

# WHAT IS HAPPINESS?

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## What is Happiness?

Happiness is a feeling of pure joy. It makes you feel good and gives you a feeling of pleasure. It is totally invisible. Happiness is when your mind gets a pleasant tingle and lifts your head through the clouds. The feeling slides down your back with a big whoop of joy and makes you smile. Happiness is seeing the sun poke its head out from behind the gray clouds and smile at you. Happiness is getting extra sprinkles on your ice cream. Happiness is opening a present and seeing that playset you've always wanted. Happiness is finally getting to that little tootsie roll inside the lolly pop. Happiness is the little things that make your day feel big.