

The Happiness Alphabet

Go from A to Z finding something from your day that made you happy and grateful.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Sit together and start at the letter A — each player thinks of something that made them happy or grateful that starts with that letter.
- 2 Take turns sharing your response for each letter, going around the group before moving to the next.
- 3 Be creative — it can be a person, a place, a food, an experience, or anything else that brings a smile.
- 4 Continue through as many letters as you like, finishing at Z for the full alphabet challenge.

Ways to play

Two versions for every occasion

Way 1 — Dinner Table Round

Best for 2-6 players · Home, around the dinner table

- Start at the letter A and go around the table — each person shares one thing they're grateful for that starts with that letter.
- No repeats allowed — if someone has used your word, think of a different one.
- Keep it moving quickly so the energy stays light and fun.
- If someone gets stuck, the rest of the table can give clues (but not the answer!).
- Try to reach Z before the meal ends — it's harder than it sounds!

Way 2 — Bedtime Reflection

Best for 1-2 players · Bedroom, as a calming wind-down routine

- As part of the bedtime routine, pick three random letters from the alphabet.
- For each letter, think of one thing from today — or any happy memory — that starts with it.
- Share each one and say why it makes you feel good.
- Finish by choosing your favourite of the three and imagining it vividly for 30 seconds.
- Notice how calm and positive you feel as you drift off to sleep.

TIP FOR PARENTS

Try this at home

Don't worry if your child's answers are silly or small ('B is for biscuits!') — what matters is the habit of noticing good things, not the depth of the reflection. Celebrate every answer enthusiastically.

THE SCIENCE OF
PLAY

Why it works

Gratitude practices retrain the brain to scan for the positive — research shows that even a few minutes of structured gratitude reflection each day measurably reduces anxiety and improves mood over time. The alphabet structure keeps it playful and prevents the exercise from feeling like a chore.

SCHOOL ' HOME

The connection

Your child used this game at school to practise finding joy in everyday moments — try it tonight at dinner and you'll quickly discover what's been lighting them up this week.