

## Happiness and freedom

### Happiness

Ask the students what makes them happy and collect their answers.

Ask what they think will make them happy in the future. What do they need to live happy lives?

Show the [slide](#) or share the [handout](#) of some possible ingredients of happiness to help inspire them.

Ask them whether they all agree or not with what is the best way to be happy.

Explain that humanists believe that we have one life and therefore finding **happiness** in the here and now is one of the most important things in life. They believe there is no one single way to be happy; we all have different tastes, talents, and goals.

Share and discuss the following [quotes](#):

‘The time to be happy is now. The place to be happy is here.  
The way to be happy is to make others so.’

Robert Ingersoll (1833-1899)

‘It’s not enough to be a happy individual; we should also try to think of ways in which others – perhaps everyone – can be happy.’

Michael Rosen and Annemarie Young, authors of What is humanism?

Explain that not everyone is happy. Many people around the world do not have the freedom or opportunity to find happiness. Many humanists believe that we should try to create a world in which everyone has the opportunity to find happiness in the here and now.

### Freedom

Explain that **freedom** is very important to humanists. Humanists believe there are many different ways to be happy and they think that everyone should have the freedom and **opportunity** to find what makes them happy.

Ask the students how much freedom they think we should have. Should we all be free to do anything we want?

Explain that humanists believe we should all be free to find our own way to be happy as long as we **don’t harm** other people or the planet. Sometimes this is expressed as ‘The freedom for you to swing your fist ends where my nose begins.’

‘For me, freedom is one of the most important things in life: the freedom to believe what I choose and to live my life however I wish, as long as I don’t cause harm to others.’

Imtiaz Shams, Trustee of Humanists UK