



What is
happiness
and can you
teach it?

Take it further:

THINK

What curiosity questions can you ask?

What or who do you think of when you think of happiness? Can you always feel happy? Does happiness mean to smile or is it something bigger? Can you buy happiness? Is happiness a skill that can be practiced?

FEEL

How might different people feel about this?

When do you feel most happy? What sensations do you feel in your body when you are happy? How do you feel when you make other people happy?

CONNECT

What links can you start to make?

Do you think being happy makes people more kind? How can you share the feeling of happiness with others? What roles do having a home and friends play for you in feeling happy?



Activity ideas:

1. What makes you happy? Take a piece of paper and write happiness in the middle and write about all the things that make you feel happy.
2. What does happiness mean to you? Happiness means something different for everyone. In this activity you are invited to keep a **gratitude diary**. Explore the moments, experiences or aspects of life that create happiness for you. Use this handy worksheet to help you get started:
[My gratitude diary](#)
3. What does happiness mean to others? What happiness means to you can be fairly different to what it may mean to other people. To understand the different experiences of happiness we invite you to have a go at holding a **happiness interview** with a good friend, your parents, siblings or anyone you would like to ask about what their happiness means to them. Use this worksheet to help:
[Interviewing about happiness](#)
4. Surround yourself with things that make you happy. Try decorating and organising your room with your favourite colours, pictures, letters from loved ones, toys, books, words or quotes that make you smile and feel good.

**USE THE [THINKER'S GUIDE](#) TO HELP YOU*

What other activities could you do?

