



Thinking about our experience

What is it like to be happy?
Can you make yourself happy or does happiness just happen to you?
Is it possible to enjoy being unhappy? Is it possible to not enjoy being happy?



Thinking about what we know and how we know

How do you know if you are happy?
Could we be happy without knowing it?
Could we be unhappy without realising it?



Thinking about implications

If you are happy, what does this mean?
What if everyone were happy? Is this possible?
Does being happy mean you are living a better life?



Thinking about explanations

Why do we get happy?
Are teenagers, children or adults more happy? Why?
Why is being happy so important to us?

