



The lengths of happiness

Materials needed: little pieces of paper, ten per child.

Instructions:

Let the children reflect on things that make them happy. Outer things, like things they possess, or people, or friends, but also more inner things like values, things they like to do, things they find important in life.

Let them write these on the pieces of paper they have, one thing per piece of paper.

Then let them share in pairs and/or with the whole group and add things they hadn't thought of yet.

Now have them pair up and give them the challenge to put their pieces of paper in order of duration—how long do you feel happy about it? Have them arrange them in a line from short-term happiness to long-term happiness.

Discussion:

Discuss the outcome in the big group.

- What does this exercise show us about happiness?
- Is there any happiness that lasts forever?