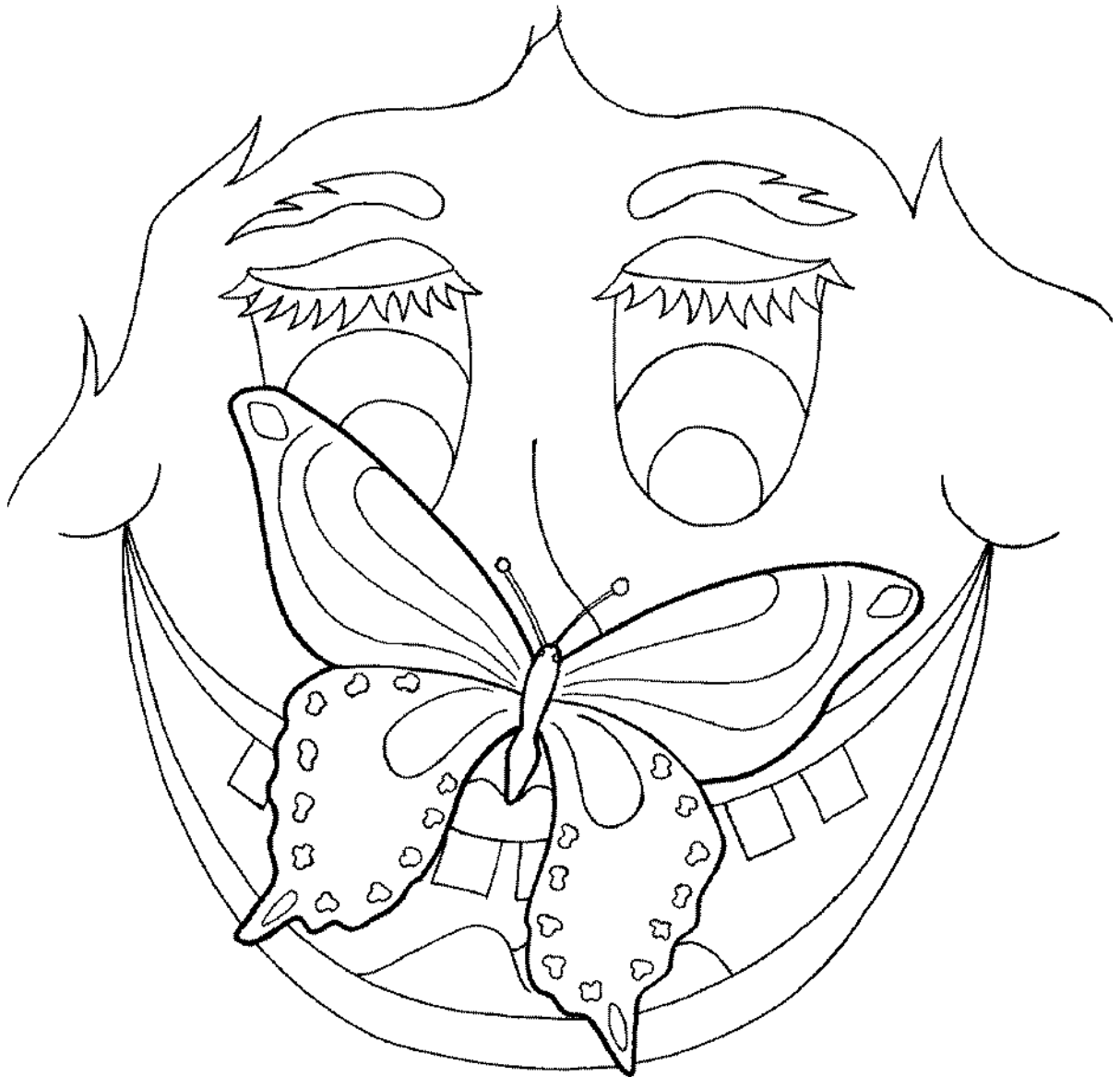


Name: \_\_\_\_\_ Class: \_\_\_\_\_

[www.keepyourchildsafe.org](http://www.keepyourchildsafe.org)

**“Happiness is like a butterfly which  
appears and delights us for one brief  
moment, but soon flits away.”**

**- Anna Pavlova**



Think about the quote on the first page. What do you think it means? Here's the lesson we think it teaches:

*It's impossible for anyone to be happy all the time. Happiness is an emotion just like any other: it comes and it goes, it wants and it flows. But in a world that's constantly changing, happiness is not something that can stay with us forever.*

1. What's the longest you've ever been happy?

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2. What were you happy about?

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3. What do you think would happen if you tried to be happy all the time?

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Just because one moment of happiness flies away, that doesn't mean another won't visit you again soon. In fact, happy times are a lot like butterflies: there are loads of them out there, each one beautiful in its own unique way.



Try to remember some of the times you've been happy in the past week, and write them down in the space below. (Write on the back or on a separate piece of paper if you need.) These can be big thing, such as a fun trip you wen on, or little things, such as getting a hug, enjoying a favorite food, or seeing something beautiful or unique that make you smile.

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If happiness can't last forever, what do you think this means for other emotions like sadness? Do they last forever?

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Why not?

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Write about 3 times when you remember feeling bad and then something happened to make you happy again.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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