

# THOUGHTS ON HAPPINESS

## Sixth Graders Respond

3

### Can One Be Happy in an Unjust Society?

Picture that you are in a place where you wake up to police sirens and gunshots, you have to drive or get driven anywhere just for your own safety will you be happy? Many people think that happiness comes from within, but if everything around you is filled with hate and violence could you be happy? When you think of ways you feel happy you may think of things like doing something you enjoy or seeing someone you love. Happiness comes and goes in its own ways differently for different people. Buddha once said that "joy follows your mind like a shadow" which truly means that no matter where you are you will find joy. Personally.

—Jack Daubman

### Happiness: Can You Be Happy and Not Know It?

I think you can feel happy and be completely non-aware of what made you happy. Your mind can go back to a specific thought or memory and make you feel joy. Happiness is not something that can be just automatically felt there has to be a reason for this emotion, feeling happiness can be from just a simple act of kindness, For example, giving a homeless person just a quarter can improve their day tremendously. Happiness is always going to be there somewhere you might just not know it yet. Happiness can also be brought to you by looking forward to something which everyone does. This can go from an exciting meal in 10 minutes to a wedding for your cousin in 7 months. You will always have someone or something in your life that can make you feel joy or bring happiness to you. Maybe you have not met that person yet or experienced that thing yet but you will one day everyone and everything will one day.

—Cora Belle Mahr Spreen

### Can Happiness Be a Decision We Make?

Yes because if you lost a loved one, you can feel sad. Yes it hurts losing a loved one, but that can't let you down.

—Emma Messley

### What Is Happiness?

I think Charles Shulz meant that happiness is a warm puppy because when you feel sad it feels good when you hug a warm puppy, and puppy's are nice and soft. In my experience that is definitely true because one day I came home from school and I was really sad so I grabbed a snack and headed to my room with one of my dogs following me. After lying in bed hugging my dog and watching TV I felt much better.

—Ella Hughes

### Can Happiness Be a Decision We Make?

No . . . happiness is something you don't control. It just happens for example, when someone has made you upset you choose to be in that mad state of mind and can forgive them whenever you want. for another example when you laugh and can't stop your not trying to if anything you are trying not to keep laughing there for Happiness is something you can't control.

—Armondo George

### Why Do We Have Rules or Laws?

Laws protect our safety from people that do bad things and a society without laws would also not be able to solve problems. Also people that don't know how to use like if you leave the water on and you not even using it that wasting money that add more money to bills and wasting water another reason why we have rules unless you're wasting the community water that why we need rules so people can teach you things. Plus laws if you don't have laws people would do whatever they want and steal rob and kill people without getting any consequences. So people can plan their lives in peace. If you play a sport you need rules or people can cheat and hurt you without something happening. Rules are also used to have a stable environment that leads to peace and development.

—Everett (Trey) Patterson

Continued on next page

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4

### What Is Happiness?

Happiness. Happiness is a myth. An illusion. Happiness is what us humans think will solve all our problems. The only thing that can stop us from facing the harsh reality that happiness isn't real, is by making more problems. That's what humans do. Happiness isn't the answer, and almost every human is completely oblivious to that. We just keep on living, keep on wanting, maybe a new reality, maybe something, someone, that can finally make things better. But it can't. See, us humans, we don't see the big picture. We don't see that we're the source of our problems. Maybe you're someone who has an abusive significant other that "just needs one more chance". Breaking up with them won't help you, because you are likely to go back to them. People can look away from the garbage that goes on around them without even knowing it. It's horrible. Things could be going well for a while, but your significant other would just mess up again. That's where people ruin their own lives. They turn a blind eye. You could just act like you didn't see it, or hear it. Because you think that if things go back to the way it used to be, you'd finally be happy again. Happiness is a very dangerous goal, because you can't reach it. You might be happy for just a few seconds, maybe minutes, hell, even years, but then you're back, to the place you never left. Everyone is too miserable to admit it. I just realized how much of a pain this is to read, so sorry. I have to go, so yeah. Stay happy.

—Max Pyles

### Justice and Happiness

I think living as a human in our society Justice and happiness is very important. I think if our society tried to make life fair we would end in chaos. If any time a person gets one cocky and the other person gets two cocky we don't want to get in trouble for it. We also don't want to be much like communists. Also in our society being happy is important. I think that is the point of life because if people aren't happy we can result in asking the question "why am I alive"?

—Mia Hoffman

### What is Happiness? Is it Important? How Can We Achieve It?

Happiness is different for everyone, for some people it is being with their loved ones or enjoying a meal with friends. Maybe it's watching your favorite tv show or movie but in all happiness is something that everyone enjoys. There are many aspects of happiness, chemical happiness, true happiness, happiness from love and from pleasure. Happiness could be a chemical in your brain that gives you the illusion of something that you want or hope to happen. There is dose happiness (dopamine, oxytocin, serotonin, and endorphins) the 4 chemicals that activate happiness.

Happiness is a goal that all humans try to reach but there are no limits to the definition of happiness it is a very general term. Happiness to most people is to reach or achieve a dream that they have. If you ask a small child what is happiness their answer might be to be a princess or a knight, to play with their friends. If you ask a teen they might say to do whatever they want. Happiness is very important because it can inspire and motivate someone to do good or bad things in their future. It sounds great but when you get there it might not be what you wanted in the end and then you give up on it.

—TaSeri Brown

### Happiness, Is It Real?

I always thought that happiness was an emotion. That I could feel. Then a question came into my mind. Where does happiness come from? Now here, I am explaining where it comes from. Which is not long, really just very confusing.

Happiness—In the mind it is a chemical that puts your mind at ease. But you see it's a chemical, called DOSE (Dopamine, Oxytocin, Serotonin, Endorphins). This whole batch of chemicals makes your mind believe you're happy. But you're infected with chemicals that make you silly and wonky and above all Happy.

—Ryann Williams-Pregon