

# Year 3

# Rights and Responsibilities

**BIG QUESTION: What makes us happy?**

If we live in God's love then we will have joy. (John 15:9-11)

**Task: What do you think real happiness is? Ask your family what they think true happiness is. Think about:**

**\* feelings   \* possessions   \*people   \*faith   \*situations   \*ability**

**Rate on a scale of 1-10 which you think is the most important ingredient for true happiness.**

## Key Vocabulary

feelings

possessions

people

faith

situations

ability



## 6 rules for happy habits



1. **Wake up early.** Waking up early and going to bed early creates a positive routine for your body and mind.
2. **Exercise daily.** Getting your body moving wakes your body up and is good for your brain, it releases happiness chemicals.
3. **Relax at the end of the day.** Finish your day by doing something relaxing. Downtime is just as important because your body and mind need time to recover so they're ready for a new day.

4. **Regularly help others.** Acts of kindness and helping others boosts your happiness & wellbeing as well as the wellbeing of whoever you're helping.

5. **Learn new skills.** Life and happiness is about growing and developing. Look for new challenges and opportunities to progress.

6. **Have lots of ways to "win" each day.** Set different mini challenges each day to give yourself the opportunity to have little wins. For example, read one chapter from a book you're reading, go for a walk, learn a new spelling, play a game.

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**BIG QUESTION: What are the barriers to happiness?**



**Task:** What gets in the way of us being truly happy?

Look at adverts on TV and in newspapers and magazines.

What do they say about making people happy?

Are they right or are they actually barriers to true happiness?

Ask your family about what they think barriers to happiness are.

What do you think are the top reasons why people are not happy?

What really surprised you about their answers?

**Make a chart of your findings.**

## Music Task

Collect together as many pop songs as you can think of that talk about happiness. What do they say that makes people happy?



**Art Task:** Can you make an artwork about the barriers to happiness. What can you draw to make people happy?



**Creative Writing Task:** Compose your own advert for TV promoting a remedy for getting over the barriers to happiness.



**I feel...**

