



Simple Pleasures

Think about your week so far. Can you think of anything that made you smile or made you feel happy? Something you saw, heard, remembered...

Which 'simple pleasures' mentioned below do you appreciate?

7 Simple Pleasures you should take a moment to appreciate every day

Sprinkles on cakes. Cartoons. **Bubble wrap**. There's a good chance these would be the ultimate joys in life, if you were to ask your 10-year-old self. In fact, children have a tendency **to tap into** a deep truth by centring on the simple, everyday moments that really **matter**. According to research published in the journal *Psychological Science*, these ordinary, maybe even **mundane**, experiences are what bring us unexpected joy. Who says happiness has to be so complicated?

1. The Sound of rain falling when you are cosy indoors
2. Getting all green lights driving through town
3. Coming home and being greeted by your dog
4. Finding something you lost a long time ago
5. Unexpected kindness from a stranger

- o Without looking them up, what do you understand from the words **in bold** in the text?
- o What other simple pleasures can you add to this list? Think about the five different senses: Sight, Hearing, Smell, Touch and Taste and then try to think of one simple pleasure for each sense.
- o Do you think it's important to appreciate these simple pleasures? Why?