

## nurturing potential



### Session: 'Happiness'



Pre-session Preparation  
Copies of pre-typed worksheets

#### Learning Objective

Discussing experiences that have made participants happy, what they can do and say to feel happy and make others happy.

#### Two minute recap of previous session

Hand out worksheets for "Happiness" session

#### Session

In table/smaller groups of no more than 6 participants, ask them to discuss the following (being prepared to discuss some of their answers with the larger group):

1. Can you remember a time when you helped someone and that made you happy, and made them happy?
2. Has anyone ever surprised you in a way that made you happy?
3. What do your parents say that makes you happy?
4. What would your parents like to hear from you?
5. If you have brothers or sisters, what kinds of things do you like to do with them?
6. What do your brothers or sisters like to do with you?
7. How can you contribute to the happiness of others, including your family and your teachers?

Bring the group back together to discuss their ideas and comments.

Session inspired by Living Values Activities for Children Ages 8-14, Diane Tillman. Although this session would be appropriate for younger children as a discussion, and older individuals.

Relaxation - Last 5-10 minutes

Close session and thank participants for their time and contribution.



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<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name:</b> <b>Happiness</b>



Having fun is important, it gets the chemicals going around your body that make you feel good, brings a smile to your face, and gives you something to look back on when life is getting tough. Take some time to think about the following questions. Be prepared to share your answers with the rest of the group.

1. Can you remember a time when you helped someone and that made you happy, and made them happy?
2. Has anyone ever surprised you in a way that made you happy?
3. What do your parents say that makes you happy?
4. What would your parents like to hear from you?
5. If you have brothers or sisters, what kinds of things do you like to do with them?
6. What do your brothers or sisters like to do with you?
7. How can you contribute to the happiness of others, including your family and your teachers?

Remember to smile more and feel happy from the inside – be grateful for everyone and everything that has ever been in your life. **Smiling and happiness in infectious – start spreading a little sunshine!**

