The Building Blocks of Happiness

What We Did

- Played with the kids
- Helped monitor the rooms
- Cared for the children

What We Learned

- Each child has different needs
- Caring for a child can be stressful
- It’s difficult for children to adapt to strangers

How It Relates to The Happiness Hypothesis

- Flow – the time went by quickly due to full engagement
- Tit-for-tat – the way the kids responded to negative actions
- Adversity – childhood experiences affect well-being in adulthood