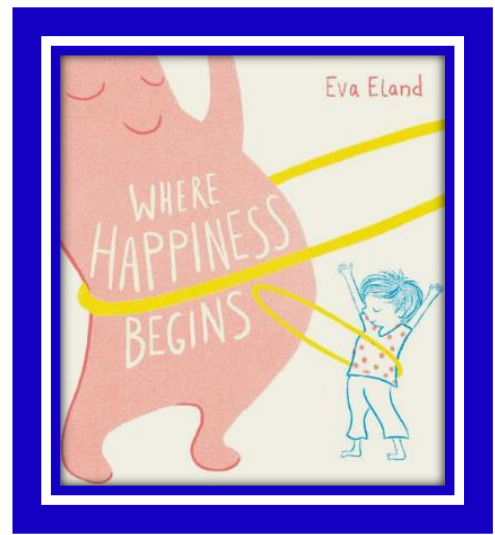


**This activity
goes with...**



The Big Question

How can we find happiness?

Talk about it...

What other names does happiness have?

Where would you look for happiness if it was hiding?

What would a day with happiness be like for you?

What does it mean if happiness has “a will of its own?”

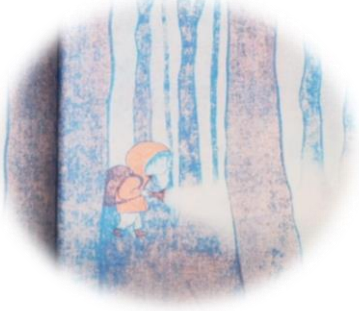
What kinds of things might come between you and happiness?

If you followed happiness, where might it take you?

Why might happiness feel scary?

What things and people make you happy?

We can't always be happy. Happiness comes and goes and sometimes it can be hard to understand why. Sometimes we feel sad or down and it can feel like happiness is far away. Remember, happiness will come if we breathe and keep doing the things we enjoy and spend time with people we love.



Talk about the things you find hard.

Practice breathing slowly. Draw or write about the things that help you relax and feel happy.

Where is happiness?

Can you find the words that mean the same thing as happy?

S	D	E	L	I	G	H	T	E	D	K	P
S	V	S	C	O	N	T	E	N	T	I	L
T	G	J	O	Y	N	I	V	F	Z	R	E
L	H	A	P	P	Y	Y	M	E	D	P	A
C	N	P	L	Q	E	G	L	A	D	Z	S
K	K	Q	V	S	B	U	J	Z	E	C	E
A	K	H	Q	X	U	R	I	F	X	L	D
J	Q	P	P	D	Y	F	H	U	V	X	Y

Happy – Delighted – Joy – Glad – Content – Pleased