



What is the difference between success and happiness?

Take it further:

THINK

What curiosity questions can you ask?

e.g. What does it mean to be happy? What does it mean to be successful? Do you think these are the same things? Why? Why not? Can you be successful without being happy? Can you be happy without being successful? Why are these two often linked together?

FEEL

How might different people feel about this?

e.g. What makes you feel happy? When have you felt successful? Does everyone have the same feeling of happiness? What does it feel like when you are pressured to be happy or pressured to be successful?

CONNECT

What links can you start to make?

e.g. Why are happiness and success often connected? Do you think they should be? Why? Does a happy person also need to be a successful person? Who decides what success is?



Activity ideas:

1. To help children to feel happy in their school lives, it is helpful to have an environment which enables the feeling of happiness and wellbeing. What are the key ingredients to make a happy classroom do you think? Take a piece of paper and write the title “**Ingredients for a happy classroom.**”



Now draw a picture of a large cooking pot and inside the cooking pot, write down all of the ingredients that you can think of which would help to create a happy classroom.

2. Take a piece paper and write down the word HAPPINESS. Now draw as many pictures as you can to represent the word and all of the different feelings that you associate with happiness. When you have finished, why not pin this up in your house to look at each day as your map of happiness!
3. Would you rather be happy or successful? Think about it for a while and then share your thoughts. If there is no one around to talk with, write down your ideas in a letter to yourself.

Does success mean you have lots of money? Why? Why not? Can you be financially rich and unhappy? Can you be happy and financially poor? Now watch this short video of other children talking about whether they'd rather be rich or happy: [What does success mean to you?](#)

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

