

How to Make Ourselves Happy

Do you want to be happy? Do you have your ways to make yourselves happy? There are many ways to make ourselves happy. I would like to share mine with you.

First of all, spending time with family and friends is the happiest thing to me. I like to go out with my family during weekends. We go shopping, hiking and playing basketball. Sometimes, I go out with my friends. I like talking to them.

Besides meeting people, I like to do some activities to make myself happy. In my spare time, I like watching movies and playing sports. My favourite movie is *Slam Dunk*. It is a very inspiring movie about basketball. Watching movie is very relaxing.

Also, helping people who are in need can make us happy. Sometimes, I do some voluntary work. I spend time with the elderly in an elderly centre. Just visiting them and talking to them makes me happy as "It's more blessed to give than receive".

Last but not least, eating yummy food like sushi, ice-cream and chocolate can make us happy. It can increase "happy hormone" in our brains.

In conclusion, finding your own ways to make yourselves happy is easy. Let's be happy and live our lives to the fullest.

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