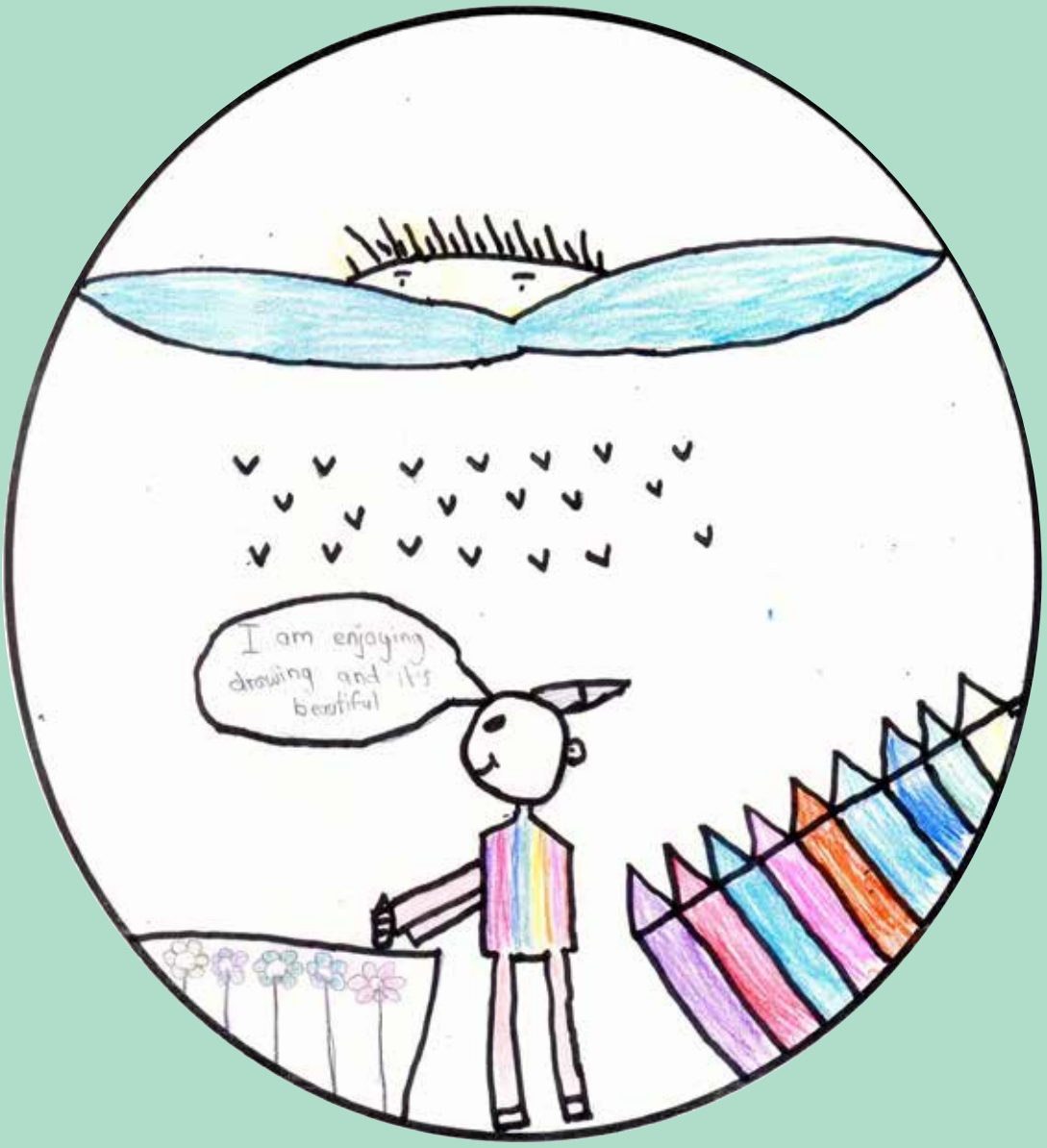
Recipes for HAPPINESS!

Explore 27 creative ways to pursue happiness!

Written and illustrated by grade 2 students from Riverside School & curated by Ketna Hirji

MY HAPPINESS is drawing because it makes me more imaginative and creative.

Jannat Chirpal



INGREDIENTS

7 HEAPED CUPS OF IMAGINATION
A PINCH OF CALMNESS
2 ROUNDED CUPS OF CREATIVITY

RESOURCES

- PAPER
- PENCIL
- ERASER
- LOTS OF CRAYONS

METHOD

1. TAKE A PENCIL AND A PIECE OF PAPER
2. IMAGINE WHILE DRAWING ON THE PAPER
3. COLOUR IT IN USING CRAYONS
4. YOUR DRAWING IS READY

USE YOUR DRAWING SKILLS TO MAKE A BOOKMARK OR BIRTHDAY CARDS

START WITH DRAWING BASIC SHAPES

DRAWING

Riya Patel

MY HAPPINESS is playing with pets because I love feeding them!

PLAYING WITH PETS

INGREDIENTS

A PINCH OF EXCITEMENT
A HANDFUL OF GENTLENESS
2 FISTFULS OF LOVE

RESOURCES

- A PET

METHOD

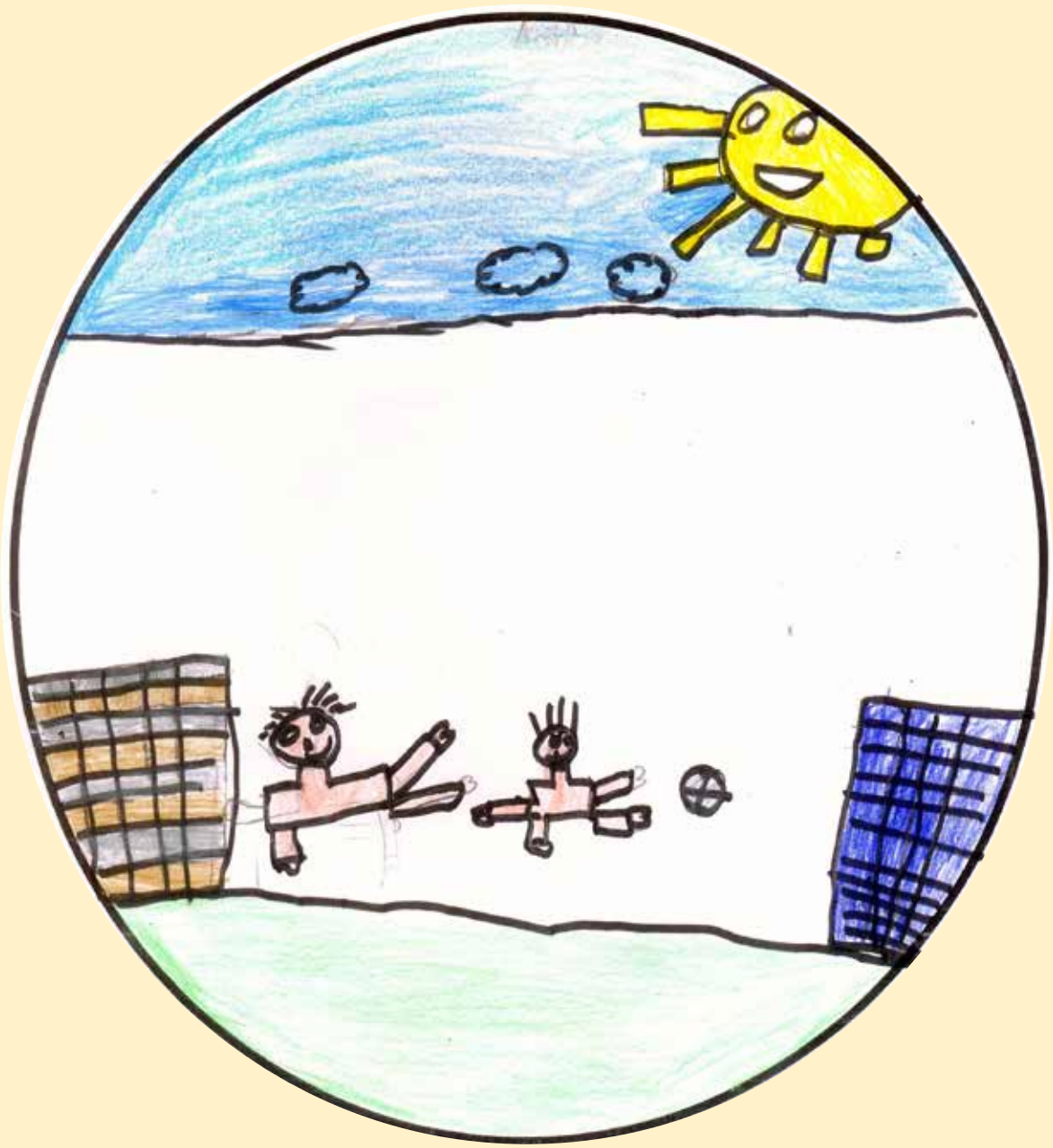
1. GO AND PLAY WITH YOUR PET
2. BUILD A LOVING RELATIONSHIP
3. ENJOY SPENDING QUALITY TIME WITH YOUR PET

MAINTAIN HYGIENE AT ALL TIMES

ALWAYS SHOW LOVE AND AFFECTION TO YOUR PET

MY HAPPINESS is playing with a ball because I like to score goals and run!

Aman Ganchi



PLAYING WITH A BALL

INGREDIENTS

10 CUPS OF ENERGY
5 LIGHTLY PACKED CUPS OF EXCITEMENT
2 FIRM HANDFULS OF VIGILANCE

RESOURCES

- DIFFERENT TYPES OF BALLS ACCORDING TO THE GAME

METHOD

1. DECIDE THE DAY, TIME AND PLACE TO PLAY THE GAME
2. SHARE THE RULES BEFORE YOU START
3. SHOW A DEMO, GET STARTED AND ENJOY!

SUNDAY MORNING IS A GOOD TIME TO PLAY OUTDOORS WITH A BALL

NEW GAME: BOUNCE THE BALL WHILE HOPPING ON ONE FOOT

MY HAPPINESS is sand play because when I am angry, sand play makes me calm.

Arth Shah

SAND PLAY

INGREDIENTS

A DRIZZLHJ,E OF FUN
5 LARGE CUPS OF CREATIVITY
A DASH OF CLEANLINESS

RESOURCES

- SAND
- SAND MOULDS

METHOD

1. FIND A FRIEND TO PLAY WITH YOU IN A SAND PIT
2. START BUILDING CASTLES AND OTHER SHAPES
3. PLAY TOGETHER AND ENJOY

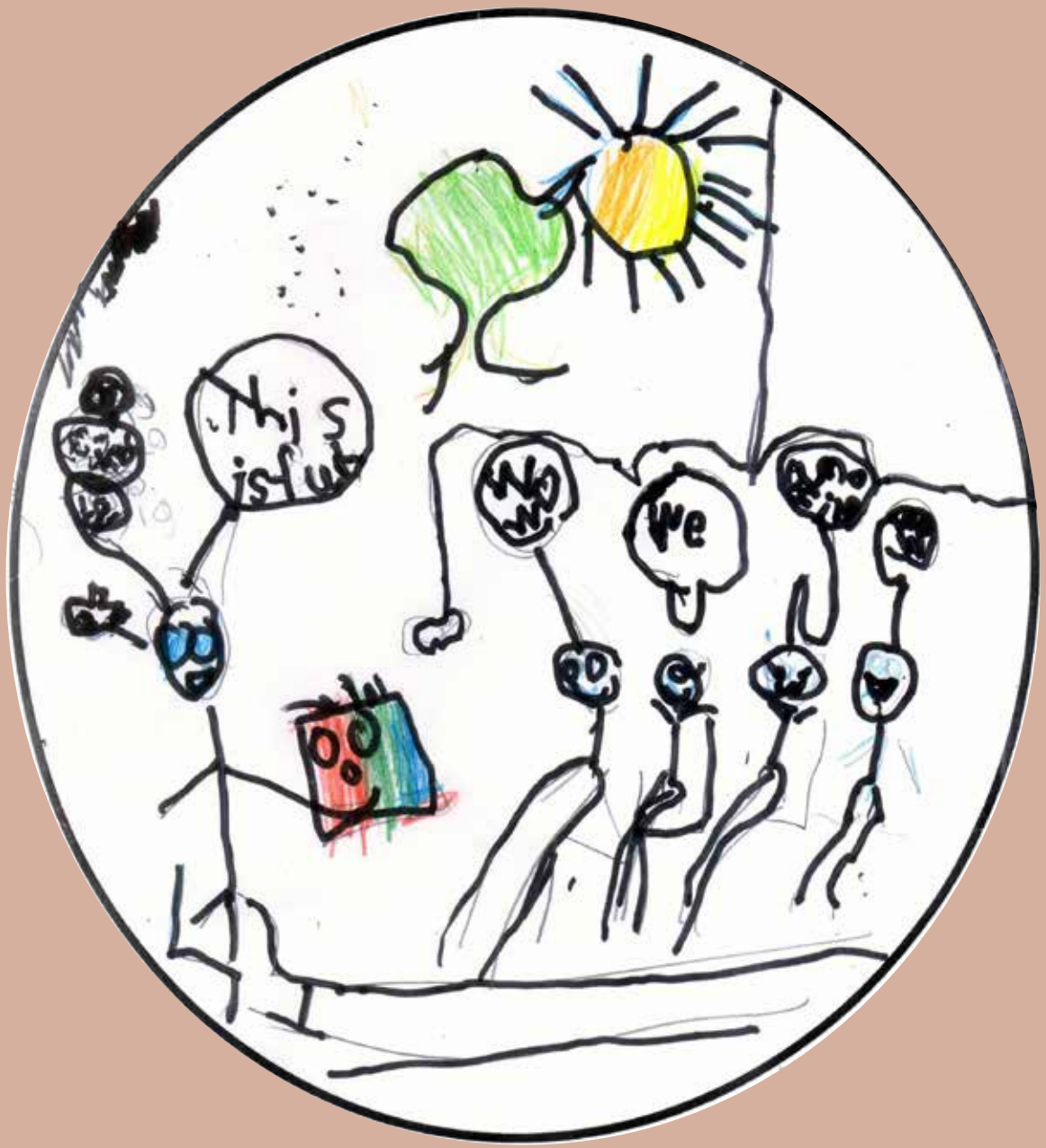
USE WATER TO BUILD DIFFERENT SHAPES

CLEAN UP PROPERLY AFTER YOUR PLAY

USE SHELLS AND PEBBLES TO DECORATE

MY HAPPINESS is telling stories because it improves my imagination!

Shiv Brahmbhatt



STORY TELLING

INGREDIENTS

A CUP FULL OF IMAGINATION
A HANDFUL OF EXCITEMENT
A DRIZZLE OF HUMOUR

RESOURCES

- STORY BOOK
- STORY HAT

METHOD

1. SETTLE DOWN WITH A BOOK
2. USE GOOD VOICE MODULATION WITH EXPRESSIONS
3. AFTER READING THE TEXT SHOW THE PICTURES FROM THE BOOK

SHARE YOUR STORY FLUENTLY

EXPRESS YOURSELF

MY HAPPINESS is playing cricket because it makes me feel energised and focused!

Aadi Sanghvi

CRICKET

INGREDIENTS

2 ROUNDED CUPS OF ENERGY
A HEAPED TABLESPOON OF ENJOYMENT
5 SCOOPS OF SPORT SPIRIT

RESOURCES

- BAT
- BALL
- STUMPS
- CHALK FOR BOUNDARY LINES
- A SCOREBOARD

METHOD

1. FIX THE TIME, DAY AND LOCATION WITH YOUR FRIENDS
2. SHARE THE RULES AND ALL][- 9•DXFTHE NECESSARY IN-STRUCTIONS
3. PICK THE TEAMS
4. START YOUR GAME

BE FRIENDLY AND FAIR AT ALL TIMES

ENSURE EVERYONE UNDERSTANDS THE RULES

MY HAPPINESS is making cupcakes because I like decorating them!

Diya Patel

BAKING CUPCAKES

INGREDIENTS

5 FIRMLY PACKED CUPS OF PATIENCE
2 HEAPED CUPS OF EXCITEMENT AND FUN
A DRIZZLE OF LOVE

RESOURCES

- APRON
- BATTER
- DECORATION, GEMS, NUTELLA, CHOCOLATE CHIPS ETC.
- OVEN
- FROSTING MATERIAL

METHOD

1. TALK TO AN ADULT WHO CAN HELP YOU WITH THE BAKING
2. DISCUSS THE IDEA AND DESIGN
3. MAKE THE CUPCAKES
4. DECORATE THEM BEAUTIFULLY
5. ENJOY EATING THEM WITH FRIENDS

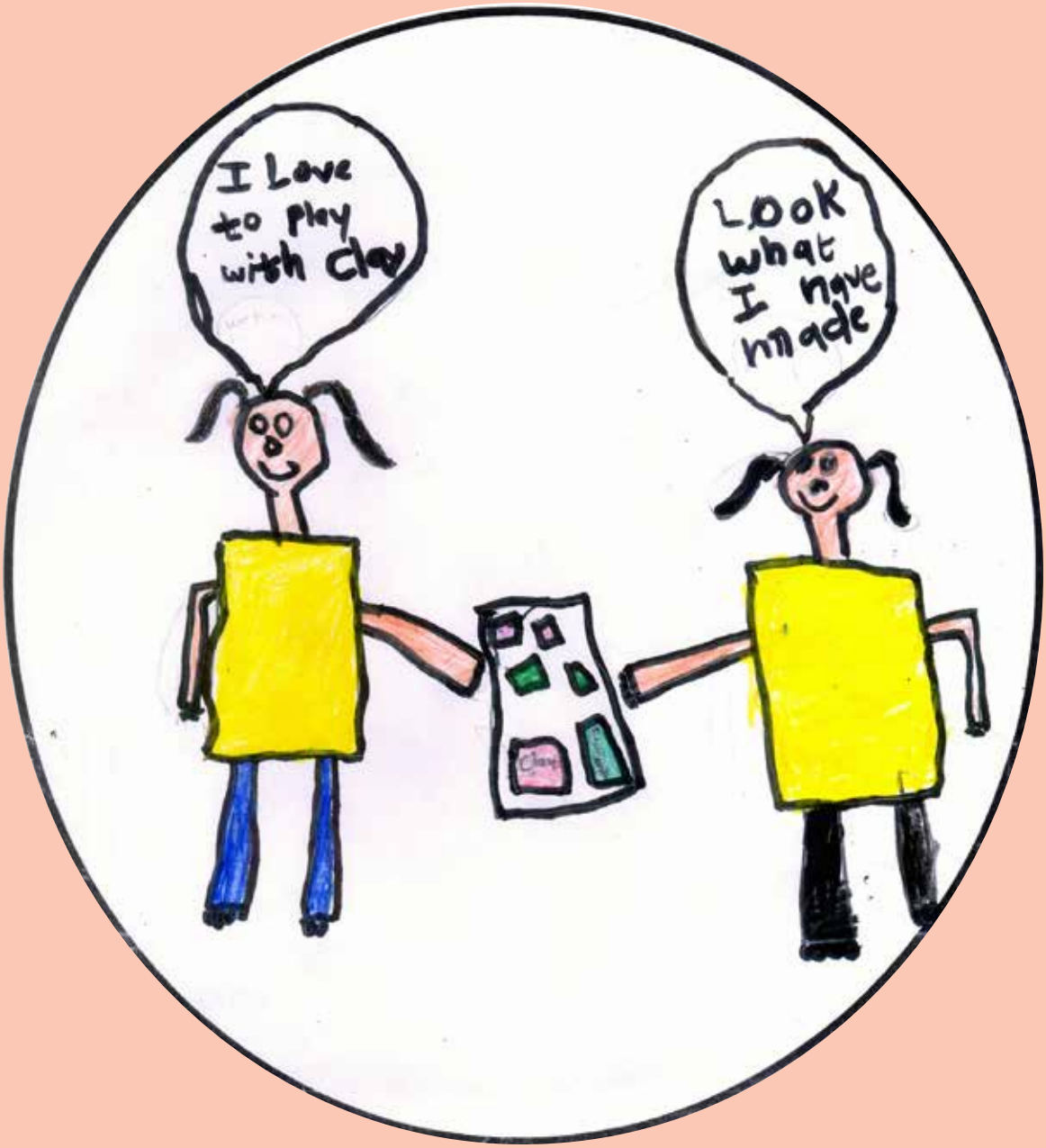
BE VERY CAREFUL AS THE OVEN CAN GET VERY HOT

BE EXCITED AND HAVE A BIG SMILE WHEN YOU ARE BAKING

BE PATIENT DON'T TASTE WHILE DECORATING

MY HAPPINESS is playing with clay because we can make whatever we want to make!

Nandani Yadav



CLAY PLAY

INGREDIENTS

A HANDFUL OF ENJOYMENT
2 PACKED CUPS OF IMAGINATION
3 SCOOPS OF CREATIVITY

RESOURCES

- CLAY
- CLEAN SPACE

METHOD

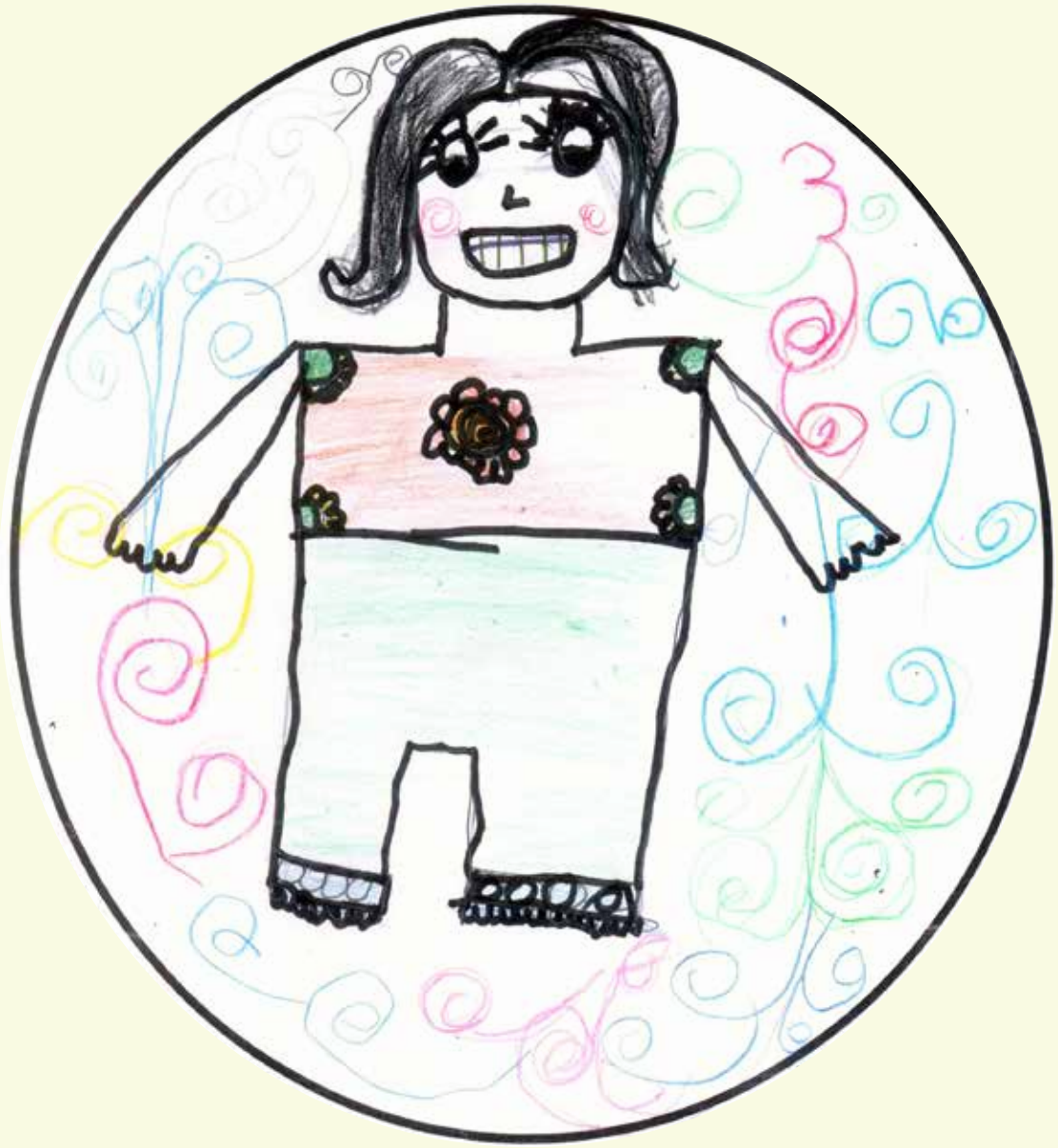
1. COLLECT DIFFERENT COLOURS OF CLAY
2. TELL YOUR FRIENDS WHAT THEY WILL BE MAKING WITH THE CLAY
3. START MAKING MODELS
5. SHARE WHAT YOU HAVE MADE WITH YOUR FRIENDS

BE CAREFUL NOT TO MIX THE COLOURS

AS AN ALTERNATIVE YOU CAN USE ROTI DOUGH OR FLOUR AS CLAY

MY HAPPINESS is kathak dancing because the sound of the ghungroos make me feel calm!

Samaira Jindal



KATHAK DANCING

INGREDIENTS

3 TIGHTLY PACKED SPOONS OF EXCITEMENT
6 HEAPED CUPS OF ENERGY
A DRIZZLE OF CONFIDENCE

RESOURCES

- SOOTHING MUSIC
- GHUNGROOS
- SPACE
- AN EXPRESSIVE COSTUME

METHOD

1. CHOOSE THE MUSIC THAT YOU AND YOUR FRIENDS ENJOY
2. CHOOSE AN OPEN SPACE, BALCONY, GARDEN OR A COURTYARD
3. ASK YOUR FRIENDS TO FOLLOW THE STEPS

DO FIVE MINUTES OF PRANAYAM TO RELAX

BOLLYWOOD IS A GOOD ALTERNATIVE TO KATHAK MUSIC

MY HAPPINESS is playing with Lego because I can make anything out of it!

Rehaan Shodhan

PLAYING WITH LEGO

INGREDIENTS

A HANDFUL OF FUN
5 ROUNDED CUPS OF CREATIVITY
A SPRINKLE OF TOGETHERNESS

RESOURCES

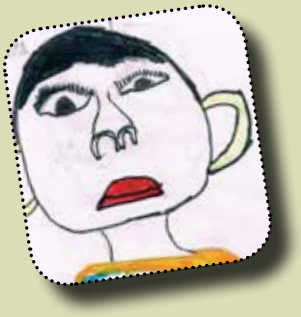
- LEGO BLOCKS
- FRIENDS

METHOD

- GET YOUR BLOCKS READY
- MAKE A QUICK MODEL AND SHOW IT TO YOUR FRIENDS
- PLAY TOGETHER AND HAVE FUN

START WITH BIGGER BLOCKS AND THEN MOVE TO SMALLER ONES

WORK WITH OTHERS TO PLAY MORE IMAGINATIVELY



MY HAPPINESS is making origami because I get to be creative and imaginative!

Yashas Mehta

MAKING ORIGAMI

INGREDIENTS

A HANDFUL OF FOCUS
3 HEAPED CUPS OF CREATIVITY
A DASH OF PATIENCE

RESOURCES

- ANY KIND OF PAPER

METHOD

- GET DIFFERENT TYPES OF PAPER
- MAKE A SAMPLE TO SHOW YOUR FRIENDS
- SHARE THE STEP BY STEP INSTRUCTIONS
- ENJOY CREATING WITH YOUR FRIENDS

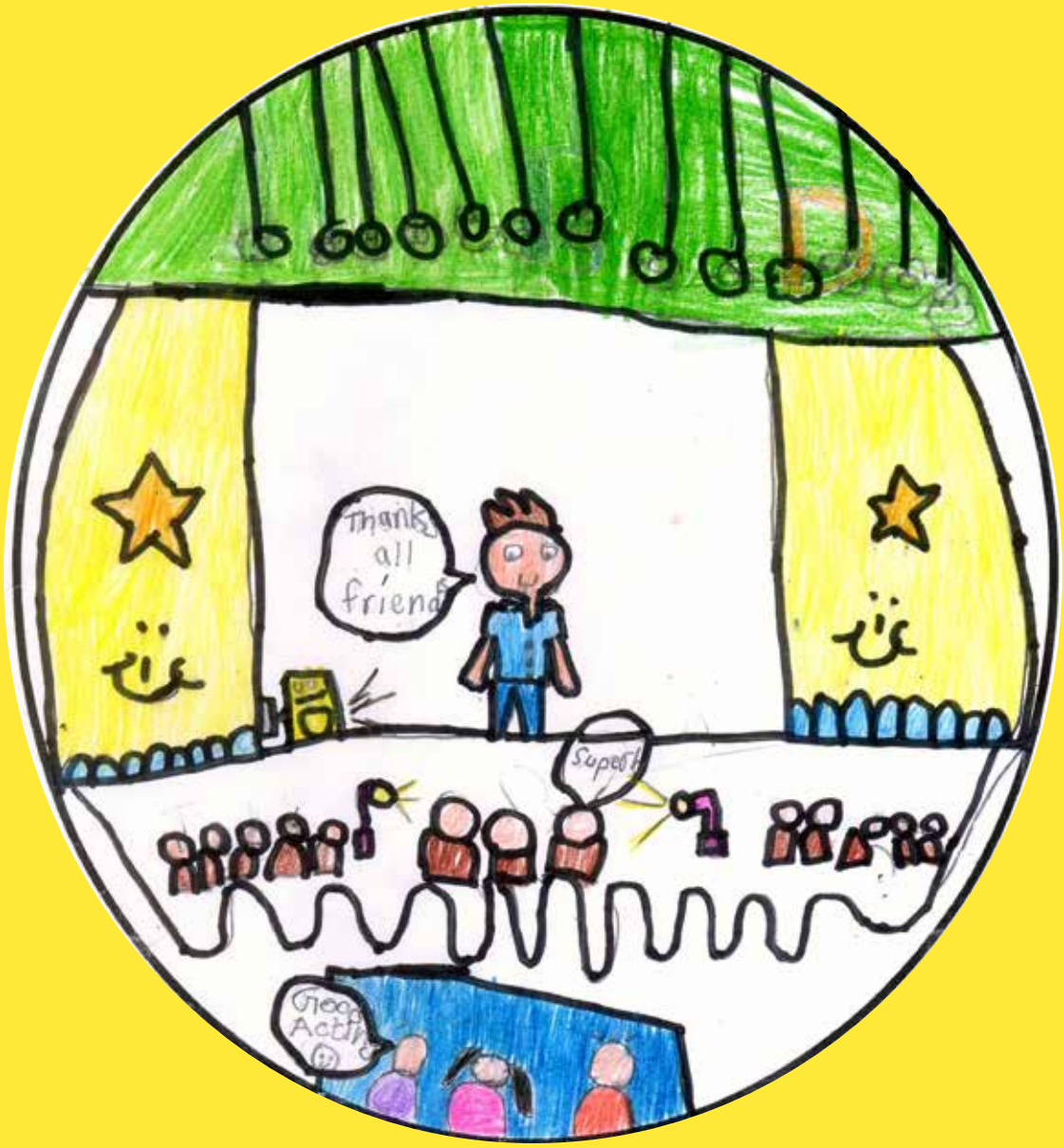
WHAT TO MAKE: PLANE, CRAB, SWAN, RABBIT

BE PATIENT AND REMAIN FOCUSED

BE PRECISE WITH THE FOLDS

MY HAPPINESS is enacting a drama because I love showing my talent to others!

Yashvit Sancheti



ENACTING

INGREDIENTS

A HANDFUL OF CONFIDENCE
3 HEAPED CUPS OF EXPRESSIONS AND EMOTIONS
A DASH OF FUN

RESOURCES

- A PLACE TO ENACT
- AN AUDIENCE

METHOD

- DISCUSS AND PREPARE THE ACT
- PRACTICE WITH YOUR FRIENDS
- FOCUS ON GETTING INTO THE CHARACTER
- PERFORM THEN COLLECT FEEDBACK

CONSIDER THE AGE GROUPS OF THE AUDIENCE

HAVE CONFIDENCE IN YOURSELF

BE PREPARED FOR A MIXED RESPONSE

Sreesha Chainani

MY HAPPINESS is doing experiments because they make me feel calm and active!

DOING EXPERIMENTS

INGREDIENTS

4 HEAPED CUPS OF CURIOSITY
A PINCH OF EXCITEMENT
A DASH OF PROACTIVENESS

RESOURCES

- A LAB OR A CLEAN PLACE
- AN EXPERT TO HELP YOU
- NOTEBOOK

METHOD

- MEET THE EXPERT AND DISCUSS THE EXPERIMENT
- GET ALL THE RESOURCES READY
- UNDERSTAND ALL THE INSTRUCTIONS BEFORE YOU START
- WRITE UP YOUR UNDERSTANDING AND THE PROCESS YOU WENT THROUGH

KEEP TRYING MORE AND MORE EXPERIMENTS

BE CAREFUL WITH THE EQUIPMENT IN THE LAB

MAKE ILLUSTRATIONS FOR DIFFERENT STEPS OF THE EXPERIMENTS

MY HAPPINESS is playing an instrument because it makes me feel cool and calm.

Mitra Bhatia

PLAYING AN INSTRUMENT

INGREDIENTS

10 FIRMLY PACKED CUPS OF RIGOUR
A HANDFUL OF CALMNESS
A PINCH OF PATIENCE

RESOURCES

- AN INSTRUMENT

METHOD

- DECIDE THE SONG YOU WANT TO PLAY
- PRACTICE IT WELL
- DO A REHEARSAL
- PRESENT IT IN FRONT OF FRIENDS, CLASS, PEERS AND PARENTS

PLAY OUTDOORS

BE IN THE MOMENT

MY HAPPINESS is walking in nature because it makes me feel calm and relaxed.

Arshiya Shah

WALKING IN NATURE

INGREDIENTS

2 BIG BOWLS OF EXCITEMENT
A FIRMLY PACKED CUP OF FOCUS
A SPRINKLE OF FUN

RESOURCES

- POST IT NOTES
- A PENCIL

METHOD

- DISCUSS A TRIP WITH AN ADULT
- BOOK THE SPACE
- OBSERVE YOUR SURROUNDING
- PLAY GAMES WITH YOUR FRIENDS

KEEP EYES, EARS AND NOSE OPEN BUT MOUTH CLOSED

TAKE YOUR FAMILY OR FRIENDS ALONG WITH YOU

Dev Mehta

MY HAPPINESS is playing with my parents because it makes me feel confident!

PLAYING WITH PARENTS

INGREDIENTS

3 HEAPED CUPS OF ENERGY
A FIST FULL OF CURIOSITY
A SPOON OF LOVE AND TOGERTHERNESS

RESOURCES

- A BOARD GAME

METHOD

- DECIDE THE GAME YOU WANT TO PLAY
- FIX UP THE DAY AND TIME
- SHARE THE INSTRUCTIONS
- ENJOY THE GAME

PLAY YOUR PARENTS FAVOURITE GAME

PREPARE A THANK YOU CARD FOR YOUR PARENTS

PLAY OUTDOORS IF THE WEATHER IS NICE

MY HAPPINESS is sketching in nature because it gives me ideas when the air touches me.

Ekaagra Thapar

SKETCHING

INGREDIENTS

A FIRMLY PACKED CUP OF CONCENTRATION
A SPRINKLE OF CALMNESS
3 ROUNDED CUPS OF IMAGINATION

RESOURCES

- DIFFERENT PENCILS
- PAPER
- ERASER
- CLIPBOARD FOR SUPPORT

METHOD

- TAKE ALL THE RESOURCES
- DECIDE WHAT YOU WANT TO SKETCH
- MAKE A BASIC STRUCTURE AND FILL IN THE DETAILS

KEEP GOING FOR CALM WALKS TO GET INSPIRED

TRY SHADING AND SMUDGING

MAKE SURE PENCILS ARE SHAPRENED BEFORE YOU START

MY HAPPINESS is dancing because when I dance I feel fresh!

Rutvi Jain

INGREDIENTS

6 CUPS OF EXCITEMENT
10 SPRINKLES OF ENERGY
A TABLESPOON OF CONFIDENCE

RESOURCES

- OPEN SPACE
- BOLLYWOOD MUSIC

METHOD

- GATHER YOUR FRIENDS IN AN OPEN SPACE
- SHARE THE PURPOSE OF THE GATHERING
- PUT THE MUSIC ON
- SHOW SOME DANCE STEPS
- ENJOY AND HAVE FUN

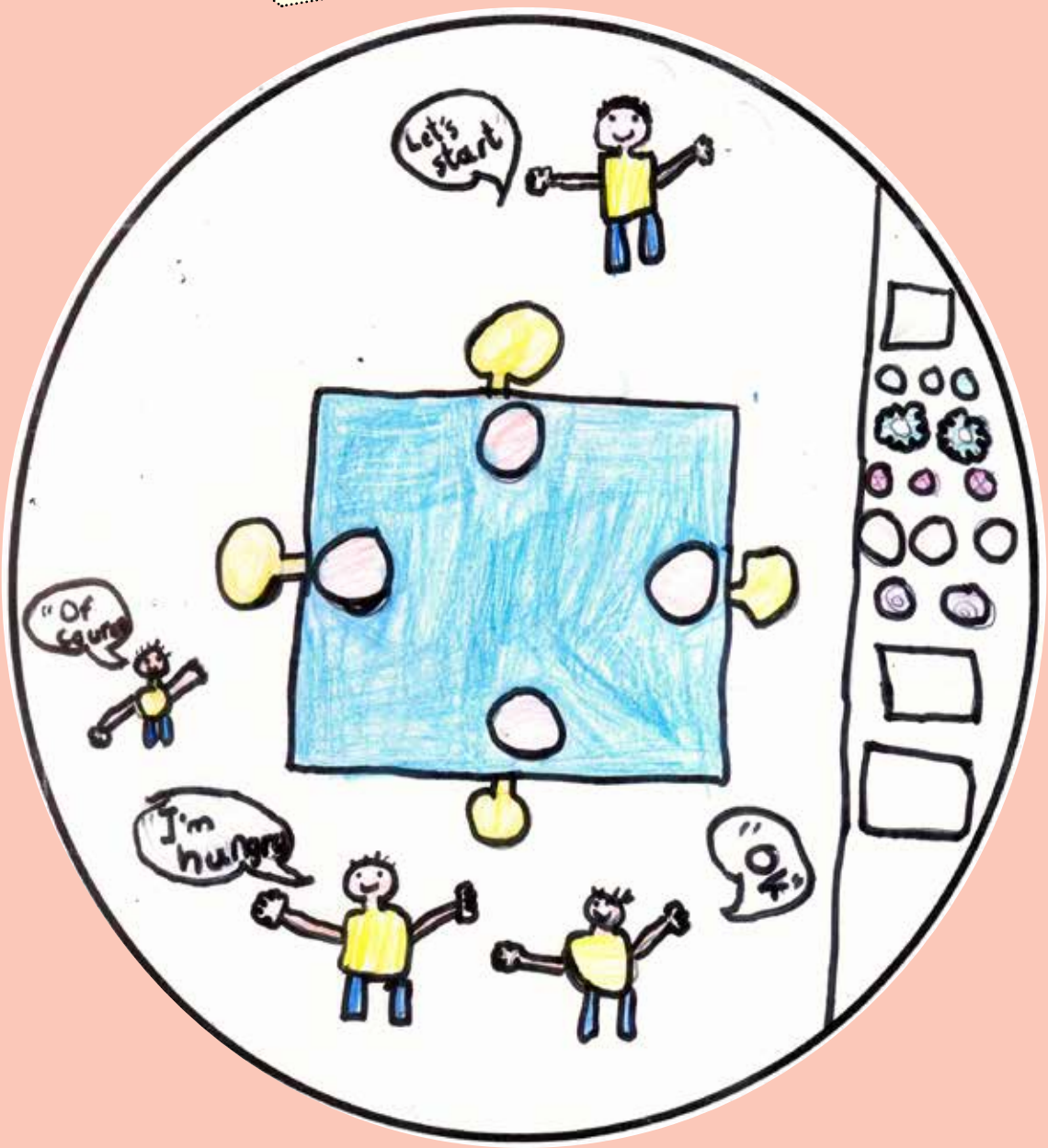
PREPARE THE RIGHT SONG FOR YOUR DANCE

WEAR COMFORTABLE CLOTHES AND FOOTWEAR

DANCING

Kahaan Agarwal

MY HAPPINESS is making quick snacks because I find it relaxing when I am in a bad mood.



MAKING QUICK SNACKS

INGREDIENTS

A PINCH OF PATIENCE
A HEAPED CUP OF EXCITEMENT
A TEASPOON OF LOVE

RESOURCES

- COOKING VESSELS
- BREAD SLICES AND VEGETABLES
- SAUCES

METHOD

- DECIDE WHERE YOU WILL MAKE YOUR SANDWICH
- SHOW YOUR FRIENDS HOW TO MAKE ONE
- ENJOY SHARING AND EATING SANDWICHES

SUGGESTIONS -
FRUIT SALAD.
1 BANANA,
1 APPLE,
1 ORANGE,
5 STRAWBERRIES
A HANDFUL OF SPROUTS

SUGGESTIONS -
BANANA MILKSHAKE.
1 GLASS OF MILK
1 BANANA,
1 TABLESPOON OF SUGAR. AFTER BLENDING IN A MIXER POUR INTO A GLASS AND ENJOY

MY HAPPINESS is painting because I get to use my own imagination and it makes me feel calm!

Arzu Joshipura

INGREDIENTS

5 ROUNDED CUPS OF IMAGINATION
2 HANDFULS OF CALMNESS
A SPRINKLE OF FOCUS

RESOURCES

- PAINT BRUSH
- PALETTE
- PAINT
- WATER

METHOD

- PREPARE ALL YOUR RESOURCES
- ORGANISE YOUR PAINTS IN THE PALETTE
- HAVE FUN WHILE PAINTING

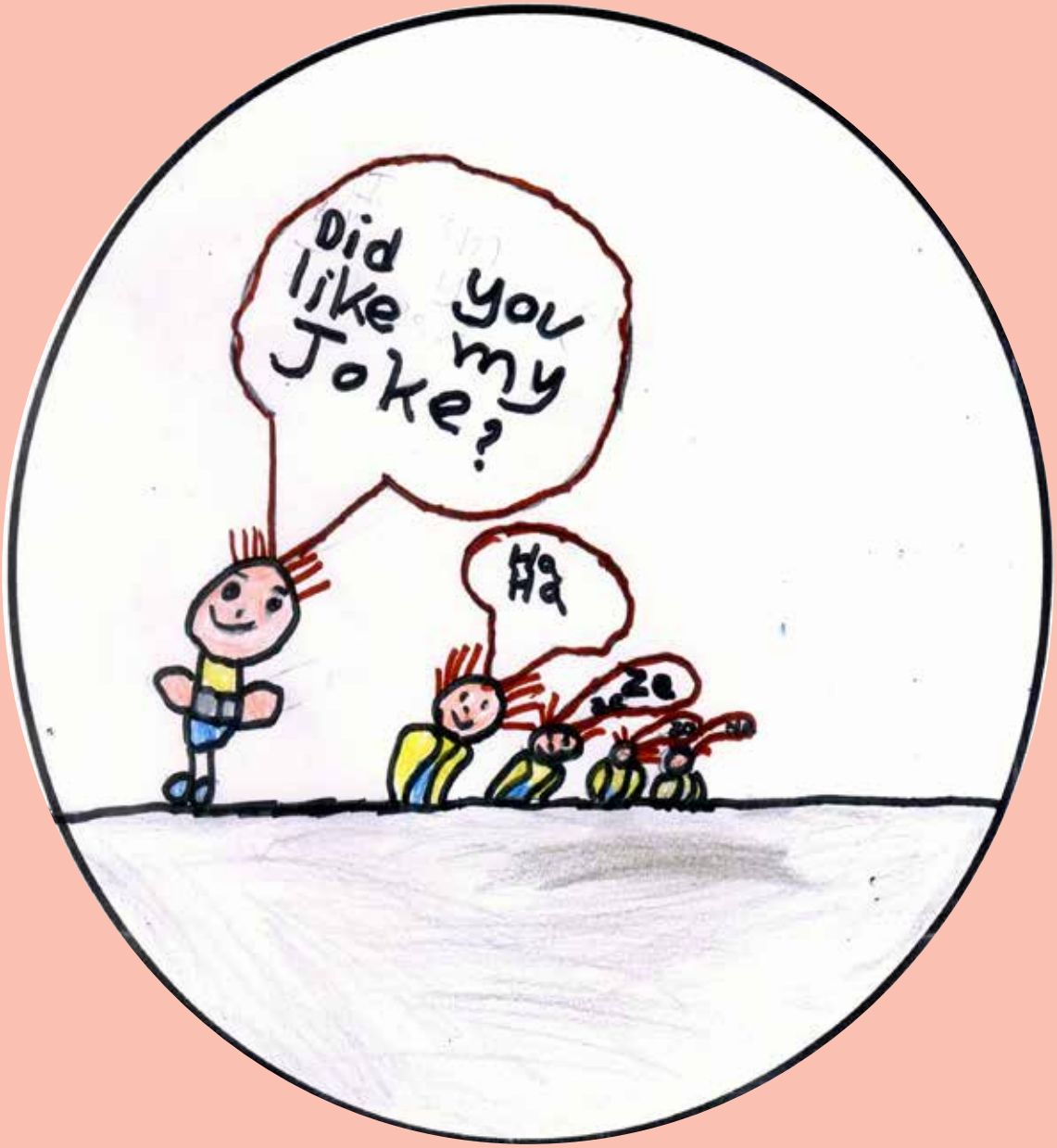
LISTEN TO CALM AND RELAXING MUSIC

WEAR PAPA'S OLD T-SHIRT TO KEEP YOUR CLOTHES CLEAN,

PAINTING

Sagar Mohra

MY HAPPINESS is telling jokes because I like to make people laugh!!



TELLING JOKES

INGREDIENTS

A HANDFUL OF CONFIDENCE
2 ROUNDED CUPS OF HUMOUR
A PINCH OF EXPRESSIONS

RESOURCES

- A STRONG VOICE
- AN AUDIENCE

METHOD

- SELECT 2-3 NICE JOKES
- PRACTICE HOW YOU WANT TO SHARE THEM
- TELL THEM TO YOUR FRIENDS
- MAKE THEM LAUGH

SPEAK LOUDLY SO PEOPLE CAN HEAR YOU

BE EXPRESSIVE AND MAKE SURE YOU SMILE

MY HAPPINESS is cycling because I get cool air and I can go anywhere!

Ayan Patel

INGREDIENTS

A ROUNDED CUP OF FITNESS
5 FIRMLY PACKED CUPS OF ENERGY
A DASH OF FUN

RESOURCES

- A CYCLE

METHOD

- DECIDE WHEN YOU WILL GO CYCLING
- INFORM YOUR FRIENDS TO GET THEIR CYCLES TOO
- BEFORE YOU START GIVE INSTRUCTIONS SO ALL CAN CYCLE COMFORTABLY,
- ENJOY CYCLING

ALWAYS KEEP YOUR CYCLE IN A GOOD CONDITION.

EARLY MORNING ARE A GOOD TIME TO CYCLE

CYCLING

MY HAPPINESS is helping others because when I help others I feel happy.

Aarav Modi

HELPING PEOPLE

INGREDIENTS

A LIGHTLY PACKED CUP OF POLITENESS
A HANDFUL OF KINDNESS
A DASH OF FRIENDLINESS

RESOURCES

- ACCORDING TO THE NEED

METHOD

- FIND OUT WHO NEEDS HELP
- ASK THEM IN WHAT WAY THEY NEED HELP
- GIVE HAPPINESS AND GET HAPPINESS

SAY GOOD MORNING TO THE FIRST 5 PEOPLE YOU MEET IN THE MORNING

ASK YOUR FAMILY IF THEY NEED A HAND WITH ANYTHING

MY HAPPINESS is cutting and pasting because I love creating with my hands!

Priyashi Purohit

CUTTING AND PASTING

INGREDIENTS

3 HEAPED CUPS OF CREATIVITY
5 FIRMLY PACKED CUPS OF FOCUS
A HANDFUL OF ENJOYMENT

RESOURCES

- COLOURED PAPER
- SCISSORS
- GLUE
- THREAD

METHOD

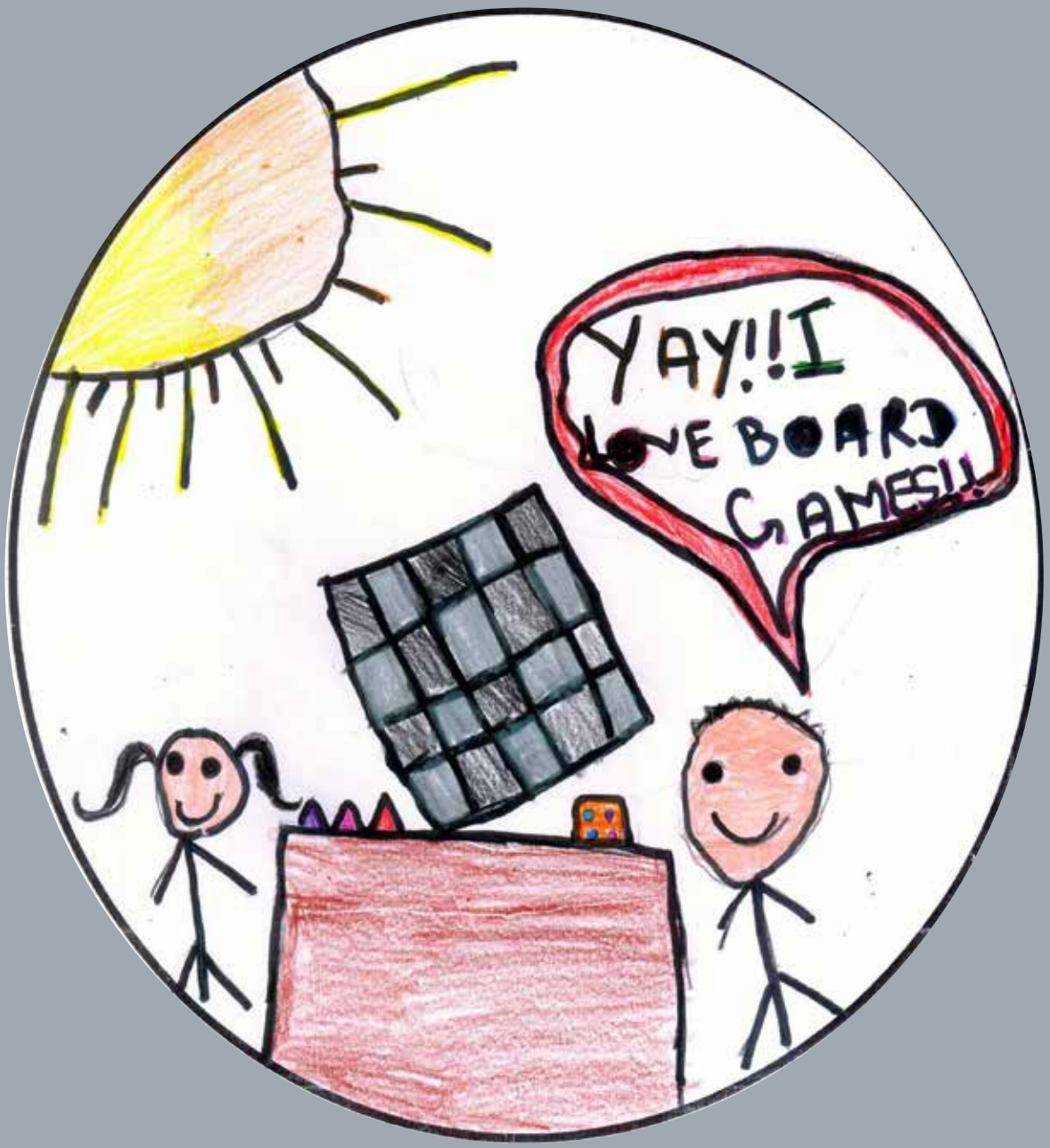
- THINK ABOUT WHAT YOU WOULD LIKE TO MAKE
- MAKE A SAMPLE TO SHOW YOUR FRIENDS
- LET THEM TRY IT OUT
- MAKE DIFFERENT PATTERNS
- COLLATE ALL YOUR SHAPES TOGETHER AND MAKE A HANGING WITH THE THREAD

APPLY FULL CONCENTRATION AND FOCUS WHILE WORKING

BE SAFE AT ALL TIMES

MY HAPPINESS is playing board games because there are different challenges and I like challenges!

Samyaa Patel



PLAYING BOARD GAMES

INGREDIENTS

3 CUPS OF TEAM SPIRIT
2 HANDFULS OF EXCITEMENT
A SPRINKLE OF TOGETHERNESS

RESOURCES

- A BOARD GAME

METHOD

- CHOOSE WHERE YOU WANT TO PLAY THE BOARD GAME
- CHOOSE THE NUMBER OF PLAYERS ACCORDING TO THE GAME
- EXPLAIN ALL THE RULES BEFORE YOU START
- ENJOY THE GAME

BE PATIENT AND WAIT FOR YOUR TURN

TIDY UP AFTER YOURSELF

MY HAPPINESS is reading because it makes me feel at peace and fully focused.

Ayana Jhala

READING

INGREDIENTS

A SMALL CUP OF CALMNESS
6 ROUNDED CUPS OF IMAGINATION
A HANDFUL OF STILLNESS

RESOURCES

- BOOKS
- A PENCIL
- A DICTIONARY

METHOD

- CHOOSE A BOOK
- CHOOSE A SPACE
- READ QUIETLY WITH FOCUS
- IF YOU COME ACROSS ANY DIFFICULT OR NEW WORDS, UNDERLINE THEM AND FIND THE MEANING IN THE DICTIONARY
- HAPPY READING TIME!!

PUT ON SOME SOFT MUSIC WHILE READING

PLAN A READING DATE WITH YOUR FRIENDS

SIT IN YOUR BACK GARDEN AND READ

MY HAPPINESS is making things out of paper and decorating my house so people can appreciate my work!

Anoushka Desai

INGREDIENTS

A LIGHTLY PACKED CUP OF REFLECTION
A HANDFUL OF APPRECIATION
A PINCH OF FEEDBACK

RESOURCES

- MATERIALS TO MAKE A SMILE-O-METER
- FRIENDS

METHOD

- SHARE YOUR IDEA WITH YOUR FRIENDS
- SHOW THEM HOW TO MAKE A SAMPLE
- READ QUIETLY WITH FOCUS
- DIVIDE YOURSELVES INTO GROUPS
- START MAKING THE SMILE-O-METER
- START SMILING!

CATCH SOMEONE ELSE'S SMILE

PLACE A SMILEY STICKER ON YOUR HAND TO REMIND YOURSELF TO SMILE

A GIANT SMIL-O-METER CAN BE MADE FOR YOUR SCHOOL OR YOUR HOME

ARTS AND CRAFTS