

What is Happiness?

Good morning, Principal, Vice-Principals, teachers and fellow schoolmates.

Today I would like to share with you "What is Happiness"? Happiness is being free from worry. However, that doesn't mean that you can do anything you want. In fact, when you are doing something and enjoying the task, it will bring happiness to you. For instance, when children play, they enjoy the games and happiness comes. However, I believe it is quite difficult and hard for adults to get happiness all the time.

I often find pleasure in playing volleyball. When I was playing, I am not only keeping myself fit, but I also forget my troubles. I usually play volleyball wholeheartedly. I laughed when I win the games, but I will also feel sad when I lose the competition. I always resort to playing volleyball when I am depressed, because I can derive happiness from this game. How's about you? How can you get your happiness? Thank you.