

Family team name:

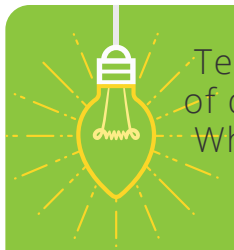
A competition for parents and children to do together.  
Today we are exploring happiness.



# CREATE YOUR HOUSE OF DREAMS

**Can you imagine a place, let's call it the house of dreams, where you can do all the things you love the most. What do you want to see in your house of dreams that really makes you happy?**

ADD YOUR PICTURE HERE. You can use cardboard, lego, plasticine, or draw your HOUSE OF DREAMS here.



Tell us a bit about your house of dreams. What's inside it?  
Why does it make you happy?



Family top tip: What are you doing as a family to stay happy?

**About you (optional):** Fill this section in for your work to be included in our research to make Tower Hamlets a happier and healthier place for children.

**Circle both of your ages:**

Under 5   5-10   11-15   16-20   21-30   31-40   41-50  
51-60   61-70   71-80   Over 80   Pass

*For parents:*

**What is your gender?**

Male   Female   I use a different term   Pass

**What is your ethnic group?**

Arab/Middle Eastern   Asian/Asian British

Black/Black British   Mixed/Multiple ethnic groups   White

I use a different term   Pass

**What part of Tower Hamlets do you live in?**

**How many people are in your household?**



What needs to change in Tower Hamlets to help children be happier? List your top three things.

Do you want to be entered in our Family Competition to win a games hamper? Leave your name and contact details here

**TO ENTER THE COMPETITION:** Take a picture of your house of dreams and these sheets and send to [playrooms@bbbc.org.uk](mailto:playrooms@bbbc.org.uk), or text or WhatsApp 07551662497. Or return via your distributor - the Bow Foodbank, the Bromley by Bow Centre or your school. Your house of dreams will appear in our magazine and help to create our borough's top tips and ideas for change!