Introduction (5 mins): Start this month’s Get-Together on EMOTIONS by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

Mindfulness Exercise (5 mins): Remember somewhere you felt happy
Take a moment to reflect on a time and place when you felt truly happy. Perhaps somewhere you enjoyed playing as a child, or somewhere more recent. See if you can recall the sights, sounds and smells of that place and notice the feelings that pass through your body when you do.

Gratitude Exercise (10 mins): Share 3 good things
Turn to someone next to you and share three things that have happened recently that you enjoyed, appreciated or feel grateful for. These don’t have to be huge or impressive, something as simple as morning cup of tea can bring plenty to feel joyful about.

CONNECT with others to help us deepen our understanding

Group Discussion (30 mins): What brings joy to your life?
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

Emotions are part of what makes us human and have helped us survive as a race. They’re signals that something’s right or wrong – and they help us communicate this. But there’s more to emotions than meets the eye. Emotions are central to happiness and recently science has shown that feeling good isn’t just a side benefit from things going well, it’s actually an important ingredient of it. Pleasant emotions don’t just feel good, they actually do us good too and have important consequences for our well-being, our development and our resilience. Feeling good feels good, but that’s not all, it also appears to do us good and helps us to do well too.

Find out more in 10 Keys to Happier Living (Chapter 8): www.actionforhappiness.org/book

Questions for discussion:

- What positive emotions do you experience regularly and what triggers them?
- What do you feel grateful for in your life and why?

Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: www.actionforhappiness.org/get-together
Positive emotions broaden our perceptions - helping us to see more, respond more flexibly and making us more open to others and new ideas.


Positive emotions can act as a buffer against stress, help us cope with difficulties and recover more rapidly from the effects of negative emotions.


"Enjoy the little things in life, for one day you'll look back and realise they were big things"

~ Robert Brault