



TODAY'S TOPIC:

Oh, Happy Day!

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Who or what makes me happy?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • 2-4 inch ball, draw a smile face or order pre-printed • Black sharpie • Basket for balls • Timer 	<ul style="list-style-type: none"> • Either you or the children write their name on one of the balls. 	Know that happiness comes within and helping others find happiness increases our own.

ASK: What is happiness? A feeling of pleasure and positivity. Happiness is usually thought of as the opposite of sadness. However, it is possible to feel both at once, often about different things, or sometimes even about the same thing.

ASK: What are some things or people that make you feel happy?

ASK: Are there different kinds of happiness? Happiness can be a part of joy, excitement, gratitude, pride, relief, optimism, contentment, and love. (You can reference examples given earlier).

ASK: Can only certain people be happy, or is it available to everyone? Is it okay not to feel happy all the time? Of course! You are allowed all your feelings. No one is happy all the time and that is okay.

ASK: Is there a limit to happiness? No. If you feel happy, does that take away happiness from other people? No. Is happiness contagious? That means if one person is happy, do other people maybe start to feel happy? Yes! This is like the law of attraction. What you give out comes back to you multiplied, or even bigger. So being happy and spreading happiness can make me even

happier!

ASK: What are some other ways we can increase our happiness?

- Be carefree. Go with the flow. Practice letting go of worry and anxiety.
- Be okay with change. Feel confident that even if things are different than you expect, it is okay and maybe even better than you thought!
- Be grateful. This reminds you of your good and happy things.

ASK: Where does happiness come from? Some people think it comes from money, having lots of stuff, power over other people, or being famous. But happiness is an inside job. That means it comes from you and your thoughts and your actions. Sometimes things are people make us happy, but it is more about the feeling they inspire. For example, my teddy bear makes me happy, but it is actually the love and security that I feel that makes me happy. My friends make me happy, but it is actually the fun and support I feel that makes me happy.

GROUP ACTIVITY: Inspired by <https://andreaknightteacherauthor.com/what-is-happiness-a-fun-lesson-for-kids/>

SAY: In this activity it is helpful to know each other's names so let's all say them again nice and loud and clear.

Take the basket that contains one yellow ball for each person with their name written on it. Ask the group to cover their eyes, then spread the balls in the grass.

SAY: "You have 20 seconds to find your happy face. If you find a happy face that isn't yours, kindly set it back in its place and continue looking for your own." (adjust time based on the size of your group)

After 20 seconds, the group returns to the circle whether they found their ball or not.

Second round: Collect any balls that were found and put them back in the basket. Have the group cover their eyes and spread the balls in the grass. **SAY:** "Let's try it again. This time, pick up the first happy face ball you find and hand it to the person whose name is on it. Come back to our meeting spot after you have given someone their happy face."

SAY: "These little balls are like happiness. It's harder to find it if we're only looking for our own. But if we care about other people's happiness, we'll find ours too."

AFFIRMATION: I find something "happy" every day. Repeat 4x

AFFIRMATION – I find the "happy" in every day. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

