



BALLOON GAME

Happiness isn't one thing for everyone and no one can be happy all the time. How can we make sure we are happy? How can we help out friends and family to be happy?



Steps:

Every kid gets an un-inflated balloon. List some things that make people happy. If it makes them happy, they blow air into the balloon. List some things that make people sad. If it makes them sad, have them let a little bit of air out of the balloon. Are everyone's balloons the same? Why not?

Have students inflate their happiness balloon and write their names on them. Toss all the balloons around the room. Give them 30 seconds to find their balloon. Did everyone find it? Now spread them around the room again. This time, with the 30 seconds, we're going to find someone else's balloon and give it to them. How many people got their balloon?

If we only look for what WE need and only worrying about ourselves, nobody wins. When we help each other and make sure that others have what they need, others help us too and EVERYONE gets what they need to be happy. Did you have fun finding a friend's balloon and returning it to them? Helping others sometimes makes us happy. Try to find those opportunities to help others find their happiness in real life and do what you can to make their day better!

And always be careful not to pop someone else's balloon. If you see someone hurting someone else, taking away their happiness, what can you do to fix it? Is it enough to make the other person stop letting out the air? How can you help them to refill it?