

# What do you need to be happy?

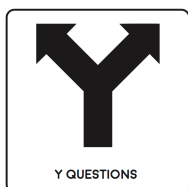
*This activity is designed to be used from Year 1 upwards. You could easily create a similar activity for secondary school children, dropping the pictures to avoid being seen as patronising.*



Each group has a set of cards, and a circle of rope or string. They have to place inside the circle the things they think you need to have to be happy.

It may take some clarifying to get across the idea that this is not just about deciding which are nice things. You're trying to find the smallest group of things someone has to have to be happy. You could suggest starting with everything inside the circle, and then see if there are any things you could take out and still be happy.

After a while, establish any consensus opinions: *Is there anything everyone agrees you need to be happy? Is there anything everyone thinks you don't need?*



Here are some possible follow-up questions:

- Why did you decide ... was something you had to have to be happy? Your group thought differently. Why did you think you didn't have to have ... to be happy?
- Is there anything you can see another group have put differently that you would like to ask them about?
- Is there anything the same about the things you don't need to be happy?
- Do you think your parents would have the same list? Do you think you have the same list you had a year ago?
- Thinking - Can you be happy without knowing you're happy?
- Friends - Do you have to be with your friends to be happy, or is it enough to know you have friends?
- Television - If you had never seen a television, would you be unhappy without it?
- Holiday - If you were always on holiday, would it still be a holiday?



Listen carefully to get a feel for what questions the pupils were most interested in. Try and expand upon these, and stretch their thinking by asking follow ups. We know 'Happy' is one of the first concepts children learn, but they will have rarely explored it in relation to another concept.

## NEXT STEPS

Create a class guide to happiness, or tell a tale of unhappiness and compose a class response, agony/aunt style.



Something

else

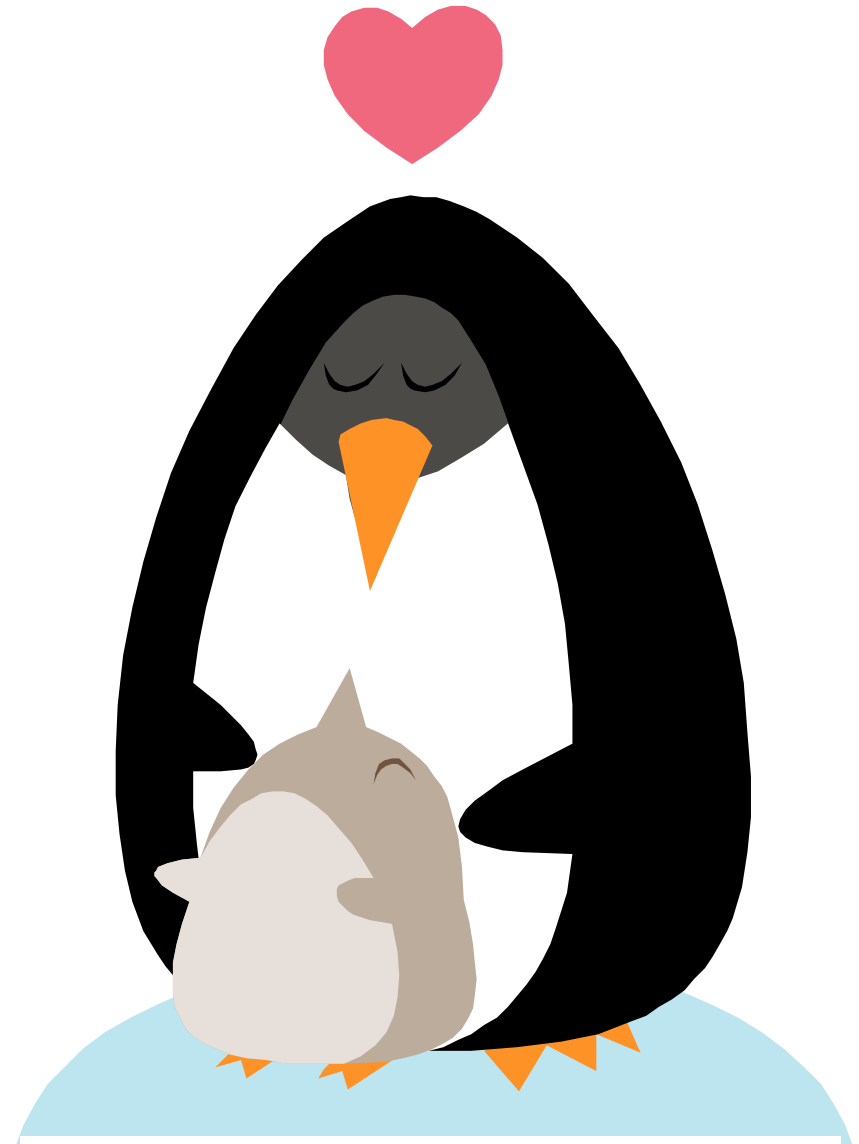


Something

else



friends



love



holiday



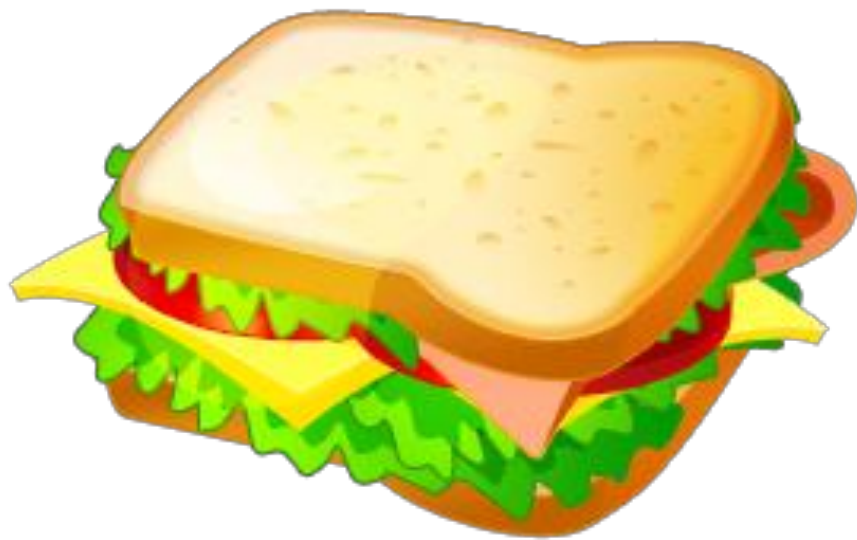
play



music



laughter



food



water



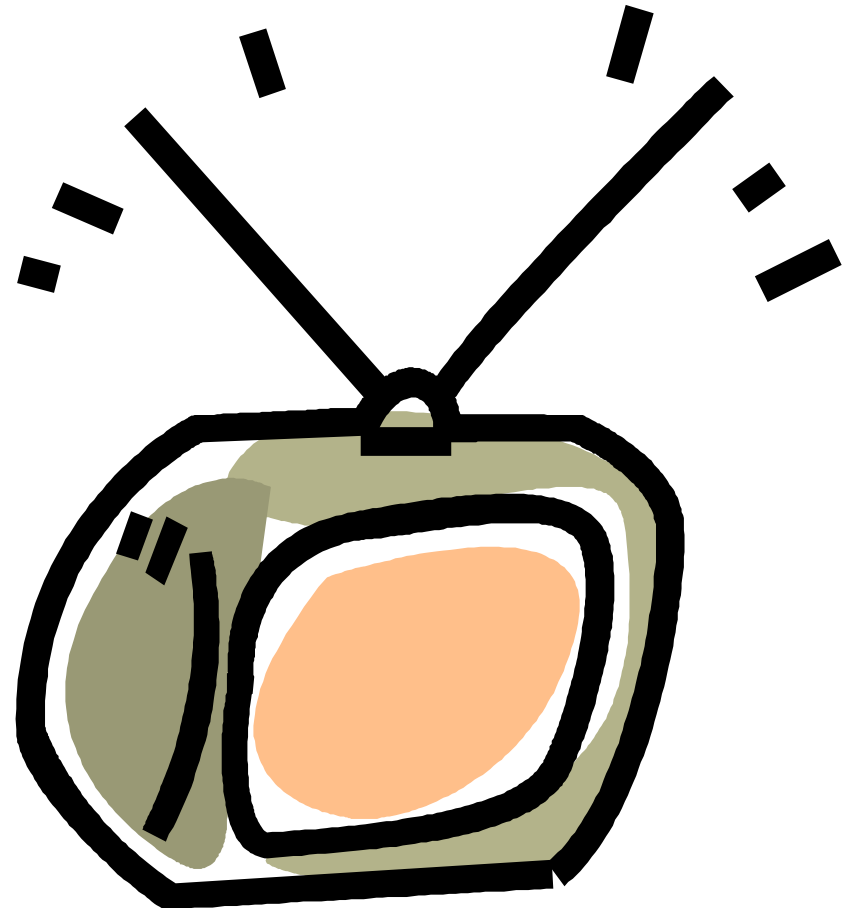
family



car



thinking



television





home



school