

What does it mean for me to be happy?



For me, being happy is to enjoy every day and don't worry about nothing. The way I see it, you should enjoy the little things such as good weather or first flowers in spring.

Besides my friends make me happy and cheerful! When I'm in a bad mood, they always support and help me.

In my view, teens all over the world want to be happy, enjoy life and express their individuality



Poem about teenagers

Growing up, problems, dates
Are you loved or you alone in these
difficult ways?
If you feel sometimes unhappy
Just remember simple things:
Life is full of ups and downs
There's no need to frown.
When you're feeling down,
Don't forget about friends
And your family who always helps.
So when you're feeling low
Think of those with nowhere to go
Well, to conclude I'd like to say
Being a teenager is great!



I know that lots of teens have to deal with very difficult and sometimes scary problems. It is too bad that plenty of young people are addicted to drugs and alcohol.

The only thing to do is not to be influenced by bad companies. If you still contacted such people, then the way out would be distance yourself from them as far as possible.



If you remember this life will become brighter.
Follow a healthy lifestyle!

On the other hand , being a teenager is an exciting experience of our life. You may going out with a bunch of friends , attend social events such as discos and parties and have lots of new positive emotions!



make happiness
a priority
and be gentle
with yourself
in the process

BRONNIE WARE

But what do you do if you lose heart?

If your hands are down and
you're not happy about
anything, then take a break
from everything!

For example, you can hang
out with friends or just sit
at home and read a book.

When you rest from
everything, you'll feel better
and full of energy again!

We are too young to see
only bad sides of life.
Don't worry and be
happy!

Teenage life is a great
time! You need to
appreciate it and take
advantage of the
moment.



smile.

BE
happy ♡

let your
dreams
be your
wings


In addition , when we are
teenagers we choose our
future path.

In conclusion , I'd like to name a few ways to be happy :

1. Notice small , beautiful things.
2. Learn to deal with stress and things that trigger you sadness.
3. Help others whenever you can.
4. Try to be more social and spend more time with people you like.
5. Let go of all the anger and grudges.



I'M A
HAPPY
PERSON



*A grateful heart
is a magnet for
miracles.*