

What does happiness mean to you?

When you see your friends

When you feel cheerful and joyful

Being able to regulate yourself

When you are very proud of something. Not stressed or sad. A positive emotion that leads to positive actions.

Happiness is skipping around and laughing. Happiness is where your mental health is really positive. Happiness is special festivals and spending time with your family.

something that makes smile

When someone shows kindness towards you

Spending time with family and friends

What does happiness mean to you?

happiness is doing something you love.

Happiness is looking on the positive side.

Emotion you feel when you are around people you like, or doing things you like

opposite of sadness, good contributions to society. Positive mindsets and being optimistic

Feeling positive about things, having a positive mindset

doing something you love

Supports us being able to choose positive actions

