



<https://www.youtube.com/watch?v=q1KIYn5Z-EA>

Other words for happiness

- Pleasure
- Joy
- Exhilaration
- Bliss
- Contentedness
- Delight
- Enjoyment
- Satisfaction



When people are asked what makes them happy?

They say :-

- Money
 - I'd like to win the lottery.
- Fame
 - I'd like to be a celebrity
- Possessions
 - I'd like new things to have or wear.



Collect
* moments *
NOT THINGS

What makes you happy?

HAPPINESS

In 1957 people were much poorer than they are today.

57% of people said they were happy.

Now

We are 3 times richer

36% of people say

they are happy.



Don't let

THE SILLY LITTLE THINGS STEAL
YOUR HAPPINESS.

So if money doesn't make you happy – what does?

- Relationships with family
- Relationships with friends
- Being part of a community.
- Having a purpose in life.
- Helping and caring for others.
- Being successful
 - Having a job to do or a role with meaning

**HAPPINESS IS NOT ABOUT WHAT HAPPENS TO YOU
BUT HOW YOU CHOOSE TO RESPOND TO WHAT
HAPPENS.**

Smiling is infectious

You catch it like the flu
When someone smiled at me today

I started smiling too!

I passed around the corner
And someone saw my grin
When he smiled, I realised

I'd passed it onto him!

I thought about that smile

Then realised its worth

A single smile just like mine

Can travel round the Earth!

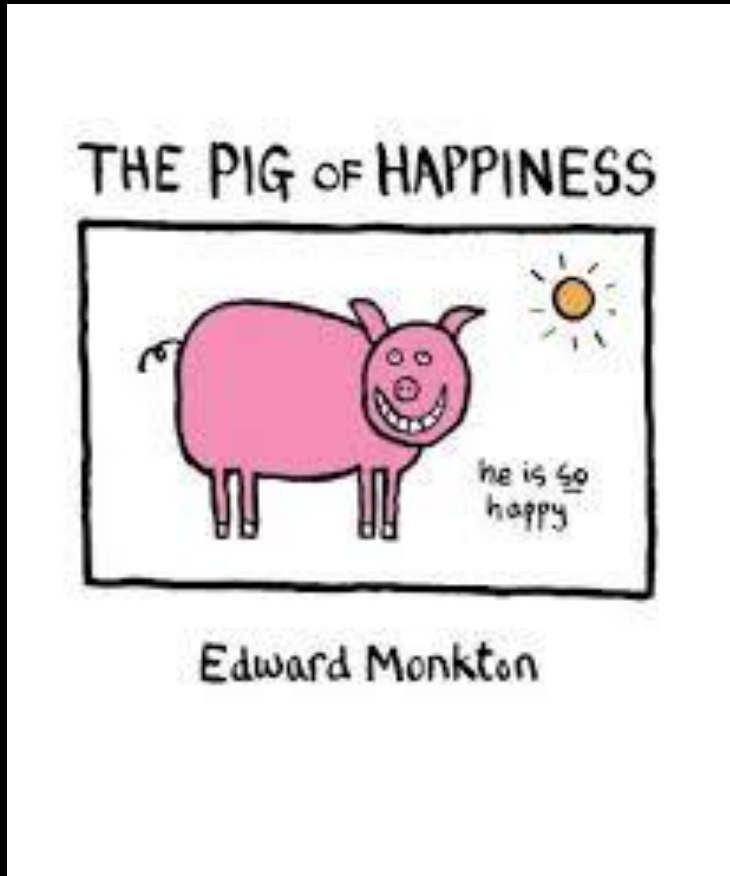
So if you feel a smile begin

Don't leave it undetected

Let's start an epidemic quick

And get the world infected!

Doing Good Feels Good



<https://www.youtube.com/watch?v=uoiIY1ww8M4>

**Don't focus on the things you
don't have.**

**Remember all the things you do
have – friends and family and St
Mark's Community**

**NOBODY IS IN
CHARGE OF
YOUR
HAPPINESS
EXCEPT YOU.**

PICTUREQUOTES.COM

**Think about what you have inside
yourself.**

**Confidence, humour, intelligence,
love, kindness and gentleness.**

Smile,
happiness looks
gorgeous on you!

Have targets and goals ...

What is your aim for the New Year?

Smile

Have fun

Work as part of a team

Help others

Forgive others

Enjoy time with your family

Respect others

Be brave

Persevere

Love one another ...

 ACTION FOR HAPPINESS ASKS OF YOU...

 TO BE LOVING, COMPASSIONATE AND TRUE,
A GIVER OF JOY AND A HEALER OF SORROW,

CREATOR OF A NEW TOMORROW. 

 MAKING THE HAPPINESS OF ALL
YOUR WISH, YOUR COMPASS AND YOUR GOAL.

The book of Ecclesiastes in the Bible is one of the books about wisdom. In this reading we are reminded that simple things can make us happy:

A reading from the book of Ecclesiastes (11: 8 – 10)

It's good to be alive

When you are young and when you are old.

No matter how long you live,

There is always something you can find to be happy about.

Enjoy every minute of life, young people, and remember God in everything you do.

This is the Word of the Lord

Thanks be to God



A prayer for all of us

Here in our school

Let us be patient and loving at all times.

**Let our rooms be full of happiness
and respect for each other.**

Let love be in our hearts

With kindness and compassion for all.

Let us remember

In learning together,

We grow together

And succeed together.

Amen