



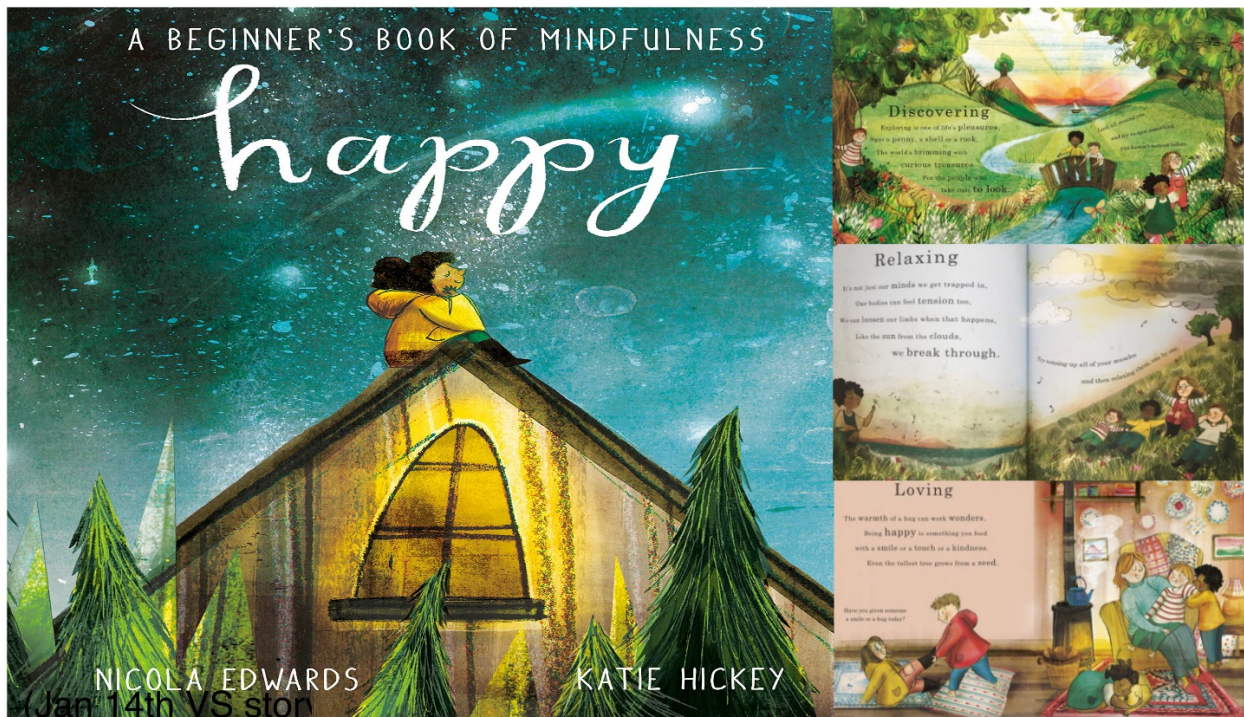
What is happiness?

Where does happiness come from?

Can you think of any other adjectives  
that relate to the word happiness?



What did you think of this book?



Is there anything you can add to the question -  
What is happiness?

# Happiness

Real life is right under our noses,  
It's what's here, not the future or past,

Every day is a fresh new adventure,  
Now we live in the **moment**, at last.

*How can you be more mindful each and every day?*



**What makes you happy?**

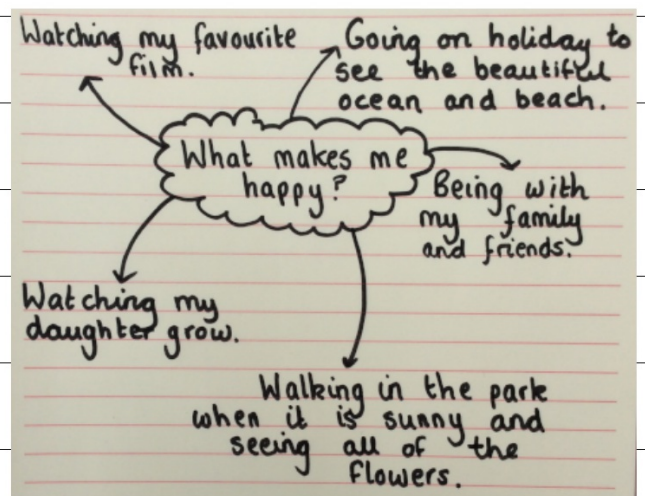
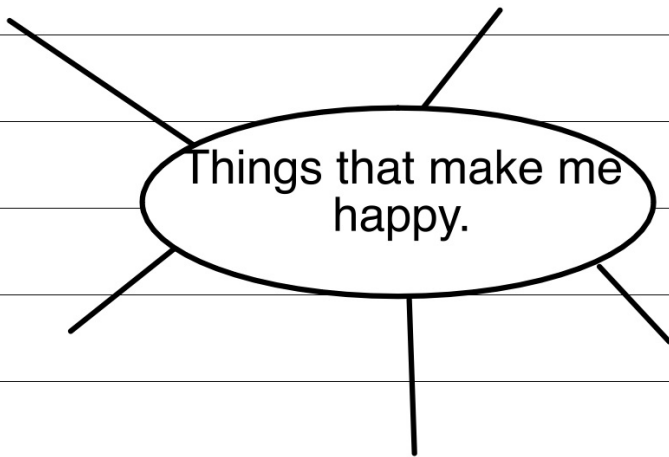
It might be an item, a person, or  
something you do.



Create a mindmap of all the things that make you happy.

Try to think of at least 4 or 5.

This was Miss Thornton's:

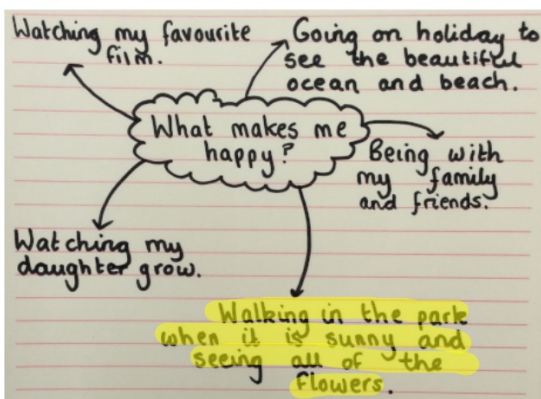


Now pick just one idea to build upon. Which one will you pick?

We are going to use that one idea to build some sentences.

Your sentences will need **expanded noun phrases** to add detail.





Noun = lake  
Noun phrase = the lake

But what is an expanded noun phrase?

the beautiful lake  
article + adjective + noun

Happiness for me is walking through the park on a lovely, hot, sunny day. I love seeing all of the bright, beautiful flowers growing and the tall trees swaying in the wind. Just being outside with nature all around me makes me feel happy inside.

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Noun phrase = the lake

But what is an expanded noun phrase?

the beautiful lake  
article + adjective + noun



Your turn:

Happiness for me is \_\_\_\_\_

