



What makes us happy?



45
mins

Brownies,
Guides &
Senior section

Aim

To raise awareness that happiness is not dependent on what we can buy.

Equipment

Large sheets of paper (one for each small group and one extra), coloured felt tip pens, magazines, scissors, glue.

What to do

- 1) Invite ideas from the whole unit about what they think makes people happy. Record their ideas on a large sheet of paper. Try to draw out a wide range of things, eg. friendship, respect, feeling safe, leisure activities, good health, music, pets, visiting the countryside or parks.
- 2) Ask the group if they can find common categories for their ideas (eg. feelings, other people's behaviour, activities, possessions, nature). Use coloured pens to show the different categories.
- 3) Identify all the things on the list
 - that people can buy for themselves,
 - that can't be bought with money,
 - that communities may have to pay for collectively (eg. nice parks and playgrounds).
- 4) Ask the girls to work in small groups (2-4) to make *What makes us happy* collages. They can use pictures from magazines and draw in anything which is missing. They can add labels or speech bubbles if they wish.

Talking points

Ask the groups to share and talk about their collages

- Was it easy to find what they wanted in the magazines?
- Do magazines focus mainly on particular categories from their 'ideas storm'? If so, why might that be?
- Are there some things that are difficult to show in pictures?