

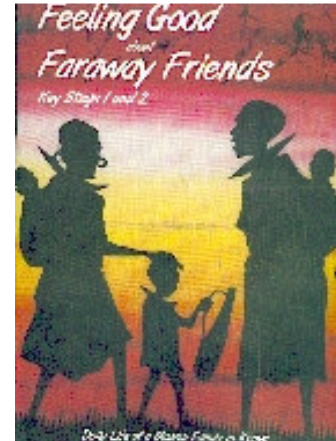
## **What makes us Happy?**

### **Aims**

To understand what makes people happy wherever they live and grow up.  
To show that friendship is necessary to us all and similar in different places.

### **You Will Need**

Sheet of paper with smiley face.  
Paper and coloured pens.  
I'm happy when ... statements.  
Kuiyato and Sikambe friendship statements



### **Instructions**

#### **Circle time**

Brainstorm: 'What do we need to live, whoever we are, wherever we live?'

Key discussion points include:

- Similarity of basic needs
- Difference in how these needs are met (depending on customs, culture, environment and individual preference)
- Difference enriches our experience

What makes us happy?

Children spend a moment reflecting. Go round the circle asking what makes them happy. Write responses round the smiley face.

Key discussion points include:

- Emotional, social, security, play, music, experiencing beautiful places, etc.

#### **Activity 1**

Read to the class Kuiyato and Sikambe's statements about what makes them happy. Add these things to the smiley sheet in a different colour.

The children then draw pictures of themselves doing what makes them happy, and also pictures of Kuiyato and Sikambe doing what makes them happy.

#### **Circle Time**

Go round the circle, inviting pupils to finish the sentence:

'A friend is someone who ...'.

Read the friendship statements from Kuiyato and Sikambe and compare with what has been said.

#### **Activity 2**

Children draw a picture of their friend or an imaginary friend and underneath they write why they are their friend and what they like about them.

**Kuiyato: I'm happy when ...**

'I'm happy when I go to look after the animals, Mother asks me to milk the goats, I can sing on special occasions, like weddings and get dressed up, a new woman arrives and we get to know her.'

**Sikambe: I'm happy when ...**

'I'm happy when I play with my friends, I see the animals come home in the evening, I look after new-born kids, I go out with the dogs.'

**Kuiyato: Friendship statement**

'My best friend is Jennifer Mopiyian. She lives near the school. We became friends in Standard 2. We share everything. When one of us has something, we take it to the other. For a friendship to be strong, you should be able to respect your friend and admire her behaviour. Mopiyian is generous and not greedy.'

**Sikambe: Friendship statement**

'Sharing is important. My best friend is Tajeo. He lives nearby so he joins us on the way to and from school. If one of us misses food at school, the other shares his. If I lose a pen, Tajeo will give me his. Because he lives nearby, we spend our time together at weekends, taking cows to graze.'

Taken from 'Feeling Good about Faraway Friends' published by Leeds DEC

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