

## An Exploration of Happiness

As part of our exploration of happiness this term, we decided to investigate three different facets of this concept. This blog will explain these three themes, how we investigated them and what we learned.

### Theme 1: Our Perception of Happiness

We discussed what happiness IS – is it a feeling? Thought? State of mind? We then created group art pieces to express our different perceptions of happiness.

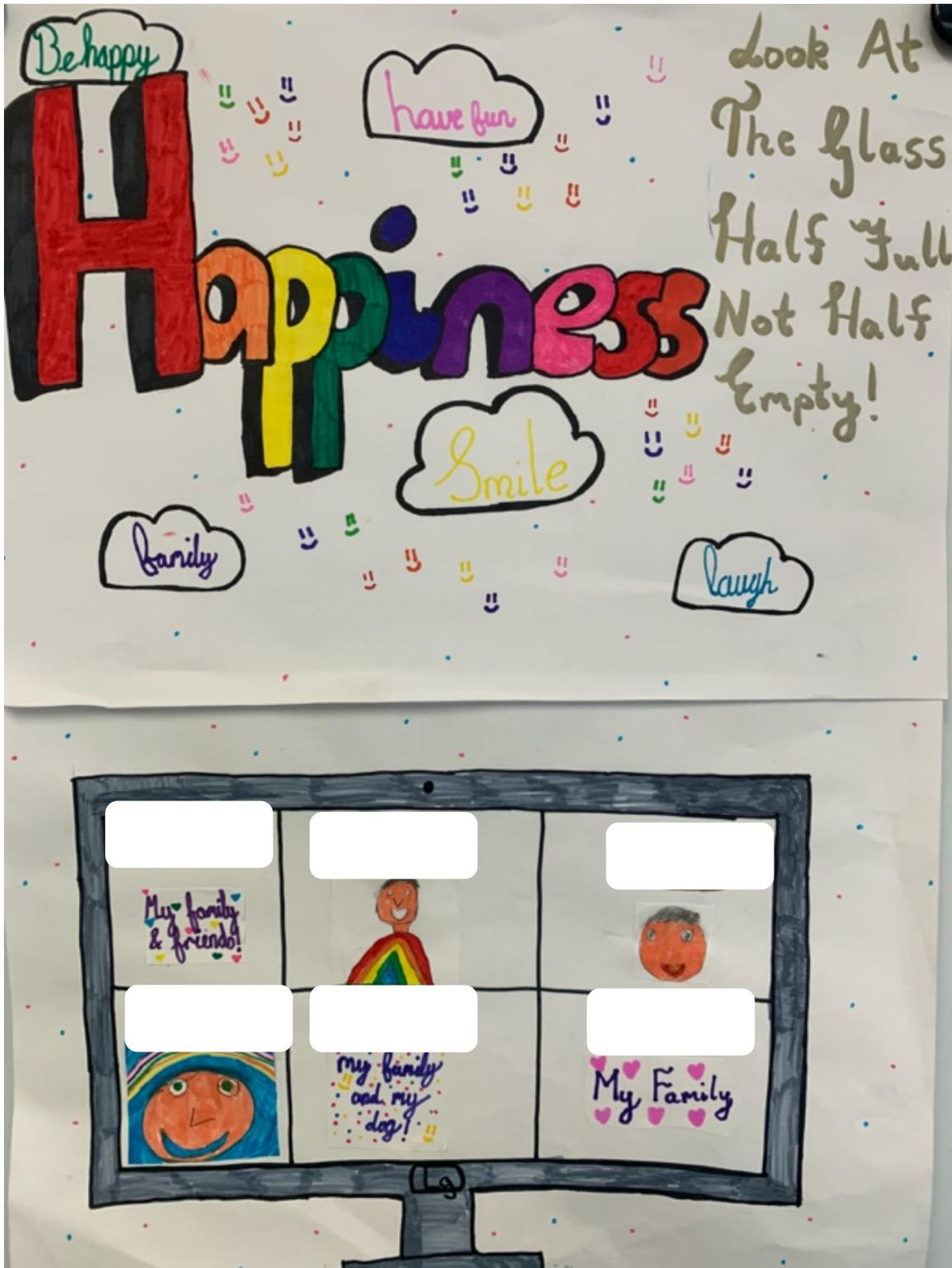
#### Yellow Pod:

We did bubbles because it's a four-year-old's perception of happiness. Bubbles are fun and, most importantly, we thought it would be cool to put things we love and make us happy. These things make us happy because they are fun and make us feel content.



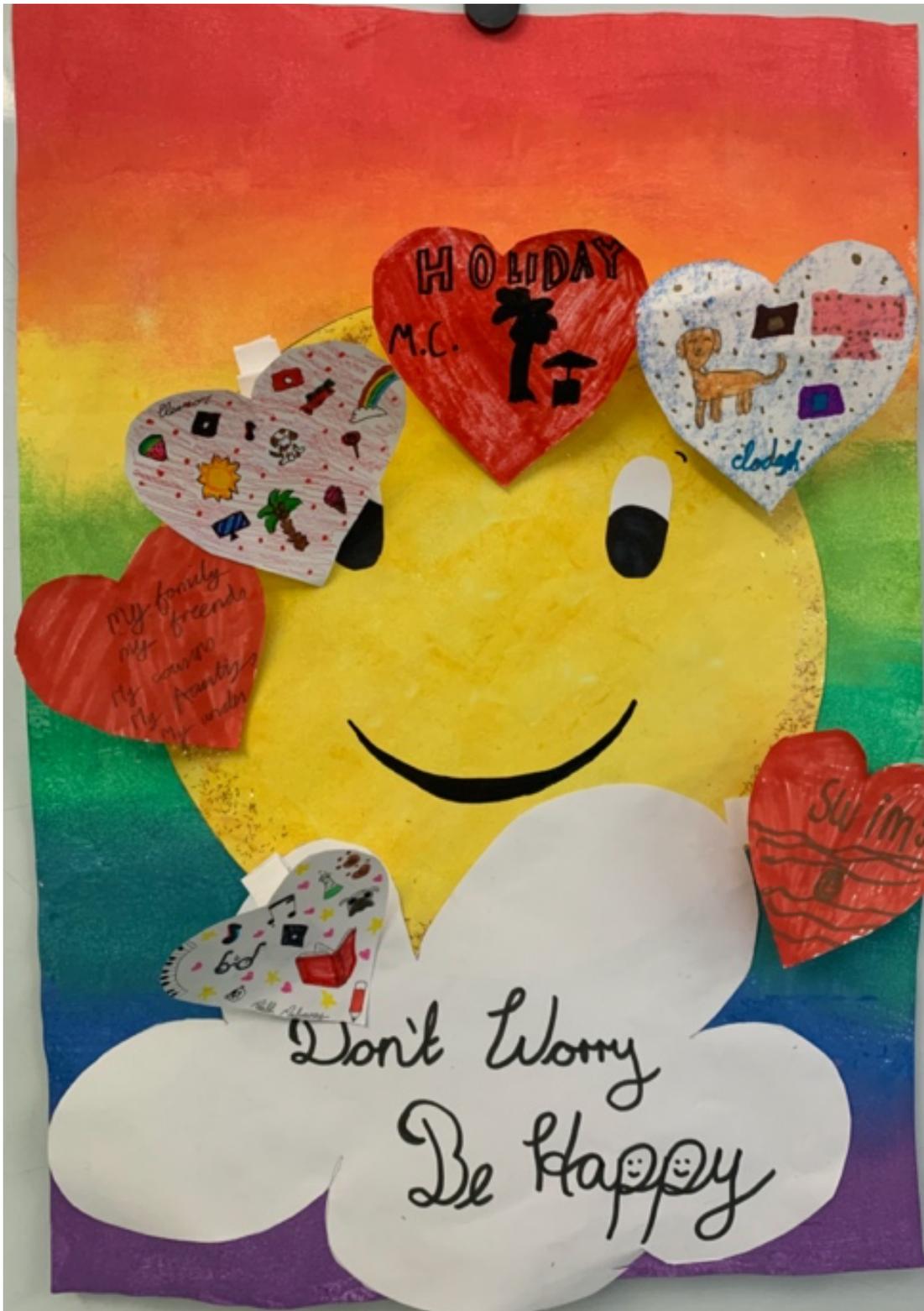
Blue Pod:

Our artwork is about a TV where we all described something we love. This whole project is about not letting anyone bring you down – keep your head up.



**Red Pod:**

We discussed what makes us happy and if happiness is a feeling. Then, together in our pod we created a poster with drawings that represent what makes each of us happy. We see happiness as bright colours and big smiles.





## Orange Pod:

We made a galaxy poster because all of the stars represent everyone's ideas of happiness, whether it's playing with friends or just reading a book. No matter what people said we were still including it because everyone's perception of happiness is different. We chose the galaxy because when you are happy you can often drift away to a galaxy of happiness.



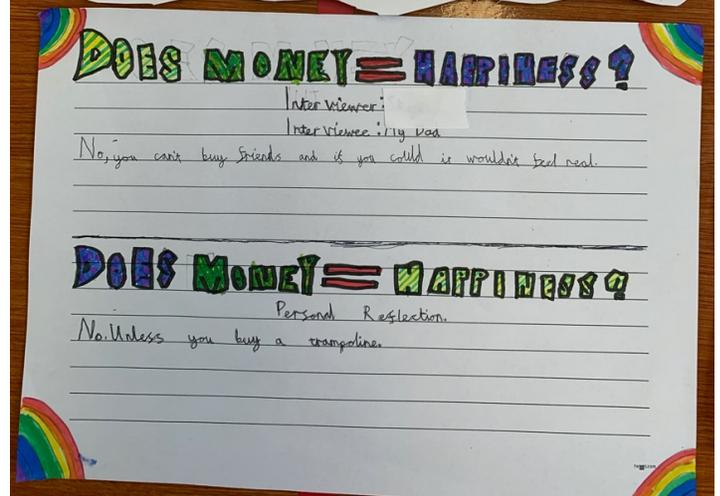
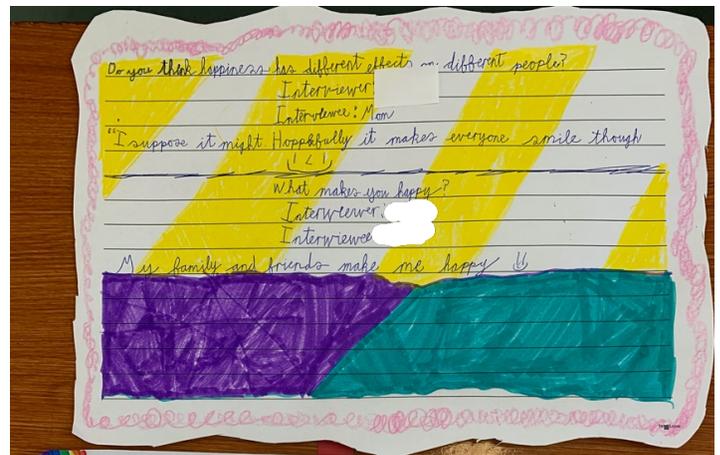
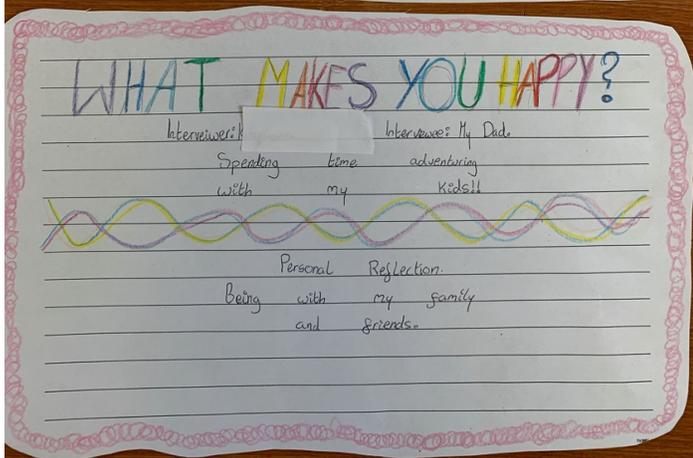
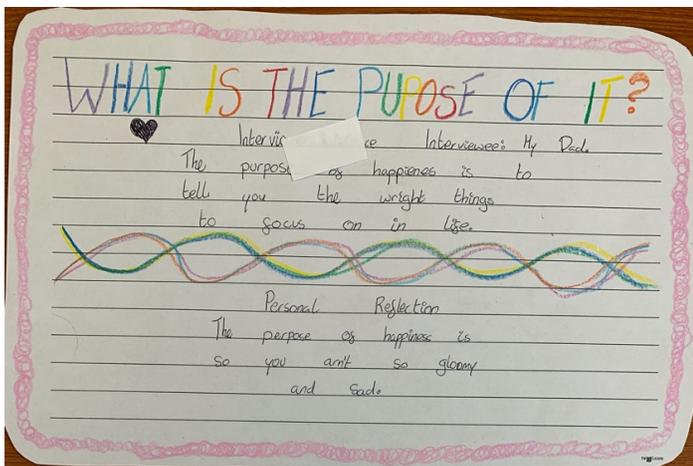
## Theme 2: Characteristics of Happiness

We had a discussion about the different characteristics of happiness for example – is happiness long or short? Is it the same for everyone?

We decided to ask an older person their opinion as well as giving ours because we wanted to see the differences between an old and young perspective.

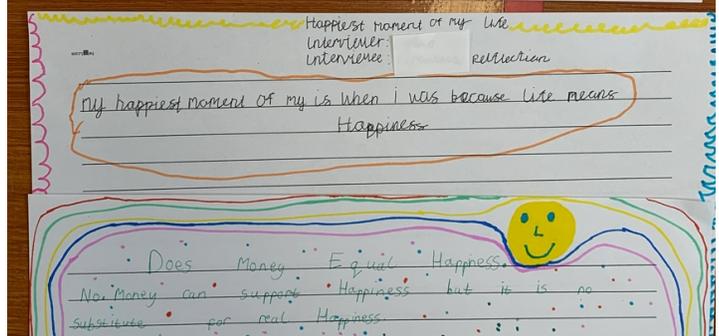
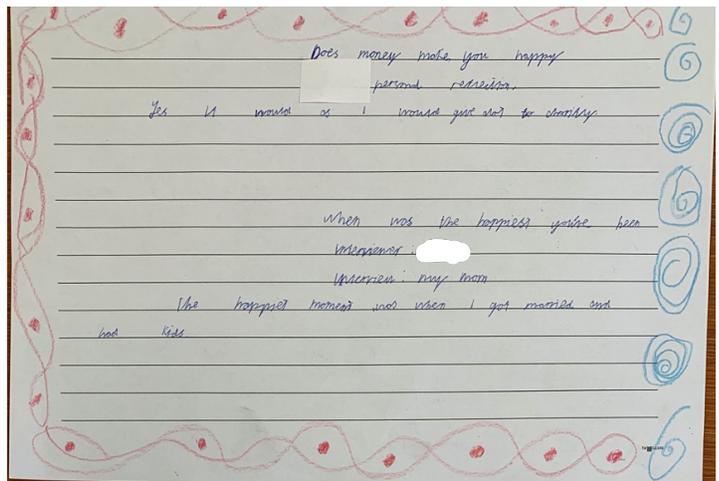
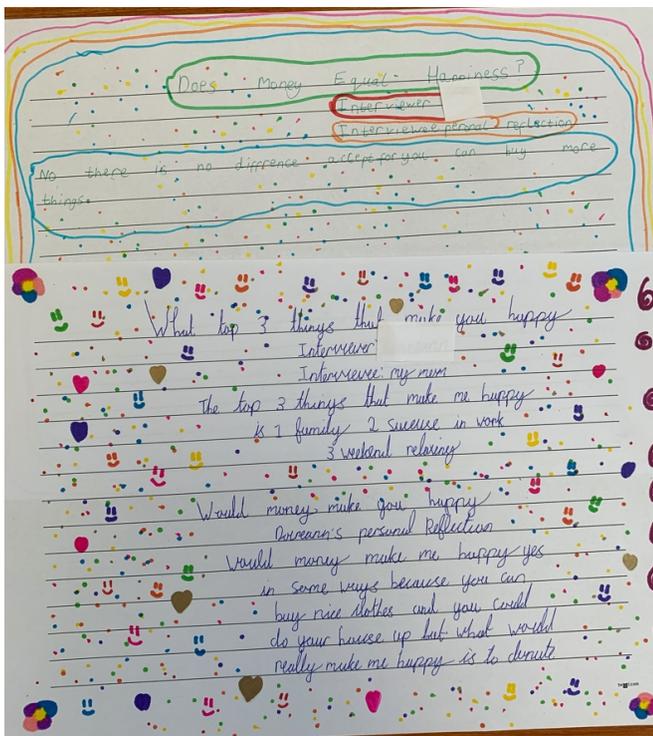
### Yellow Pod:

We interviewed older people to show how people's opinions about happiness can change as they get older and how people are different. We interviewed our parents or child minders and then did a personal reflection. We learned that happiness is different for different age groups e.g. when we were 1-5 years old, we loved toys and from 6-10 we liked video games and so on and so on.



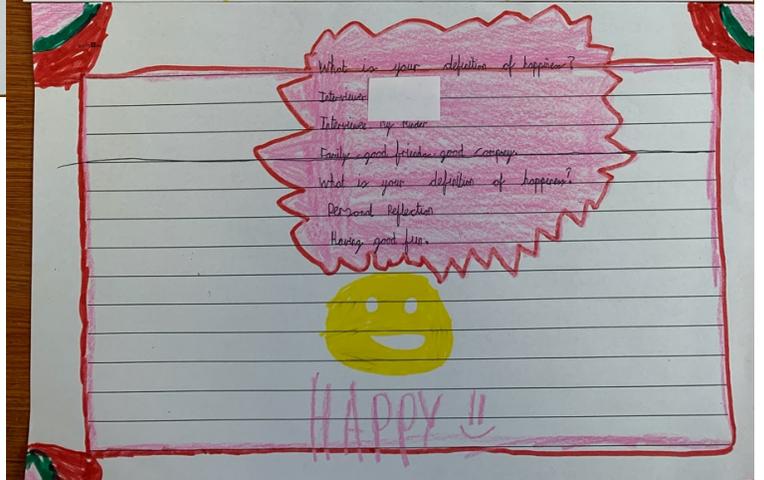
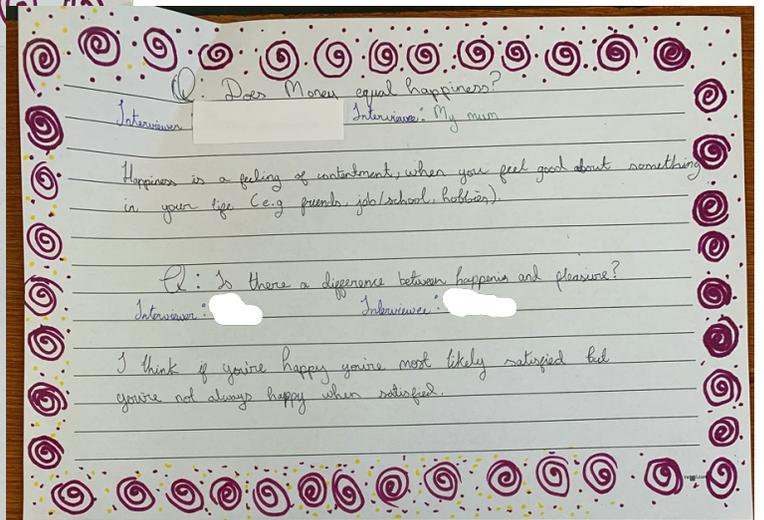
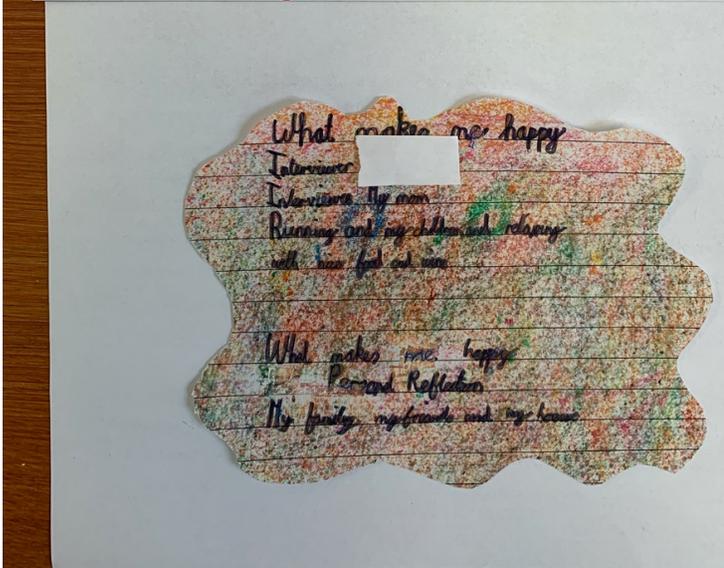
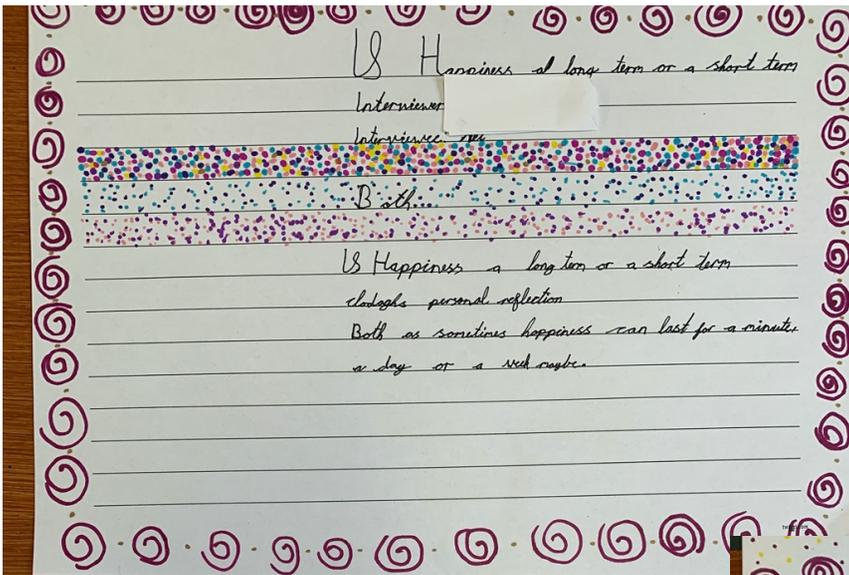
## Blue Pod:

Some of our answers were different to our parents because they have done different things in their life than we have. For example, some parent's happiest moment was when they had kids and ours is having fun with our friends but for everyone's family and friends made them the happiest. The pandemic has shown this to everyone very clearly.



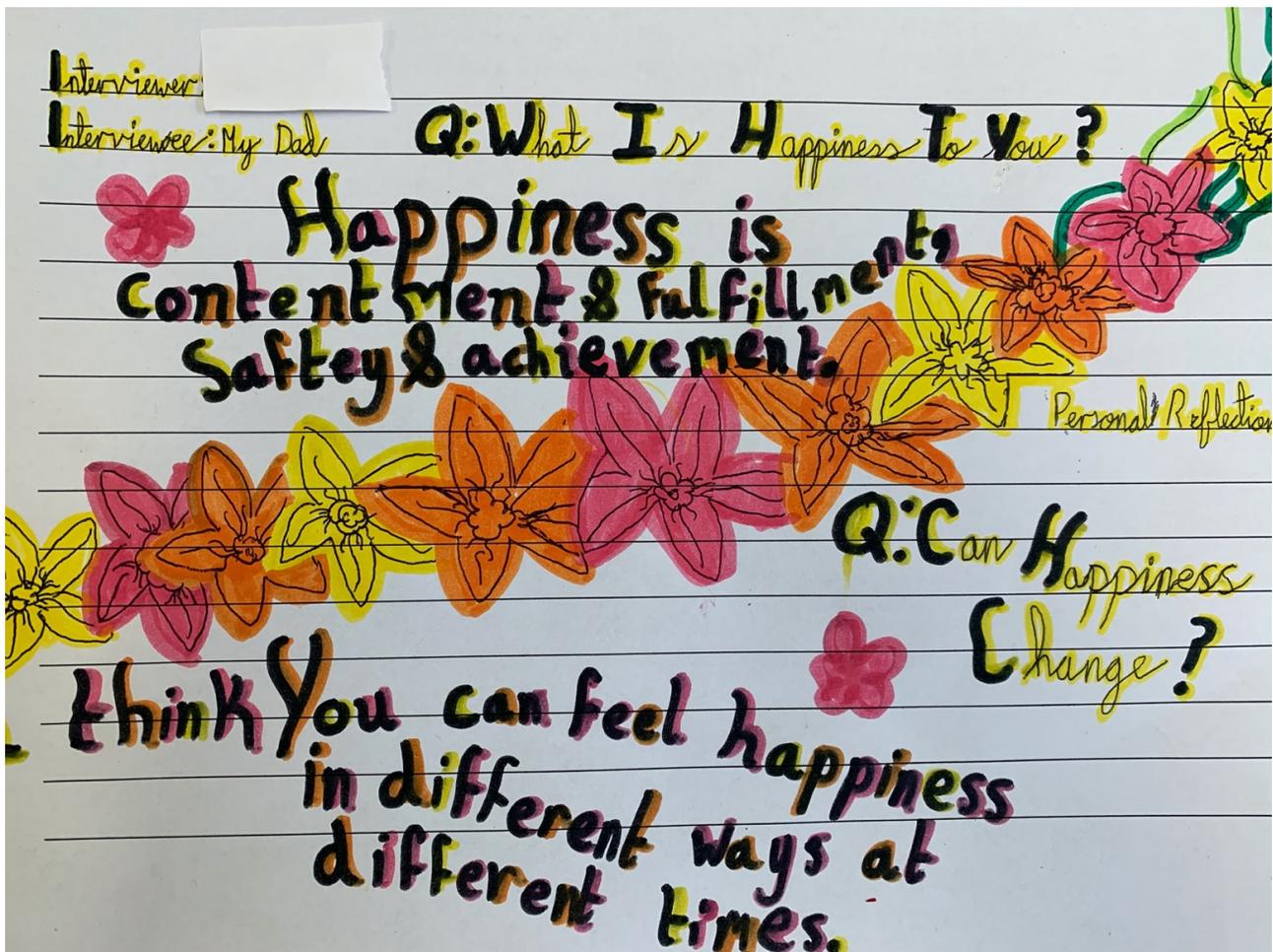
Red Pod:

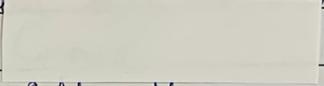
We had a discussion about the different characteristics of happiness e.g. are happiness and pleasure the same thing. We decided to talk to a different generation to see what happiness is to them. We had a lot of the same opinions e.g. something can be fun but not always lead to happiness. You can be satisfied but that doesn't mean you are really happy.



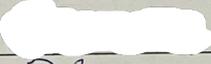
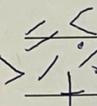
## Purple Pod:

As part of our project we did interviews of adults and completed personal reflections to see the different opinions of different ages. We had a discussion about different questions e.g. is happiness long or short term? What is the purpose of happiness? We then asked adults these questions and got back interesting results. They show that some ages have different opinions on some topics about happiness for example on our definitions of happiness – some older people thought that happiness was a feeling and some of the younger people felt that happiness was more of a thought that expresses itself physically. However, we also agreed happiness looks different to everyone and it is very individual as people find happiness in lots of different places.

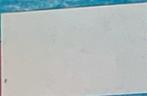


When/Where is the happiest you have been?    Interviewer:  Interviewee: My Mom

Difficult to pick out specific things  
e.g. Sporting Achievements, Marriage, Birth of children.

When/Where is the happiest you have been?    Personal Reflection  
Playing football in Monaco               

Q: Do you think happiness is the same for everyone

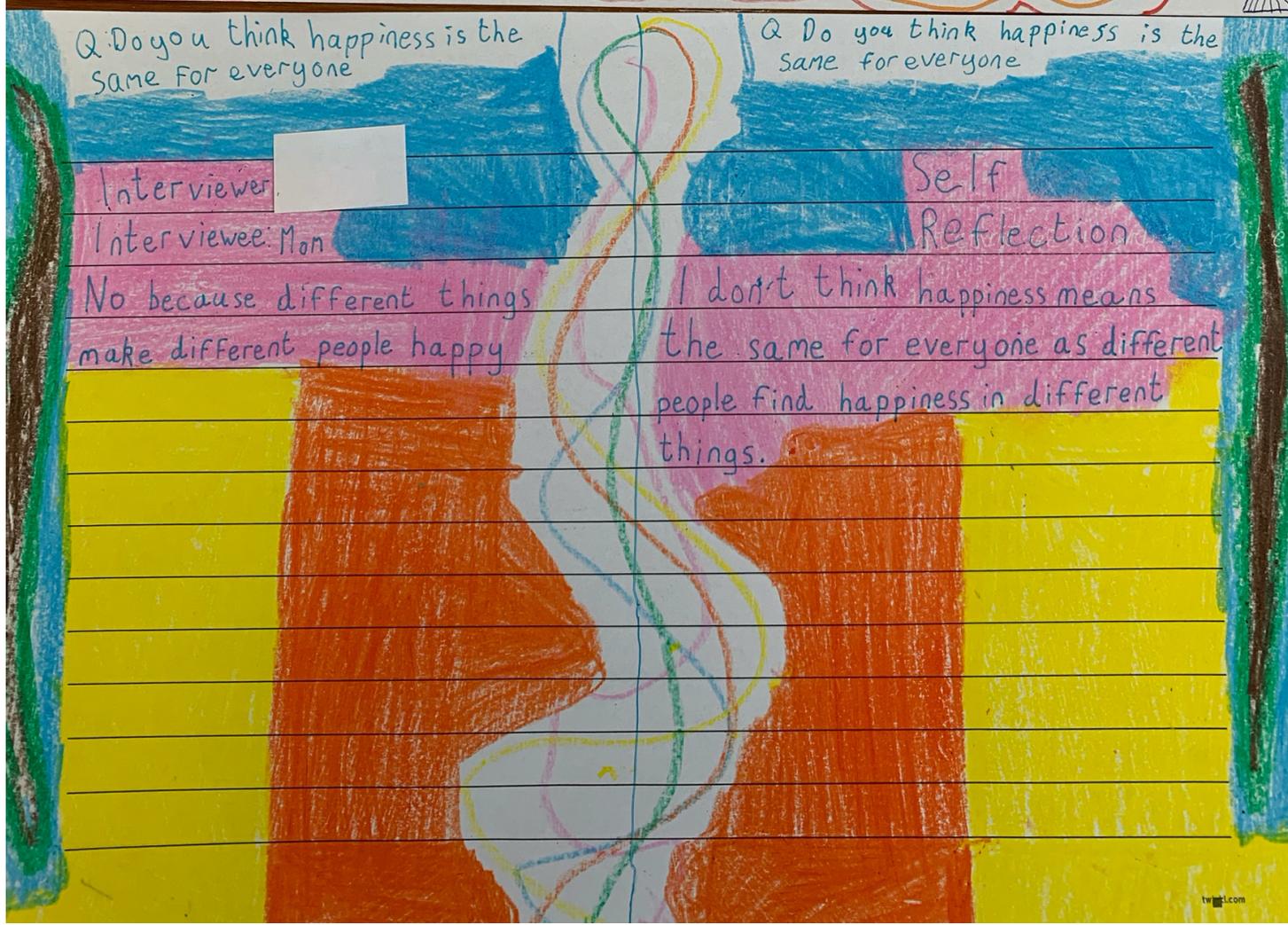
Interviewer:  Interviewee: Mom

No because different things make different people happy

Q: Do you think happiness is the same for everyone

Self Reflection

I don't think happiness means the same for everyone as different people find happiness in different things.



# What is happiness?

Interviewer: [redacted]

Interviewee: My Dad

"It is predominantly a good feeling influenced by your approach to life, your thoughts and actions but also sometimes affected beyond things your control."<sup>93</sup>

## My Personal Reflection,

"I think happiness is a thought that you can feel in you not just mentally but also physically. I also think you can not feel happiness without sadness."<sup>93</sup>



Interviewer [redacted]

Interviewee [redacted]

Q Is happiness and pleasure the same things?

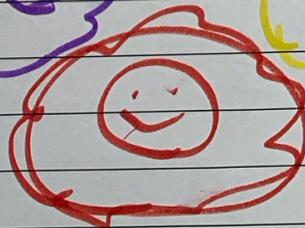
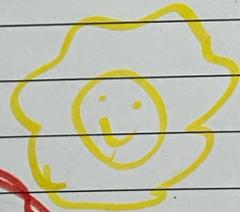
A No as pleasure is shorter

Interviewer [redacted]

Interviewee Dad

Q Is happiness the same for everyone?

A No as different people want different things



## Orange Pod:

For this project we learned that there is a lot more to happiness than you think. Like how older people could have a different take on happiness than a young person and how the sources of happiness differ for different people, no matter what age you are.

How will you know when you are truly happy

Interview: [redacted]

Interviewee: My Mom

When I can communicate. When I can understand what is going on with me, others and world around me. When I can accept me for being me

How will you know when you are truly happy

Personal Reflection

When I can communicate. When I can understand what is going on with me, others and the world. When I can accept me for being me.

## IS HAPPINESS NATURAL?

Interview: [redacted]

Interviewee My Mom

I think some people find it easier to be happy than other people. Happiness comes from being happy with yourself first and sometimes people try to find happiness in money or other things so it can be harder to find happiness.

## What is the PURPOSE of HAPPINESS

I do not think there is a purpose of happiness I think happiness is a series of choices that you can make.

# HAPPINESS yay!!

What is the purpose of happiness?

Interviewer: [redacted]  
 Interviewee: my mom

Happiness is the key to our overall happiness and wellbeing. It helps us to guide us through life. For example, you may achieve your dreams then you only realise that it doesn't matter where you are as long as you're happy.

Interviewer: [redacted] Personal reflect!

The purpose of happiness is the reason we have friends, pets and enjoy the simple things of life.



## Is happiness different for different people?

Interviewer: [redacted]  
 Interviewee: My dad

He thinks what makes people happy is different for different people.

Personal reflection

I think what makes people happy, what happiness means to people and people's reactions to happiness are different.



## Has the current pandemic changed your perception of happiness?

Interviewer: [redacted]  
 Interviewee: My mom.

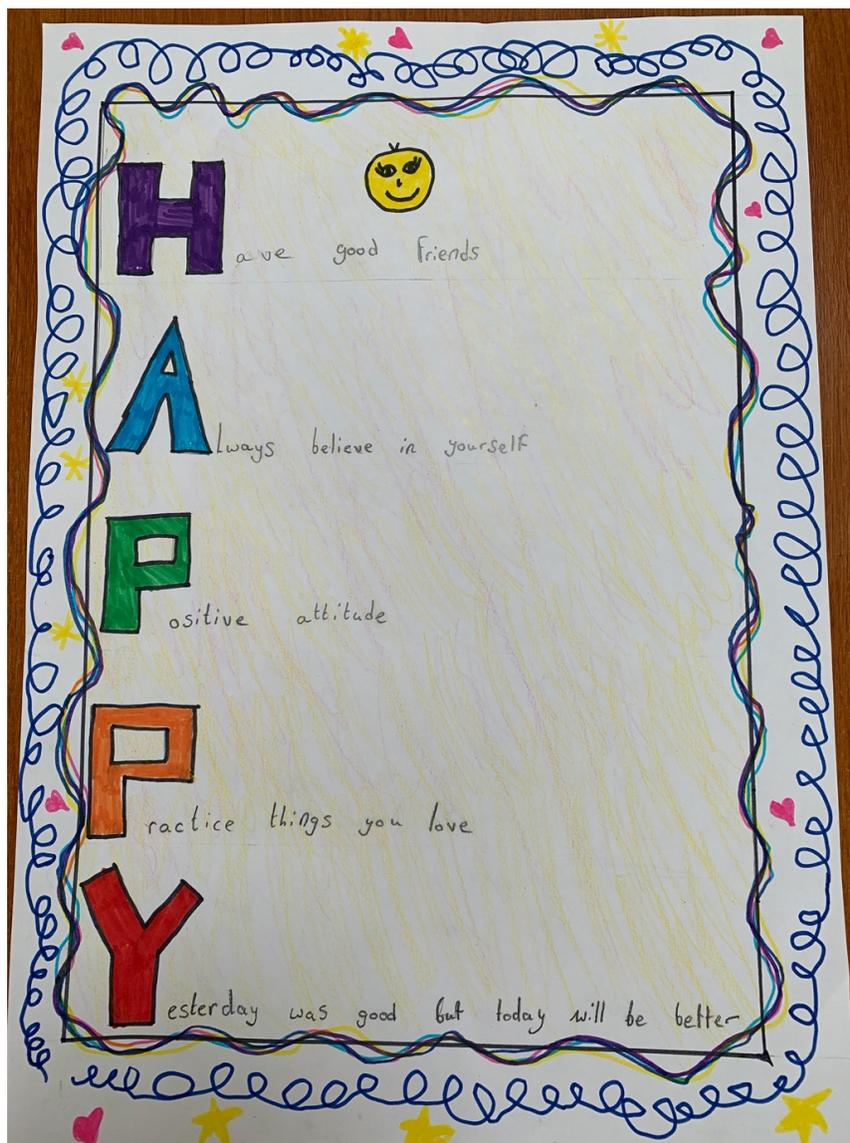
Yes it has shown that the simple family lifestyle has given the family happiness e.g. hikes, walks, swims.

### Theme 3: Our Advice for How to be Happy

Being kind and helping other people is very important to our class. Therefore, we decided to compile our learning into our top 5 tips on how to be happy so as to share our discoveries with others.

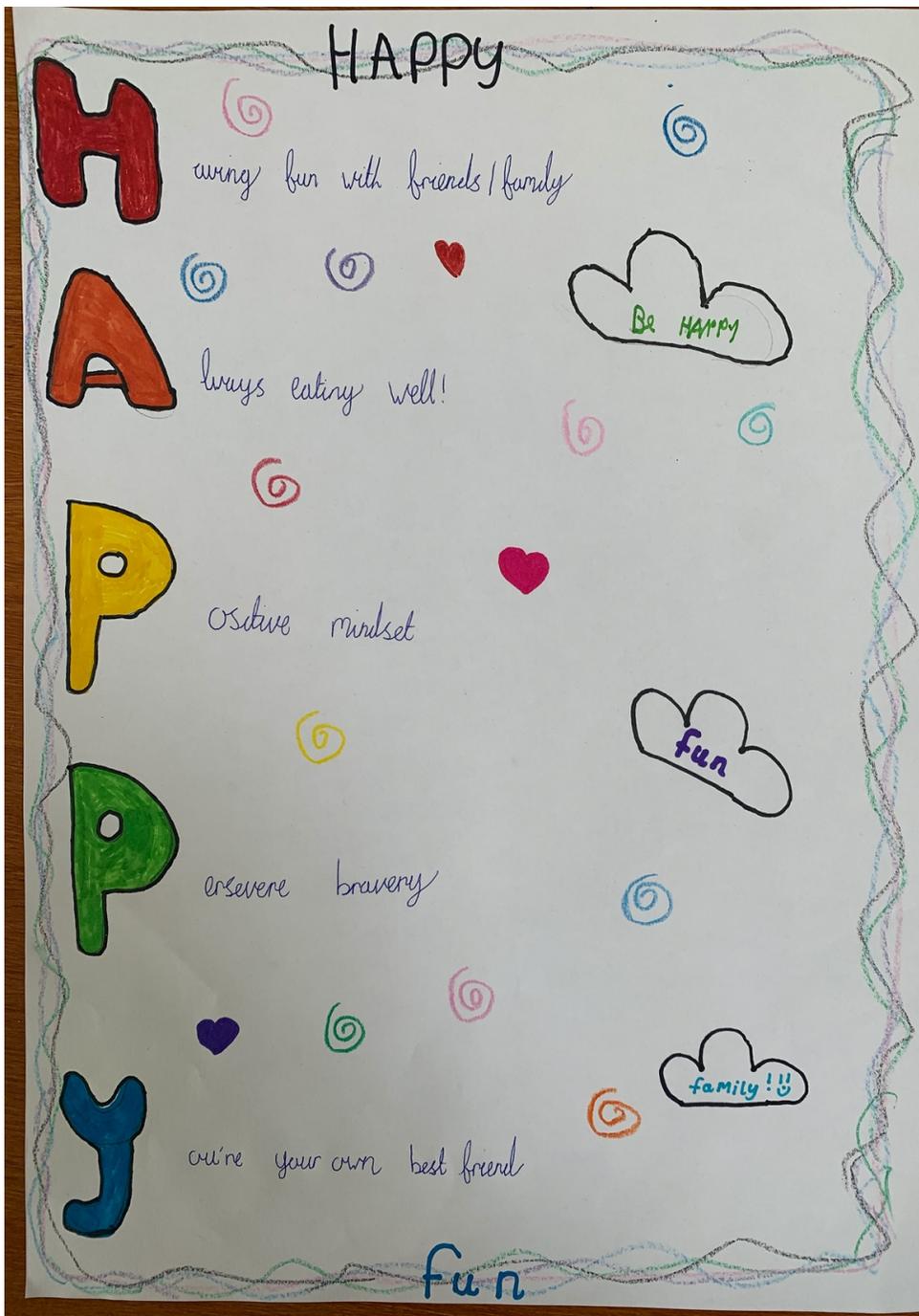
#### Yellow Pod:

When we were talking about advice on how to be happy, we had multiple ideas about it. People might have different ideas of happiness – especially as a result of the pandemic e.g. I just want to see my grandparents; my friend wants to start football training again. We did a big brainstorm on what gives people happiness. As a group, we decided on the top 5 that could help EVERYONE.



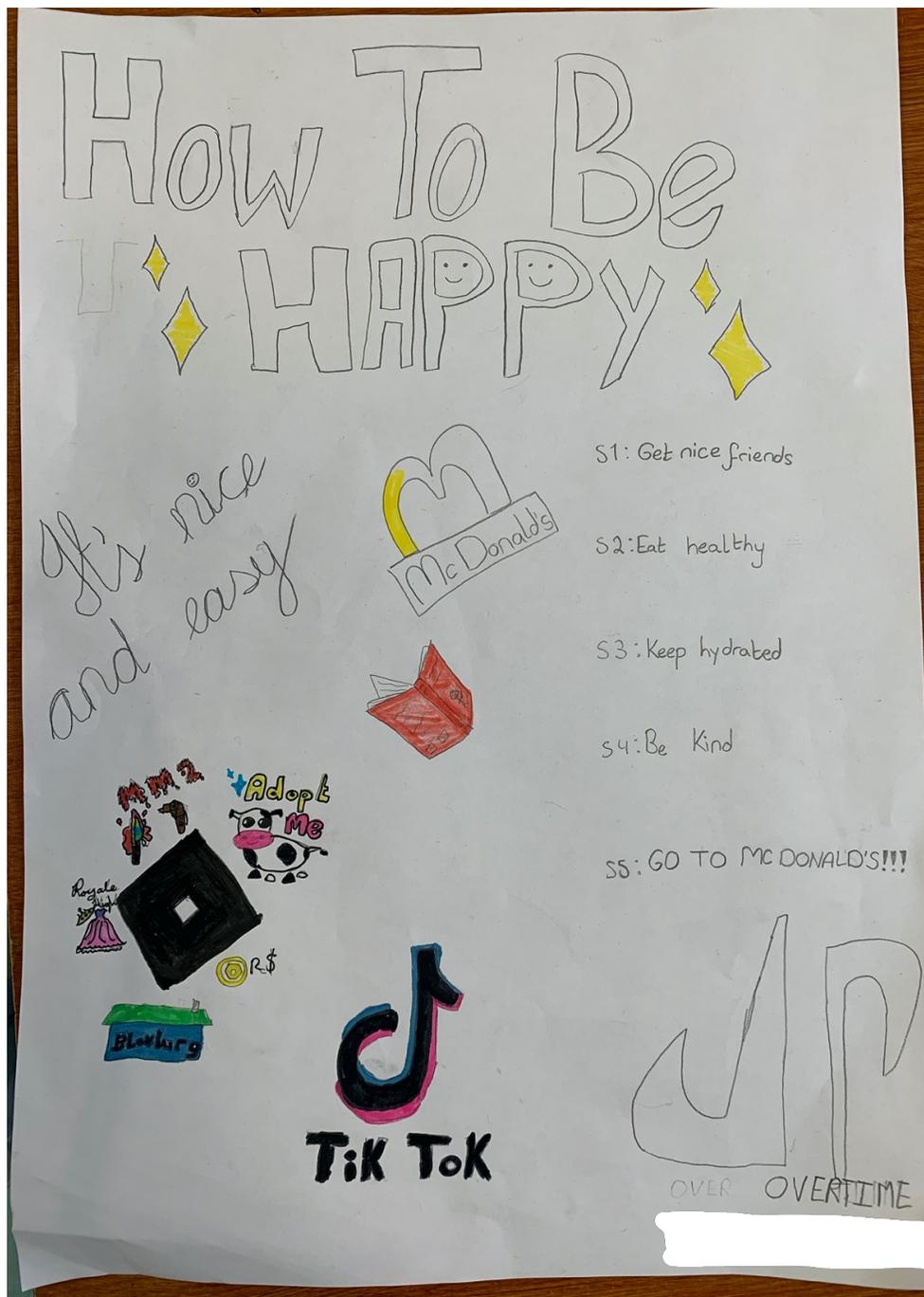
**Blue Pod:**

In our group we discussed our top 5 tips for how to be happy. We decided getting exercise is good for you as it released happy chemicals. Sleep is great as you need energy to be happy. You must eat well as you need your body to feel good to make your mind feel good and that is where your happiness is created. Listening to music is really important as it makes you relaxed. Most importantly, having fun with friends is very important for happiness as it makes you really excited before you meet them and then you are content afterwards.



Red Pod:

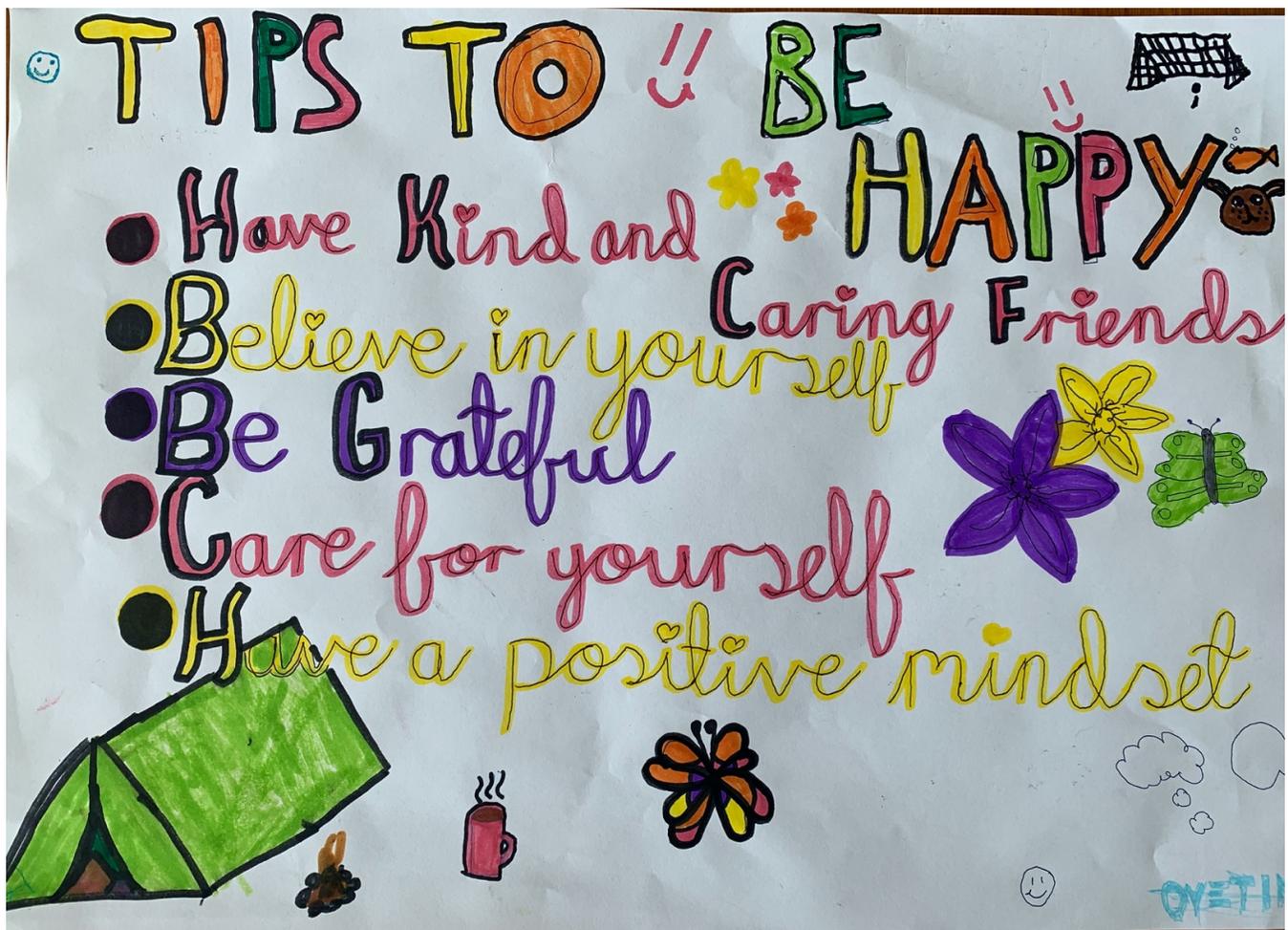
Firstly, we brainstormed as a class different pieces of advice the whole class had on how to be happy. Then as a group we picked our top 5 tips. We made them general so that people can take their own meaning from them e.g. 'spend time on/with things we love' as the boys in this group love to play soccer and the girls enjoy playing video games. We then put the tips on a poster and shortened them to make them less complex so everyone can clearly understand our advice.



## Purple Pod:

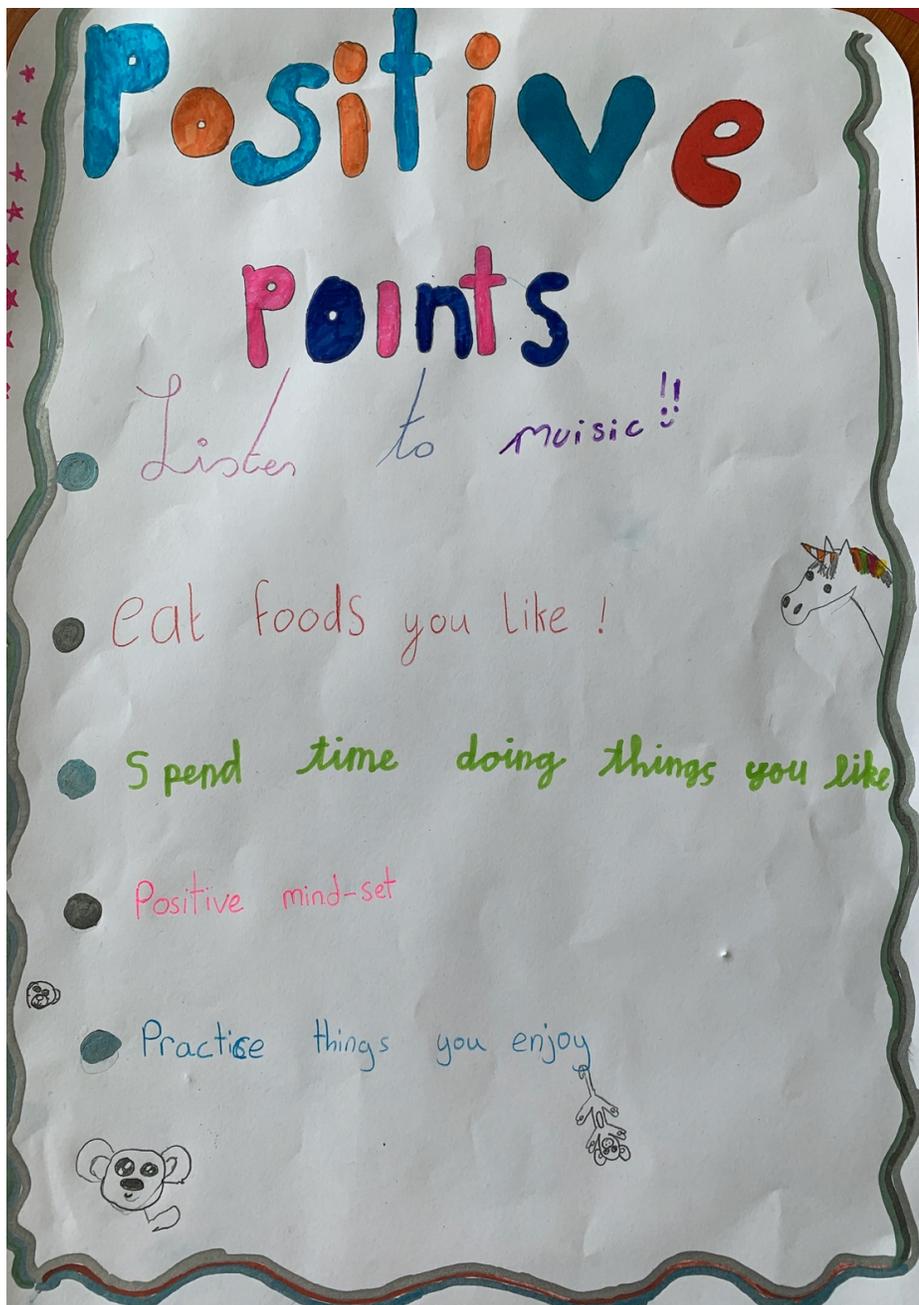
For our top 5 pieces of advice on how to be happy we decided as a group.

1. If you have good friends, it is more likely you will be happy as you will laugh more
2. If you believe in yourself people will too, and you will succeed more in life
3. Being grateful makes you have a cool, positive outlook and a good attitude to life
4. Self-care is very important as it keeps us healthy and happy. It gives us a positive mindset and keeps us fit for outdoor activities (nature is very good for happiness)
5. If you have a positive mindset you will see the good in things.



## Orange Pod:

We talked about the different ways to keep happy as a class and as a group we voted on what makes us all happy – maybe in different ways. We chose listening to music as it can make you want to dance and cheer you up. Eating foods, you like can help you look forward to things. If you spend time doing things you like you will enjoy life some more and having a positive mind-set can help you get through difficult parts of life. You have to practise things you enjoy as the better you get at them the more you will enjoy them!



**In Conclusion**, we really enjoyed exploring happiness as a class. We have decided that while we still don't have an exact answer as to what happiness is, that's OK because we learned a lot about ourselves and our friends and family in the process. Happiness is a very abstract topic but one thing we can agree on is that the ongoing pandemic has changed everyone's perception of happiness. Before the pandemic we relied on 'add-ons' for our happiness e.g. toys and games, and this has brought us back to our basic level where all we need to be content and happy is our friends, family and good health. 😊

What is the purpose of happiness?

Interviewer:

Interviewee: I had

The drive for happiness is what gets us up in the morning.

It gives us a sense of purpose everyday.

How the current pandemic changed your perception of  
happiness in any way?  
Realistic happiness reflection

Here it has or before I always thought I was happy when I got a new toy or something like that but now I realize what has always truly made me happy and what I have always taken for granted for so long, and that is my family, friends, pets health and just how lucky I am.