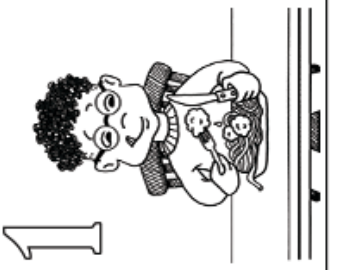



Name: \_\_\_\_\_


## STEPS TO HAPPINESS


Draw a picture of yourself in the empty space. Then trace the word to share what we do at Level 4 of Happiness! Show this page to your family, then color the page before you bring it back to class.

4 WE GIVE OURSELVES TO

1 

2 

3 



**Family Connection:** Today your child learned more about the four levels of happiness (feeling good in our bodies, feeling proud of ourselves, doing good for others, and giving our whole selves to God and letting Him love us). We learned what a “level” is and that when we’re stuck in Levels 1 and 2, we can get bored, lonely, angry, and jealous. We learned that a “virtue” means a good habit that helps us to stay on Happiness Levels 3 and 4, and not make Levels 1 and 2 more important. We also learned to cherish the goodness and value of people who are elderly, sick, and dying because they teach us to move to Levels 3 and 4.



# PHILO THE PENGUIN

Color and cut out the picture of Philo the Penguin.



**Family Connection:** Today your child learned about the FOUR LEVELS OF HAPPINESS. Level 1 is physical pleasure and possessions, Level 2 is ego-gratification, Level 3 is doing good for other people, and Level 4 is accepting God's love and loving Him back. All levels are good, but Levels 3 and 4 make us happier.

Watch the FREE videos with your child!  
[www.philoandsophie.org](http://www.philoandsophie.org)

