

Happiness Assembly Script

Theme: happiness is a state of mind and found inside ourselves.

SLIDE 1. (click on speaker icon for accentuate the positive song) Do you all remember or recognise this character? – click – Mr Happy

SLIDE 2. Maddi- So, this morning, we're going to share with you some thoughts about happiness...

SLIDE 3. Aamani- When people are asked what they need to make them happy they say things like money – click - a lottery win...

SLIDE 4. Fame – click - celebrity

SLIDE 5. Remi-Now think of something that makes you happy (share) Some of our class brought in reminders of what makes them happy

SLIDE 6. Possessions; new things to use – click - and wear

SLIDE 7. Fab- In 1957 52% of people said they were very happy – click - Today we are 3 times richer today than in the 1950's – click - But only 36% of people today say that they are happy. Research shows us that we are looking for happiness in the wrong places.

SLIDE 8. Zoe- When analysed properly scientists and psychologists know that it is not wealth that makes us happy... but things like relationships that make people happy.

SLIDE 9. Relationships with family

SLIDE 10. Relationships with friends

SLIDE 11. Being part of a community and having purpose in life

SLIDE 12. Helping and caring for others. This gives us a sense of purpose and fulfilment

SLIDE 13. Being successful – having a job or role that we believe has meaning makes us happy

SLIDE 14. Haseeb- So all these things that make us happy – are inside us. They are feelings and emotions. What we might see on the outside is a smile - the universal sign for happiness

SLIDE 15. And a smile does more than just show others that we are happy

SLIDE 16. It can also make us feel happy

SLIDE 17. Lydia- The act of smiling in itself generates a sense of well being and happiness – try it – hold a smile for a few seconds – too short and it has no effect and too long and it becomes a bit scary! A smile in itself can start to change your state of mind

SLIDE 18. Sharing a smile with others brings happiness to you and those around you

SLIDE 19. Happiness can be contagious. A smile spreads from one person to another.

SLIDE 20. Martha- That is why it is customary to smile at someone when you meet them. It gives a sense of well-being, warmth and joy. And usually the other person can't help but smile back. This happiness is not a thing. It is inside you.

SLIDE 21. Aisha -This poem emphasises that Happiness is not a thing – it is something that comes from inside you and can be caused by the most fleeting of moments or thoughts...

Anna -

Be **alert**

Be **vigilant**

Be **thankful**

And be **wise**

Happiness is there

Before your eyes

'Tis

The **daintiest** dance

The **merest** glimmer

A chink of **light**

A **lustrous** shimmer

A **soulful** note

The **faintest** cry

A song of **love**

A sweet **reply**

A tug on **heartstrings**

The utmost **longing**

A sigh of **relief**

A sense of **belonging**

The **tiniest** moment

The **sweetest** thought

A **smile** in your heart

'Tis **happiness caught**

SLIDE 22. Luca- So a smile is an outward sign of a feeling – of happiness. This Happiness is a state of mind – not dependent on wealth, lifestyle, events or possessions.

SLIDE 23. Happiness is not about what you have, it is not dependent on what you own, it is not about what happens to you; it is about how you feel about yourself. It comes from inside you.

SLIDE 24. Saskia -It is so easy for us to concentrate on what we don't have, to wish and hope for objects and achievements. But take time out to remember all the things

that you do have; your friends and family, the community that you live in and even more that all of that – think of what you have inside yourself... your confidence, your self-esteem, your humour, your intelligence, your compassion, your gentleness, your aspirations and goals. These are the things that should make you happy and make you smile.

SLIDE 25. Areesha - Happy people are not more successful than us – they are people who have decided to be positive about life. Happy people are not luckier than us – they have found a way of making life happen for them by accentuating the positive – by seeing the cup half full rather than half empty.

SLIDE 26. Sian- Happiness is your decision – it is not dependent on others. And it is a gift you can share.

SLIDE 27. Cameron - Let's make the sign of the cross and bow our heads ready to pray.

SLIDE 28. Dear God

Thank you for life, for this day with new possibilities, for our **health**, for **learning**, for **freedom** and all those things in our lives we often take for granted. Help us to **appreciate** and be **more grateful** for what we have.

We pray for help in building better **relationships** with family and friends, and for a **sense of happiness, contentment** and **peace** inside us, even at times when life is difficult and unsettling.

Help us to be more **helpful** and **compassionate** to other people and, in trying to make others happy, to find **happiness ourselves**.

Amen.

SLIDE 29. Happiness lies within you! (click on speaker icon for accentuate the positive song)