

A recipe for happiness

Read the example recipe for happiness below.

Ingredients

- Good health
- Friends
- Being good to other people
- Curiosity

Method

First, add a heaped tablespoon of good health to a bowl (be careful not to damage it). Add a healthy mix of good friends (as many as you can manage, but don't spread them too thinly). Don't forget to stir in a large cup of kindness towards others. Before you bake, sprinkle a dusting of curiosity on top to add a little surprise to the finished flavour.

Warning

Money can help to sweeten the mixture, but don't allow it to overpower the other ingredients or your happiness might turn sour.



Now try to **write** your own recipe for happiness.

When you have finished, **compare** your recipe to other students' recipes. Are they all the same?

Ask yourself how appetising you think your recipe might be to other people. Would everyone like it? Would it be enjoyed by people with a different worldview to your own?