

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.