

Choosing Happiness Family Questions

Today we explored happiness. We talked about the importance of creating happiness and how we can find happiness in the smaller, every day things. We also discussed the importance of all emotions and how it's ok if we don't feel happy all the time. We finished with discussing ways to boost and maintain our happiness.



I heard today's topic was about happiness...

What does happiness mean to you?

What makes you feel happy?

What are you most grateful for in life?

Tip: Try bringing gratefulness to the dinner table! Make a little routine of sharing something you're grateful for each day when the family comes together (dinner time/breakfast/car ride etc). Make sure everyone says at least one thing they are thankful for. You might need to offer some suggestions on those tough days. A grateful heart is a sure fire way to boost happy feelings.