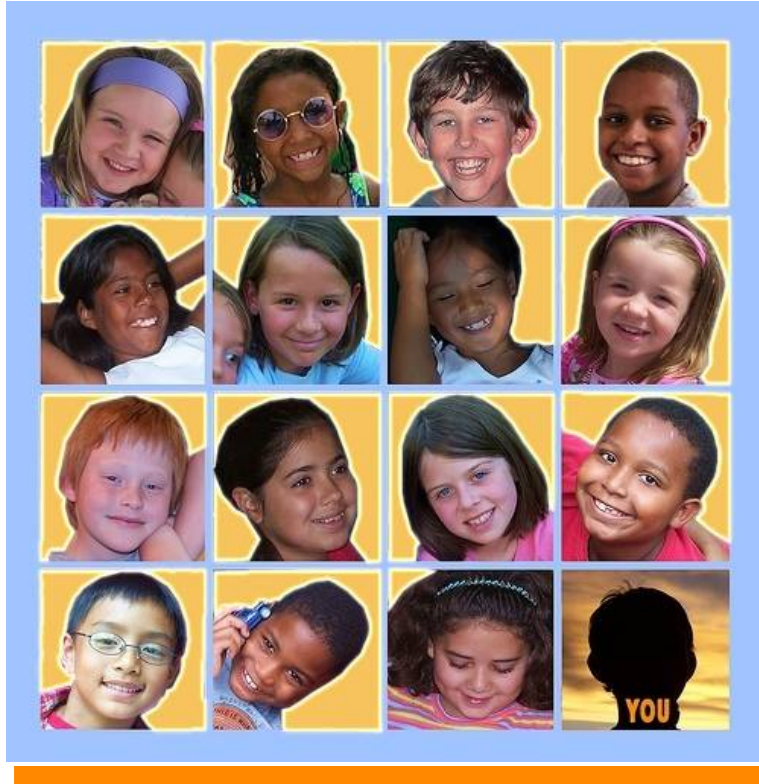


Ready Set Happy



Fun, skill-building activities for children,
their parents, caregivers, teachers,
and all of us, based on the...



16Guidelines

F O R L I F E

v1.5ENG5Mar09

Note from the Foundation for Developing Compassion and Wisdom (FDCW)

Children: You
may skip to
page I-4



This publication, **Ready Set Happy**, is part of the Children's Kit, a set of materials to support children and their families to develop compassion and wisdom, by integrating the [16 Guidelines for Life](#) into their lives. The Kit was created to enable adults to present the Guidelines to children aged 7-11 years of any faith tradition or none worldwide, or for use by children reading on their own. The Kit is being made available for pilot use with an invitation to contribute feedback and additional material. It will grow to include additional stories, songs, meditations, images and other activities. It will be evaluated and revised prior to further dissemination and translation.

Ready Set Happy was commissioned as a part of Essential Education (EE), an international initiative to help people everywhere develop their natural capacity to be kind and wise. This will be achieved by providing resources, training and support for use in a wide variety of settings: schools, the workplace, prisons, hospices, the home – wherever people live and learn. EE is an initiative of the Foundation for Developing Compassion and Wisdom.

Feedback/Contact

Please contact us with your reflections, suggestions, success stories, quotes from children, ideas for activities and resources related to the *16 Guidelines for Life*. You can join the mailing list at www.essential-education.org, send an email to info@essential-education.org or write to Alison Murdoch, Director, Foundation for Developing Compassion and Wisdom, 43 Renfrew Road, London SE11 4NA. Please note this is RSH edition number: v1.5ENG5Mar09.

Ready Set Happy

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Gratitude

to all those who helped to make **Ready Set Happy** possible.

Thanks to all those who helped
by being photographed.



Those who helped in other ways:

Illustrations, poems, plays, chants, photos, songs,
activities, graphic design, initial sound recording and text
by Denise Flora with help from Caeman Toombs
(several photos with permission by Lindsay Stark or others
as noted, some activities from earlier EE projects).

First field tests by the children at Kadampa Center, USA.

Editing by Wendy Ridley, FDCW.

Project supervision by Nova Coleman,
Information Officer for FDCW.

Project direction by Alison Murdoch, Director of FDCW.

Operational support for EE initiatives by Terrapinn.



Introduction

Meet the Character Guides

Activities

Games, poetry, chants, science experiments, art projects, puzzles, and more to experience, practice and live these 16 skills:

Part IV:

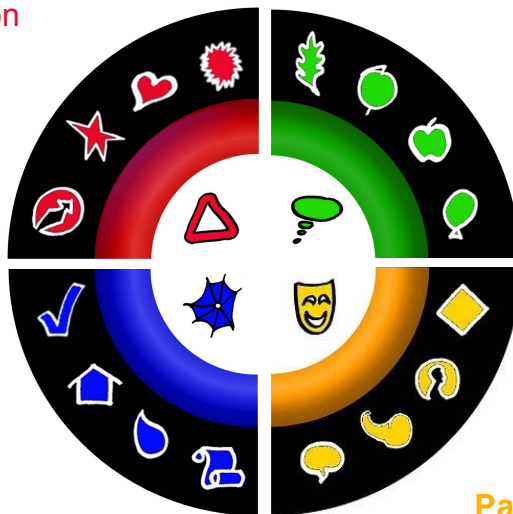
How we find Meaning in Life -
steadies us in a changing world.

- 13 Principles
- 14 Aspiration
- 15 Service
- 16 Courage

Part I:

How we Think -
determines how we feel
inside ourselves.

- 1 Humility
- 2 Patience
- 3 Contentment
- 4 Delight



Part III:

How we Relate to Others -
connects us to our community.

- 9 Respect
- 10 Forgiveness
- 11 Gratitude
- 12 Responsibility

Part II:

How we Act -
impacts on ourselves and others.

- 5 Kindness
- 6 Honesty
- 7 Generosity
- 8 Thoughtful Speech

Extras

A way to begin:	One family's experience with the 16 Guidelines	A1
One page summaries:	Definitions, Chants, Song Links and more	A2
Coloring sheets/Gamecards:	Pages to print for the matching activities	A3

Introduction

To the children:

Ready Set Happy is full of things to try, do, draw, play, make, read, say, act, sing and learn that can help you to be happy more of the time. Try some of the games with your friends or family. The Character Guides on the next page will help you along. Check out the activities and have fun!



To the parents and caregivers:

Happiness is a skill that can be learned. Give this book to your children, or explore it with them, maybe an hour a week for 16 weeks so you reflect on one guideline per week. Enjoy the plays, poems, art projects, science experiments, puzzles, games, the Instant Replay review questions, the process and the results! To teach by example, put these 16 guidelines into practice yourselves – modelling and enjoying the skill of happiness!



To the teachers:

These activities targeted for ages 7-11 years can be adapted for individual or groups of children in a broader range of ages. They are intended to develop skills that can help children to be happier. Use in school, spiritual and religious classes, after-school clubs, playgroups, home schooling, anywhere children gather to learn about the world. Get creative! Make it your own.

To all: order, conventions and more

Using the sections 'in order' is recommended but not required. 'Try it now' activities take about half an hour or less. 'Try it for real' activities get carried into daily life and often span a week. The Positive Chants of the character guides are to be spoken or sung over and over, emphasizing bold syllables while chanting. For more on how to begin, see Appendix 1.



See Appendix 2 for one page summaries. For the latest audio files, click on the purple note symbol or go to http://www.16guidelines.org/wiki/index.php/Ready_Set_Happy . Print all pages in color for best results. Save paper by printing multiple pdf pages to a single page of paper. Links will move/break -- that's life. Please let us know with an email to info@essential-education.org, and realize, everything changes.



To learn more about EE go to www.essential-education.org . For much more about what people all over the world are doing with the guidelines, including the new wiki, or to read more about the guidelines themselves, go to <http://www.16guidelines.org>.






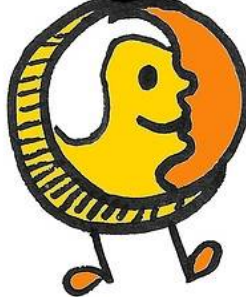
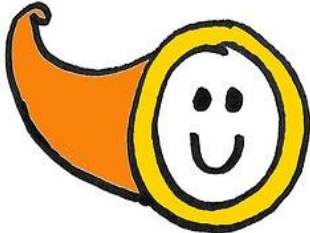
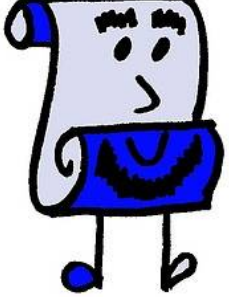


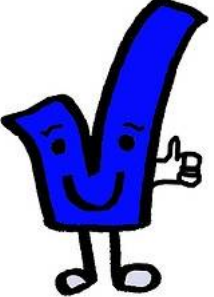


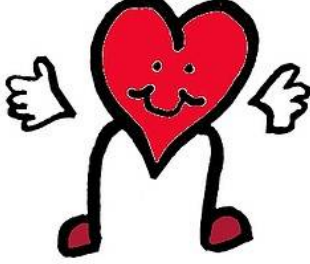
May all who see this work find more happiness in their lives for themselves and their families, communities, and world.



Denise Flora
USA
February 2008



Meet the Character Guides

How we Think	 <p>Hutri Humility</p>	 <p>Peglo Patience</p>	 <p>Cona Contentment</p>	 <p>Deba Delight</p>
How we Act	 <p>Kaipo Kindness</p>	 <p>Hodi Honesty</p>	 <p>Genca Generosity</p>	 <p>Spibu Thoughtful-Speech</p>
How we Relate	 <p>Resco Respect</p>	 <p>Fola Forgiveness</p>	 <p>Graca Gratitude</p>	 <p>Riche Responsibility</p>
How we find Meaning	 <p>Prindi Principles</p>	 <p>Asta Aspiration</p>	 <p>Serzo Service</p>	 <p>Cofi Courage</p>