

I wanted to find out what makes kids happy and sad because understanding our feelings is super important! Knowing what brings us joy or makes us feel down can help us take better care of ourselves and our friends. I also asked how often my classmates feel happy or sad to see if there are patterns in our emotions. If we know what makes kids happy, we can try to do more of those things. And if we know what makes kids sad, we can find ways to help each other feel better!

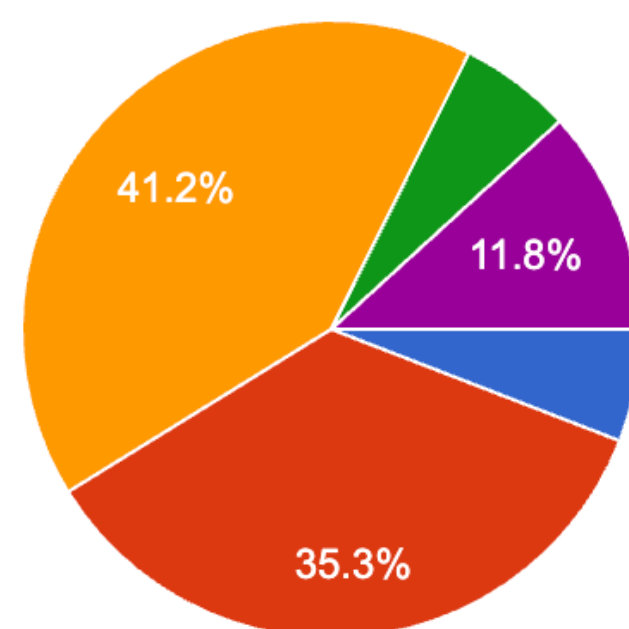
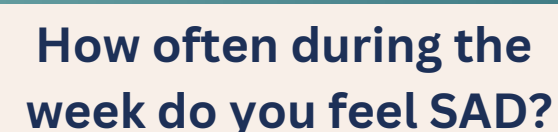
What makes 8-9-year-olds happy and what makes them sad? Are they more happy or sad throughout the week?

Sometimes kids feel sad, and that's okay. But if someone feels super sad for a long time, it can make life harder.

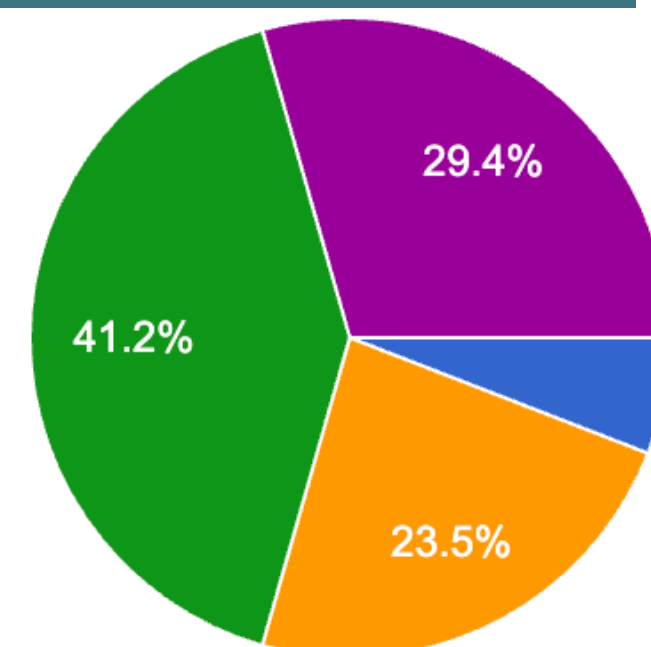
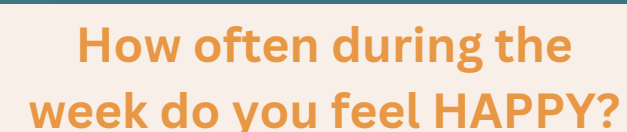
It might be tough to do schoolwork, hang out with friends, or even want to do fun stuff.



For my project, I created a Google Form with 6 questions and asked all my classmates to answer it. There are 17 kids in my class—8 girls and 9 boys, 8-9 years old. My questionnaire had two types of questions. Some questions asked for a number (like how many times they felt happy this week), and others were open-ended, so my friends could share what really makes them happy or sad. This helped me learn not just about numbers but also about their feelings and experiences.

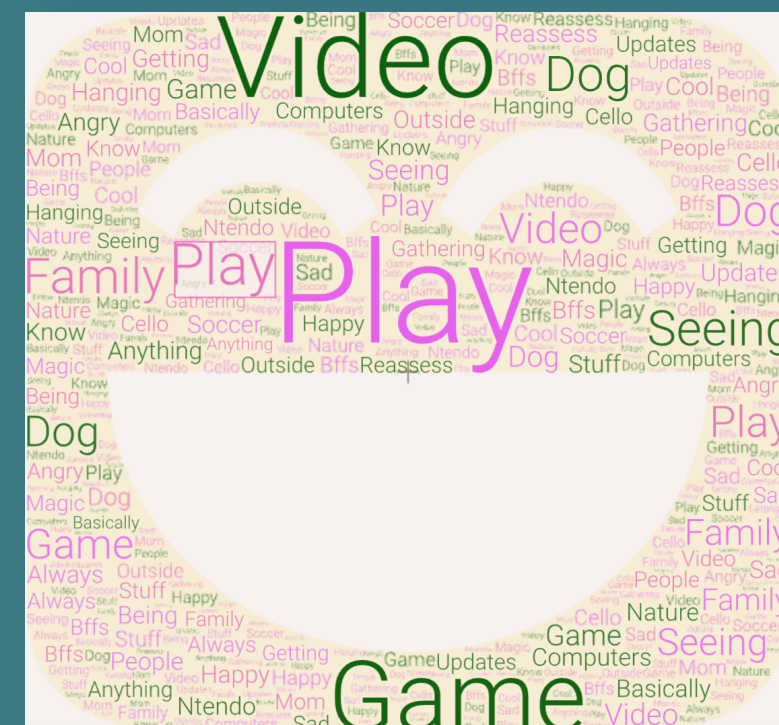
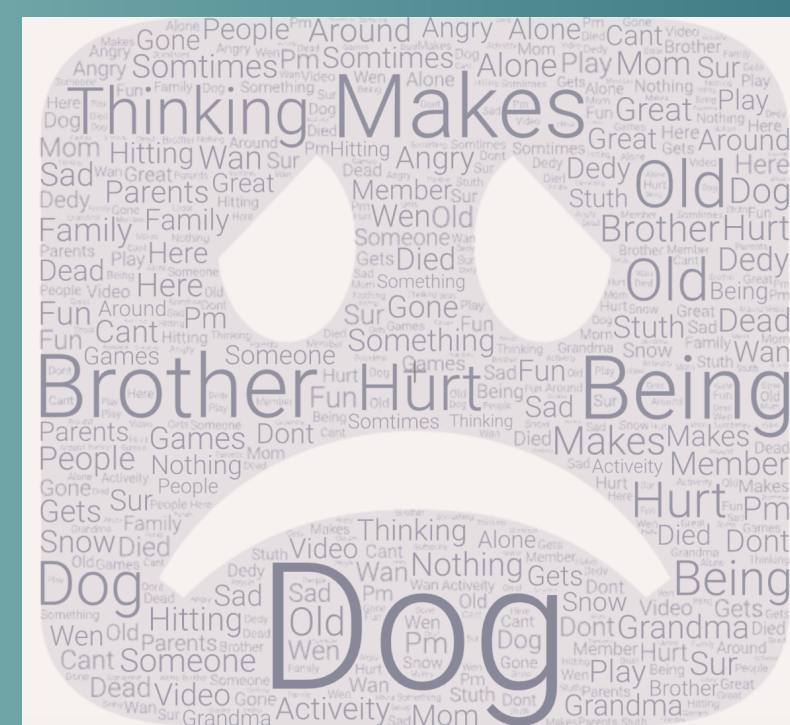


41.2% never+not often
17.7% always+often

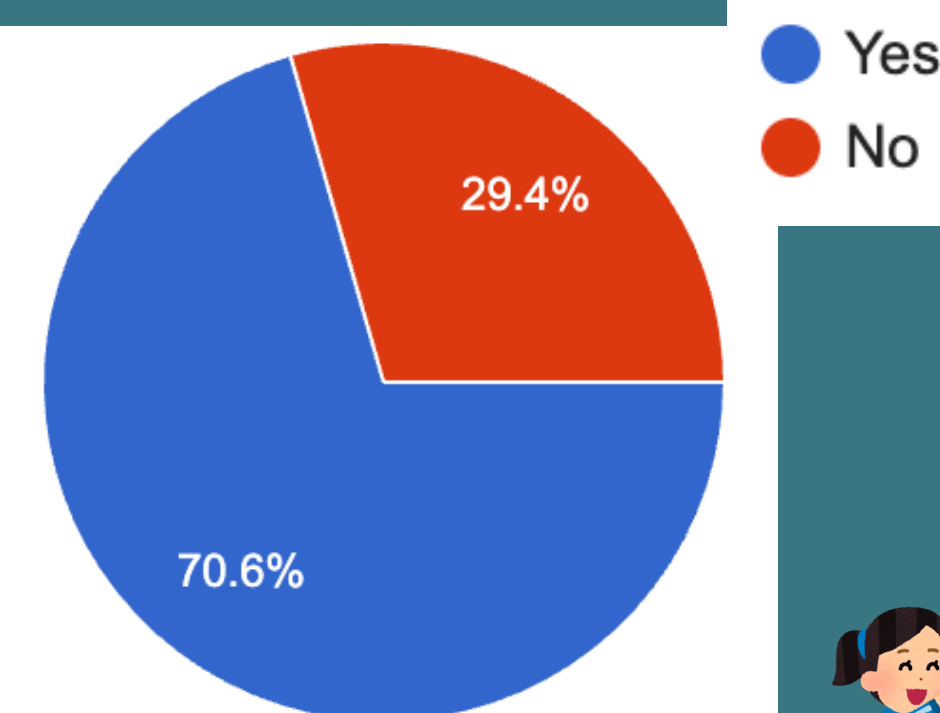


5.6% never+not often
70.6% always+often

What makes you SAD & happy?



Do you do any sports activities after school?



What does this all mean?

I was happy to see that most of my friends (70.6%) feel happy during the week! The thing that made most of my friends sad was the death of a dog or a loved one. The things that made most of my friends happy were playing computer games and playing with their dog. While I wasn't sure what other things might make kids feel happy, I noticed that I feel really happy when I do sports. It turned out that the same number of kids who do sports also feel mostly happy during the week (70.6%). I can't say it's only after-school sports that make us happy, but there might be a connection! :)

Centers for Disease Control and Prevention. (2023). Data and statistics on children's mental health. U.S. Department of Health and Human Services. <https://www.cdc.gov/children-mental-health/data-research/index.html>