

## Ingredients of happiness activity

### What makes you happy and why?

Cut out the possible ingredients of a happy life.

If you like, you can also add some ingredients of your own.

### Then, with a partner, choose from the following activities:

- 1) Take it in turns to pick something that makes you happy.
- 2) Without looking, share the ingredients between you and your partner. Would you swap any of the ingredients you have with your partner? Can you keep swapping until you are both happy?
- 3) Order the ingredients according to how happy they make you. You could order them in a line or you could place the ingredients on a target board with the most important in the middle of the circle and those which are less important towards the edge. Compare your order to your partners.

### Extension activities:

- 4) Underline or highlight any ingredients that you think are necessary for happiness (something that it is impossible to be happy without).
- 5) Underline or highlight (in a different colour) any ingredients that you think are sufficient for happiness (something that would make you happy even if you didn't have any of the other ingredients).

### Questions:

- 1) Did you disagree on anything? Why?
- 2) Do you think other people would agree or disagree with you?
- 3) Does everyone need the same things to be happy, or do different things make different people happy?
- 4) Do any of the ingredients make everyone happy?
- 5) Can any of the ingredients make some people unhappy?
- 6) Is it possible to make everyone happy? What would be the best way to try?

## Possible ingredients of happiness

Food and drink	Music
Friends	Being kind to others
Family	Exploration and discovery
Money	Learning new things
Possessions (e.g. gadgets and clothes)	Completing something difficult
Good health	Your religion or beliefs
Nature	Helping others
Being creative	Making the world better
Community	Good weather

**Food and drink**



**Music**



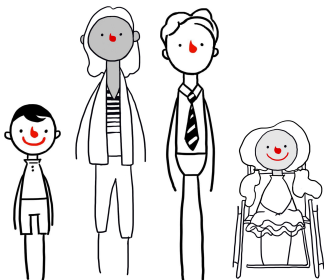
**Friends**



**Being kind to others**



**Family**



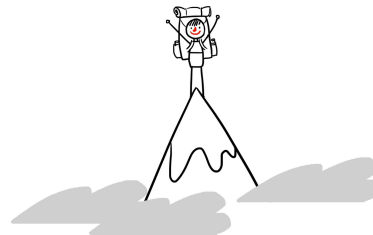
**Exploration and discovery**



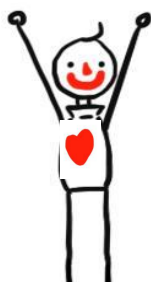
**Possessions  
(e.g. gadgets and clothes)**



**Completing something  
difficult**



**Good health**



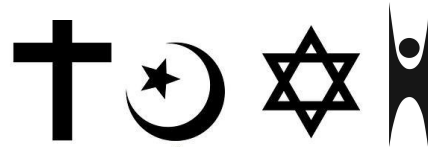
**Learning new things**



**Money**



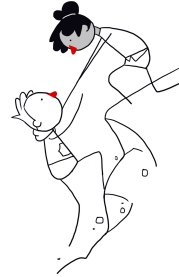
**Your religion or beliefs**



**Nature**



**Helping others**



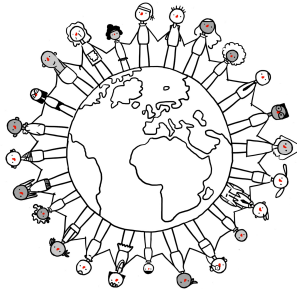
**Being creative**



**Making the world better**



**Community**



**Good weather**

