

Ingredients Games

In or Out

With your family play a game 'In or Out' to discuss the ingredients needed to answer this question:

“Which of these do you need to be happy?”

Suggested ingredients:

Family

Friends

Love

Purpose

X-Box

House

How to play:

1. On separate pieces of paper write down the suggested ingredients, you may extend the ingredients list together☺
2. Place the ingredients you think are in (the ones needed for happiness) on a large sheet of paper/ floor, table top or inside a circle of string (be creative!). **Remember, you can create your own cards for missing ingredients!**
3. Have a chat, give explanation why you chose these ingredients and why they are important to you.

Extension: This is a good activity for looking at what is “enough” for something - the smallest set of ingredients where you can't take anything else away and still have happiness.