

Week 2 - **Learning question:** How do humanists believe we can be happy?



Look carefully at the symbol for Humanism.

- What do you notice?
- What does it make you think of?



This is used by humanists as the symbol for Humanism. It is called the Happy Human.

- Why do you think it is called the Happy Human?



- Why do you think humanists chose it as their symbol?




The Happy Human symbol helps me to remember that humans are meant to be happy! Being happy is really important to Humanists.

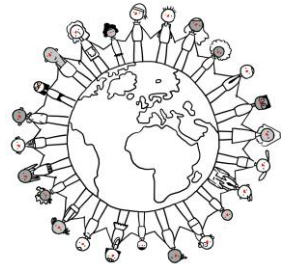
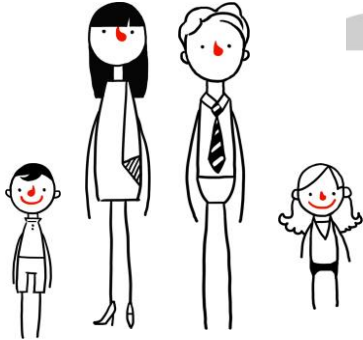
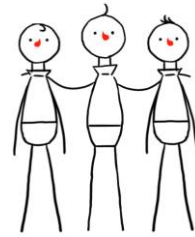
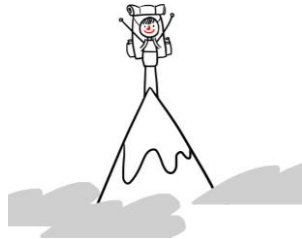
H for human and H for happy.

When I score a goal in football, I often lift my arms up like the Happy Human symbol to celebrate.

I love to celebrate being a human by being active and happy with what I have achieved.



 Here are some possible ingredients of happiness.



- Which of these ingredients do you think is the **most important** for happiness?



Tell me more about your choice

- **Draw a circle** around the three most important ingredients for happiness for a Humanist.



Tell me more about your choices

Choice 1

Choice 2

Choice 3

Reason

Reason

Reason



- **Put a cross** through the ingredients that you do not need to be happy.

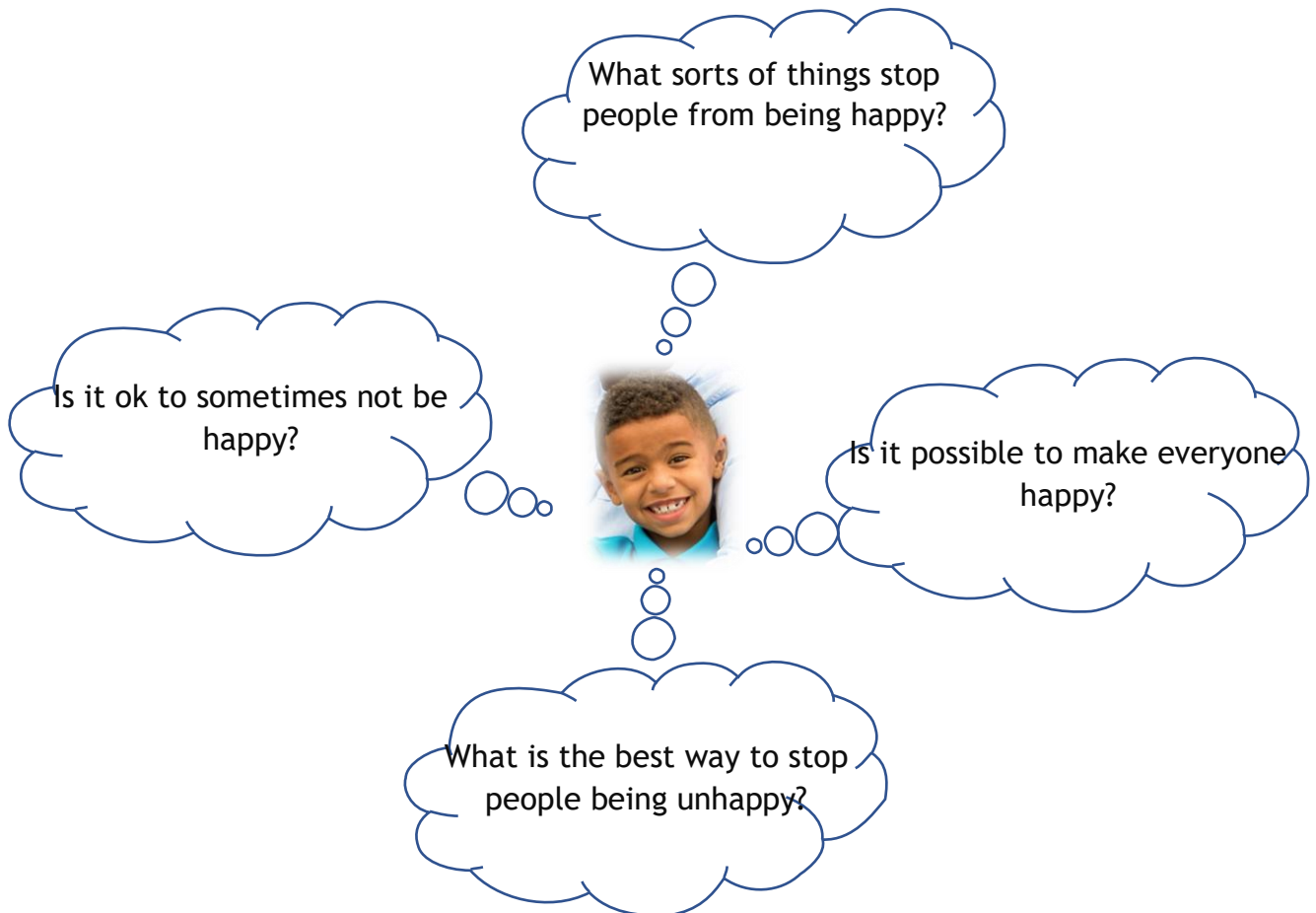
Tell me more about your choice

Many Humanists like to think through big questions about life.

Jayden is also thinking about happiness.

Think with him through these questions.

Write your thoughts around the thought bubbles.



I wonder what makes you happy?



Humanists believe that we can all find our own different ways to be happy as long as we don't harm other people or prevent others from being happy.

Food, drink, and games can be an important part of a happy life.

But more important are making good friends, learning new things, fulfilling our goals, and making others happy.



Read this poem.

'Happiness is the only good.
The place to be happy is **here**.
The time to be happy is **now**.
The way to be happy is to **make others so.**'

Robert Ingersoll (1833 - 1899)



What does this poem make you think about?



What does this poem teach you about humanist beliefs about happiness?



Think about everything you have learned in this lesson to help you answer this question:
How do humanists believe we can be happy?

