

Happiness



- 20th March is the International Day of Happiness. It recognises that happiness is a fundamental human goal, and calls for a more just world, where everyone can achieve happiness and wellbeing.
- The day was started by Bhutan, a country that prioritises happiness for its citizens. It measures success with a Gross National Happiness Index, rather than just focusing on economic prosperity. Happiness in Bhutan is closely linked to simplicity, to valuing nature and community rather than things.
- What does happiness look like for you? Is it about positive relationships? Having a sense of purpose? Having things to look forward to? Making other people happy? It probably looks different for everybody.
- Philosophers and psychologists often distinguish between short-term experiences of pleasure and long-term, deeper feelings of meaning and purpose. Do you think happiness is the same as joy or contentment?
- How can we create happy children and happy classrooms? How much importance do we place on the happiness of the adults in our school communities? Are there simple steps we could take to achieving this?

“Happiness is not something ready made. It comes from your own actions.
Dalai Lama

“True happiness comes from the joy of deeds well done, the zest of creating things new.” Antoine de Saint-Exupery

