



Happiness Is

1. Explain to the children the relationship between happiness and holiness.
Explain that the children are going to draw pictures of what makes us truly happy.
2. Distribute art materials.
3. Direct the children to write "Happiness Is" at the top of their paper.
Below the title, they can draw a picture of how we come to true happiness.
4. At the bottom of the page, have the children write what their picture depicts.
5. Hang the pictures where they can serve as a reminder to all of what makes us truly happy.