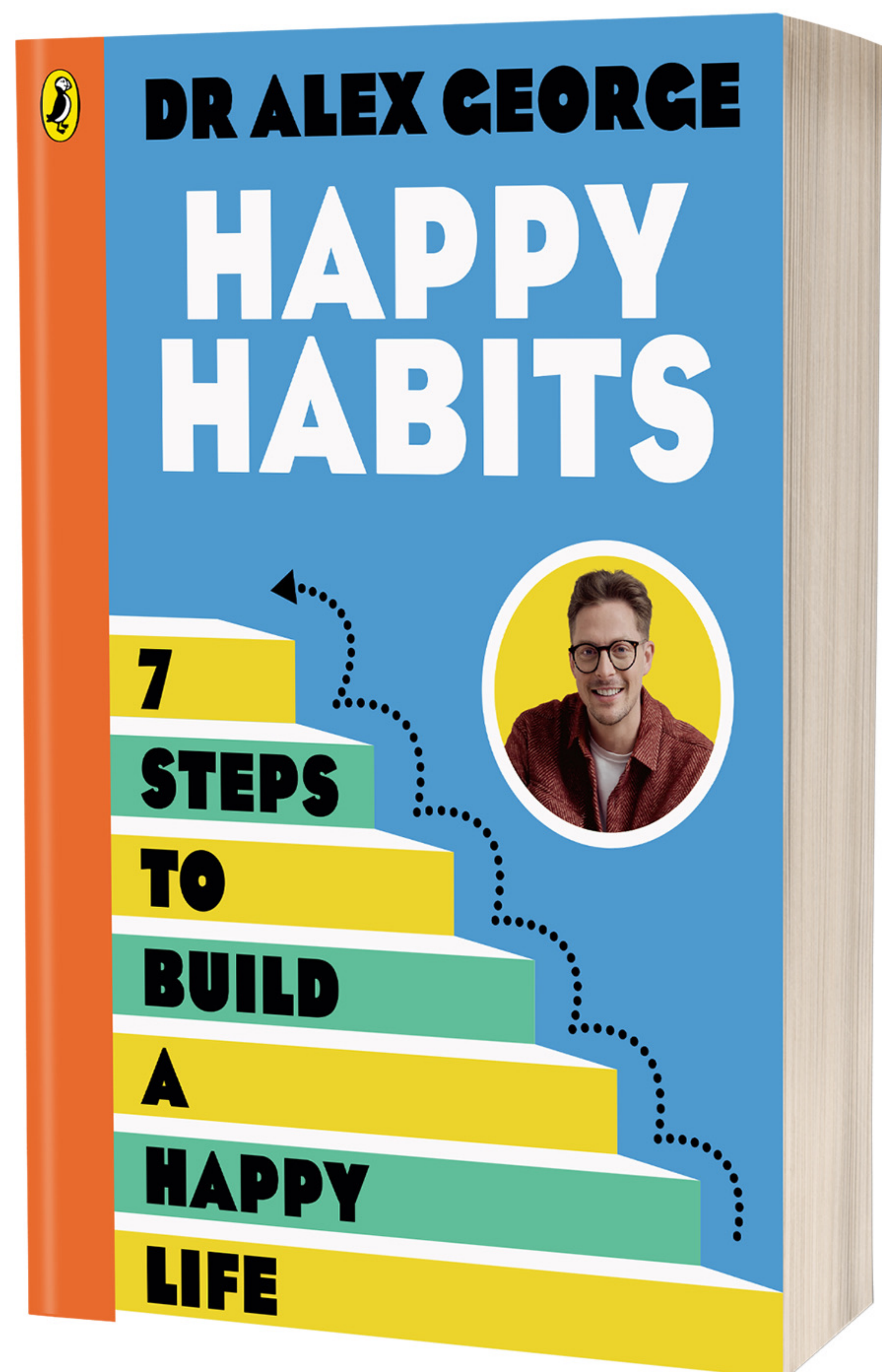
Learn how to build Happy Habits for life with Dr Alex George's brilliant new book, packed with practical tools, and simple steps to support children as they grow.

*Happy Habits* is the new Children's Non-Fiction book from hugely popular TV doctor and *Sunday Times* No.1 bestselling author, Dr Alex George.

This book will be a toolbox of practical techniques to help children aged 9+ feel happier and more confident every day.

Dr Alex will reveal the tiny habits children can put in place to transform their day – from drinking a glass of water on waking up; writing down three good things that happened to you every day; to how to have a proper wind-down routine in the evening and the scientifically-proven reasons why we should avoid screen time for the last hour before bed.

Reassuring and empowering, *Happy Habits* is a step-by-step manual for how children can improve their every day, and set them up with happy daily habits for life.

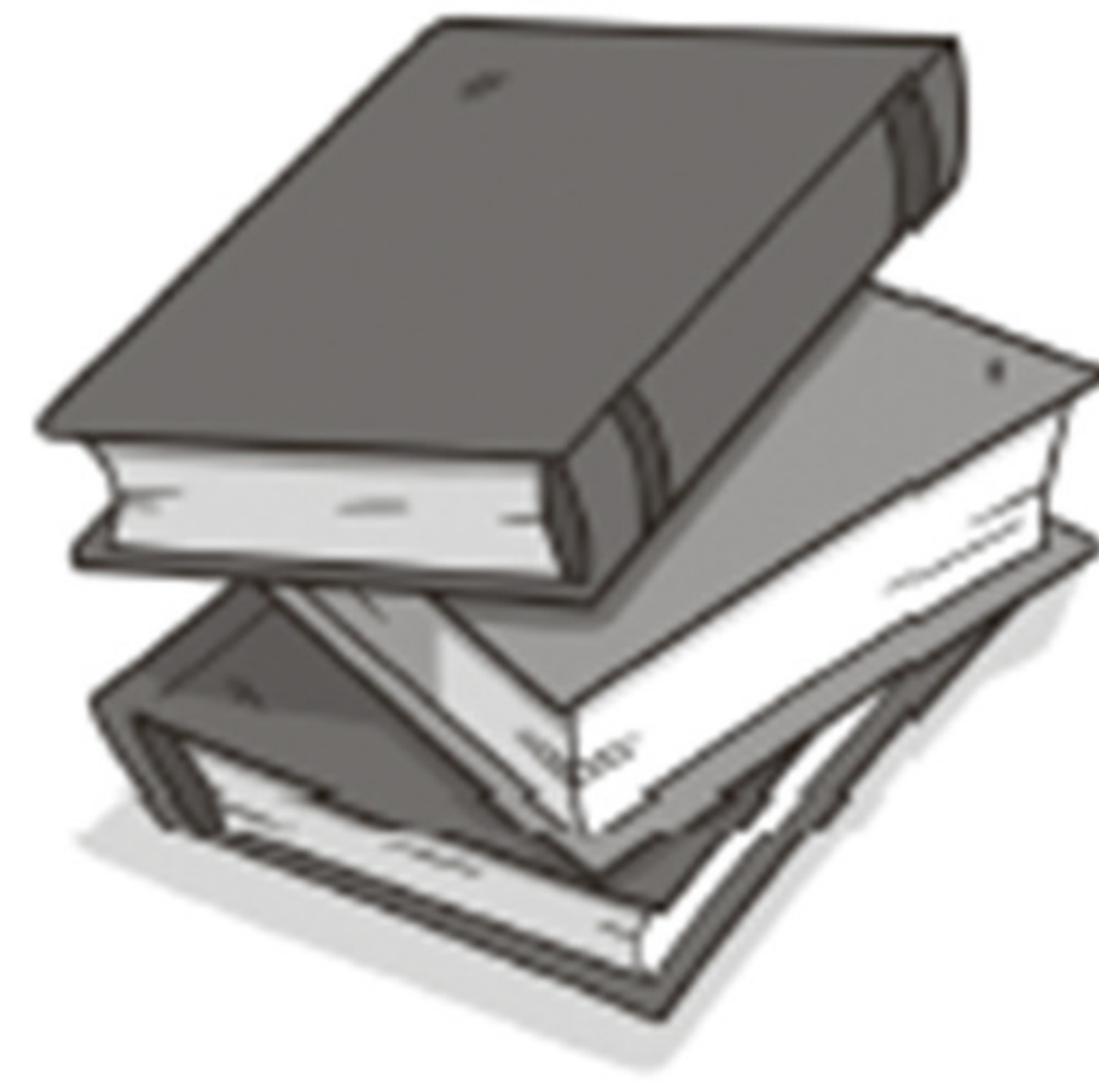






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## Pre-Reading Ideas

### Word Wall (Happy Habits Keywords)

Introduce key vocabulary that will appear in the book and invite students to guess what they mean or how they relate to the theme of wellbeing:

Gratitude Habit Energy  
Wellbeing Routine  
Dreams Goals Confidence Mindset  
Focus

**Optional task:** Students create illustrated flashcards for each word to build a classroom “Happy Habits Wall”– adding notes and ideas to each flashcard as they read.

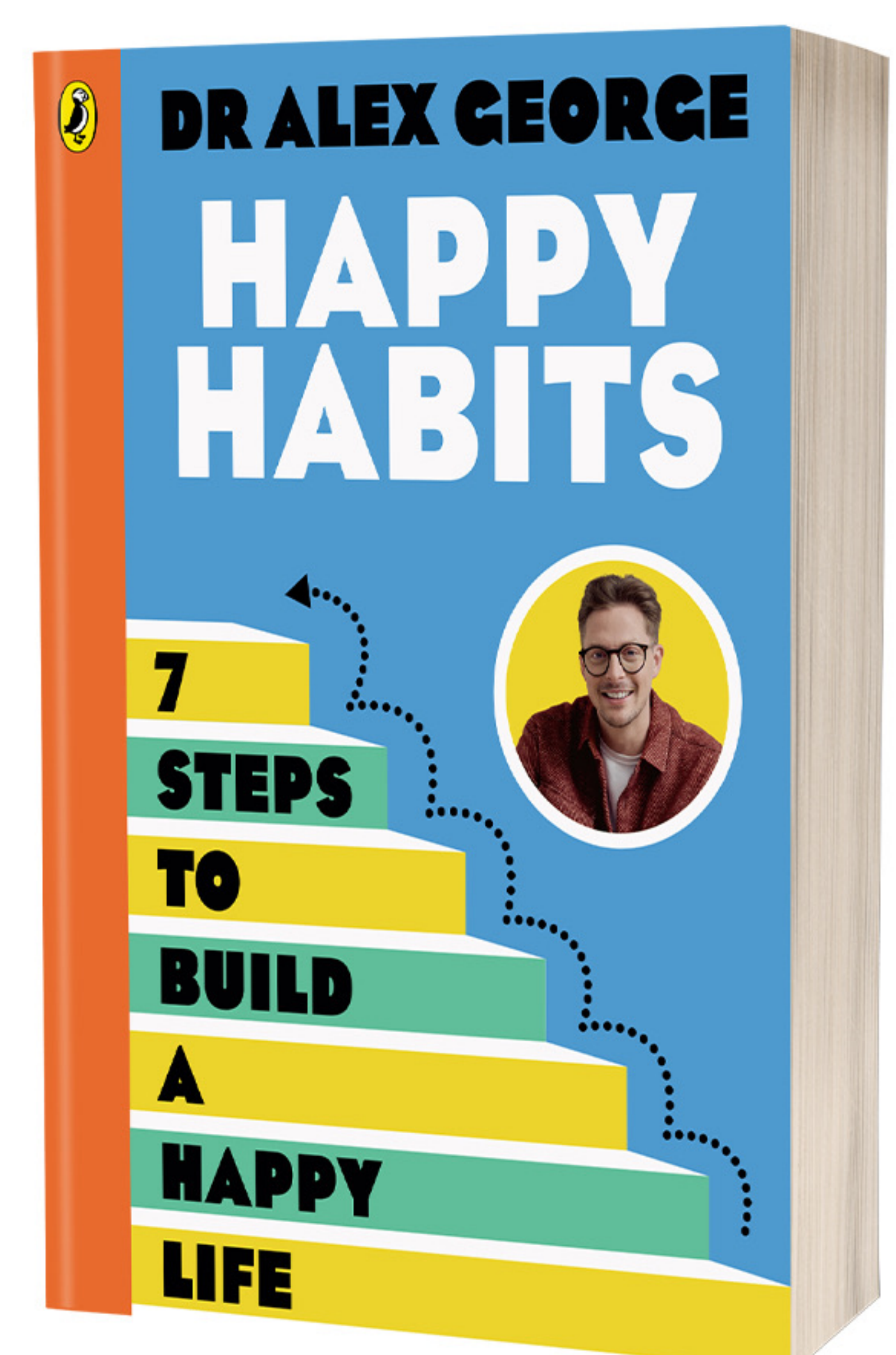
### Book Cover Detective (Prediction Activity)

Display the **book cover** and ask:

- *What do you think this book will teach us?*
- *Who do you think the author is talking to?*
- *Why might it be useful to learn about habits?*

### **Follow-up challenge!**

Write a prediction sentence: “I think this book will help me...”







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## Pre-Reading Ideas (Cont.)

### Pledge Poster

Before reading, invite the class to make a joint pledge:

*“We will keep an open mind about trying new things and support each other in building small happy habits.”*

Let students sign or decorate it – a great visual to refer to throughout the reading journey.

*“Because small habits lead to big changes.”* (p. 45)

### Journal Reflection

Create a 1-page pre-reading reflection with sentence starters like:

- *Right now, I feel happiest when...*
- *One thing I do each day that helps me is...*
- *One part of my day I'd like to feel better about is...*
- *I hope this book helps me to...*

Use these as a **before-and-after check-in** to show any learnings after finishing the book.







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### Good Habits Make Us Feel Happy

#### A Good-Day Recipe

Prompt questions:

- What does a “really good day” feel like for you?
- What are some things that help you feel calm, happy, or confide
- Do those things happen by accident or on purpose?



Create a “Good-Day Recipe” – list 3–5 small things that help a day go well (e.g., sleep, talking to a friend, laughing, getting fresh air, exercise, food, having quiet time).

Use this to introduce the idea that small, daily choices (habits) help shape how we feel. This is what the book is all about!

#### Small Habits, Big Impact

Introduce the book’s message:

**A Happy Habit is a small, repeatable action that helps your body, brain, and heart feel better.**

Examples:

- Drinking water first thing in the morning
- Stretching when you wake up
- Reading a book instead of scrolling before bed
- Writing down 3 good things at night
- Talking to someone when you feel worried

Emphasise:

- Habits are **not rules**, they are **tools**
- They’re not about being perfect – they’re about being kind to yourself

Ask students to reflect and fill in the brainstorm below. Encourage drawing or writing to express ideas.

One small thing I already do every day that helps me feel good...	Something that helps me focus or feel calm...
One happy moment from a recent day — what habit helped make it happen? ...	A new small habit I might like to try (e.g., breathing break, bedtime book, dance break)...







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### Good Habits Make Us Feel Happy (Cont.)

#### Optional Activity! Movement or Mindfulness Break

Lead a short happy habit break:

- **Stretch & Sip** (*Stretch arms to sky and pretend to drink a glass of water*)
- **Gratitude Wiggle** (*Wiggle your fingers and say one good thing from today*)

Show how these can be micro-habits — 1-minute actions that help every day.

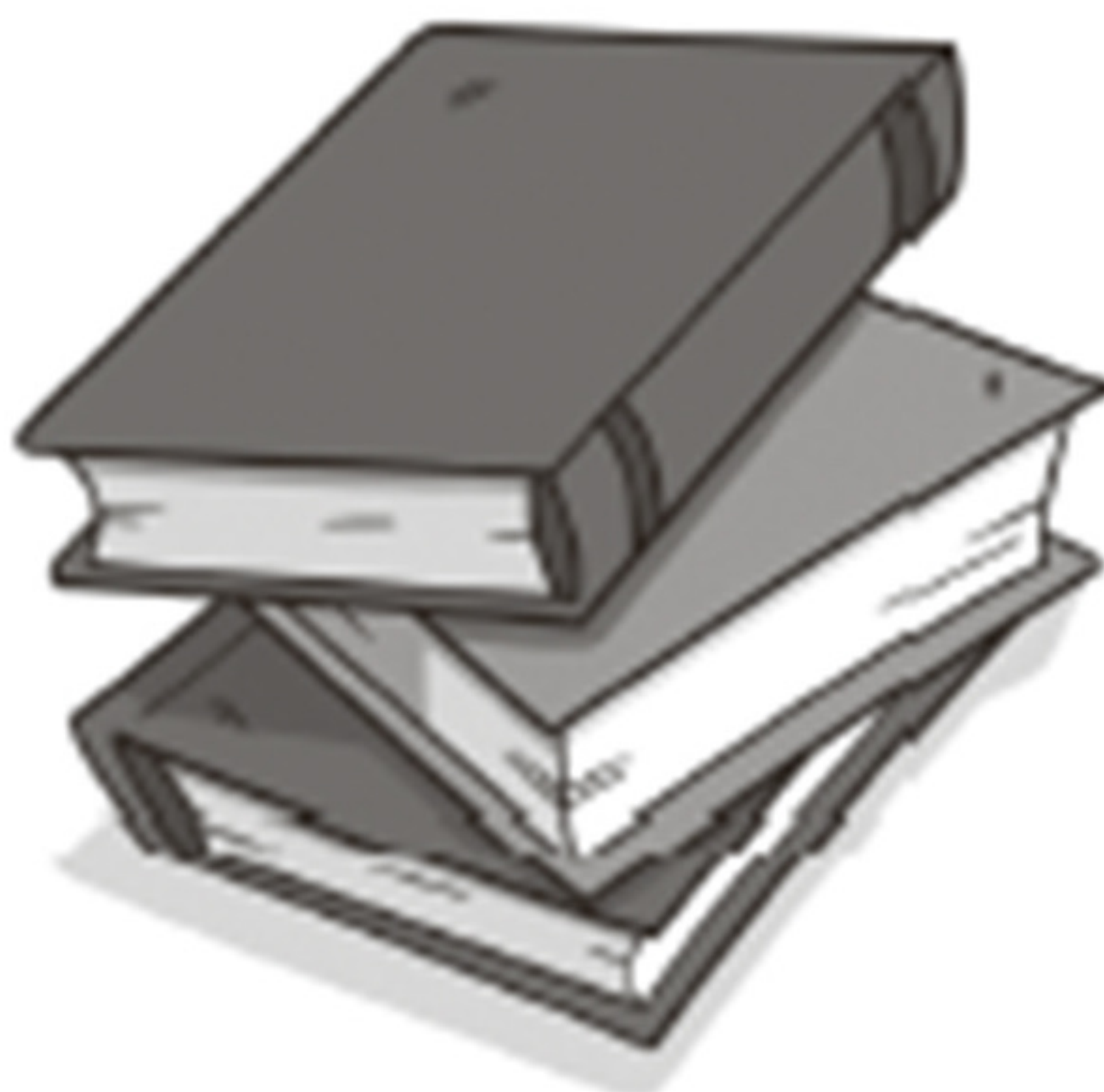
#### Class Happy Habit Wall

- *Each student can write or draw one habit they'd like to try this week*
- *Display on a board or wall with the heading: "Small Habits We're Growing Together"*

#### Journal Reflection

- *What did you learn about happy habits today?*
- *Why might it be helpful to focus on the small things?*

**"The best solution is to try to do the right thing for ourselves, our bodies and our minds with small, positive decisions. We don't need to try to be perfect though; we just have to try and be kind to ourselves, and then, bit by bit, step by step, we'll start becoming the best we can possibly be."** (p. 14)







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### The x7 Happy Habits

#### A Wellbeing Toolkit

- *What are some different ways we can look after ourselves?*
- *Why do we need more than just sleep or healthy food to feel good?*

Dr. Alex says there are x7 types of habits that help build a happy, healthy life. These habits can be seen as a “wellbeing toolkit”.

- *Move*
- *Nourish*
- *Rest*
- *Plan*
- *Joy*
- *Connect*
- *Breathe/Reflect*

Distribute the “Happy Habits Explorer” worksheet or set up x7 large sheets/posters around the room, one for each category.

#### **Option A: Individual Version**

For each section in the “Happy Habits Explorer” worksheet, students can fill in:

- *A short definition in their own words*
- *An example of this habit in their life*
- *Something they might try in this area*

#### **Option B: Group Version**

Set up 7 “Habit Stations” around the room. Small groups rotate and:

- *Read the heading and definition*
- *Brainstorm examples from real life*
- *Add a sticky note: “What’s one way I already do this?” or “What could I try?”*

Example responses:

- *Move: “Ride my scooter”*
- *Rest: “Have a quiet bedtime routine”*
- *Joy: “Paint and listen to music”*

After rotating, groups can read each other’s answers and reflect on all x7 categories together.







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## Worksheet: Happy Habits Explorer

Happy Habit	My definition	An example in my life	Something I might try ...
Move			
Nourish			
Rest			
Plan			
Joy			
Connect	“Connect means spending time with people who make you feel good.”	“I connect when I walk to school with my cousin.”	“I want to send a kind text to a friend this week.”
Breathe/Reflect			







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### The x7 Happy Habits (Cont.)

#### Wellbeing Wheel

- Which habit area do you already do a lot of?
- Which one feels exciting or new to you?
- Why do you think it helps to have different kinds of habits?

Create a “**Wellbeing Wheel**” display with class examples under each habit category.

#### Journal Reflection

- If you could grow just **one** of these habit areas this week, which would you choose?
- Why that one?

Optional journal prompts:

“I feel happiest when I...”

“One habit I could try tomorrow is...”

“This book has helped me to...”

**“I’m ready to make my dreams come true, a little bit at a time, with happy, healthy habits.”**

