

# GLOW assemblies

## Class Worship

Spring 2026 - **Happiness**

Each week, invite GLOW team members in your class to help lead the worship using these resources. Please use the prompt on the next slide to help children lead the opening and light the candle.

Each assembly has a slide with a text and / or image to discuss (in pairs or groups) and share their ideas with the class. **Each week, support the children in leading the class in prayer or saying their own quiet private prayers.**

Ask your GLOW team to welcome everyone, light a candle and lead the opening of your collective worship.

**GLOW team script:**

This is the day that the Lord has made...

The Lord is here...

Why do we light the candle?






# Week 1 - What is happiness?

Watch one of the videos about feelings and happiness.

**R / KS1** - <https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-happy/znnhvk7>

**KS2** - <https://www.bbc.co.uk/teach/school-radio/assemblies-ks1-ks2-mindfulness-how-to-be-happy/zcpqkty>

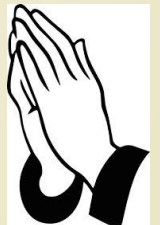


**Reflection:** Is happiness more affected by external circumstances or internal attitude? Do you think we have the power to make ourselves happy?

**Romans 15:13 (NIV)**

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**Prayer:** Dear Lord, help us to find happiness and contentment in our everyday lives and help us to spread this happiness to others. Amen.



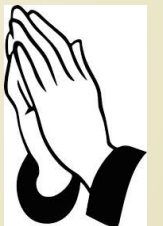
# Week 2 - Happiness and smiling

Proverbs 15:30 “*A cheerful look brings joy to the heart; good news makes for good health.*”

**Reflection?** What could I do today to make one person smile?



**Prayer:** Lord God, help me to focus today on other people's happiness more than my own. Help me to see where I can bring joy to others and let my actions today make at least one person smile. Amen.



# Week 3 - Happiness and God



## Week 3 - Happiness and God

*“Seek your happiness in the Lord, and he will give you your heart's desire”*



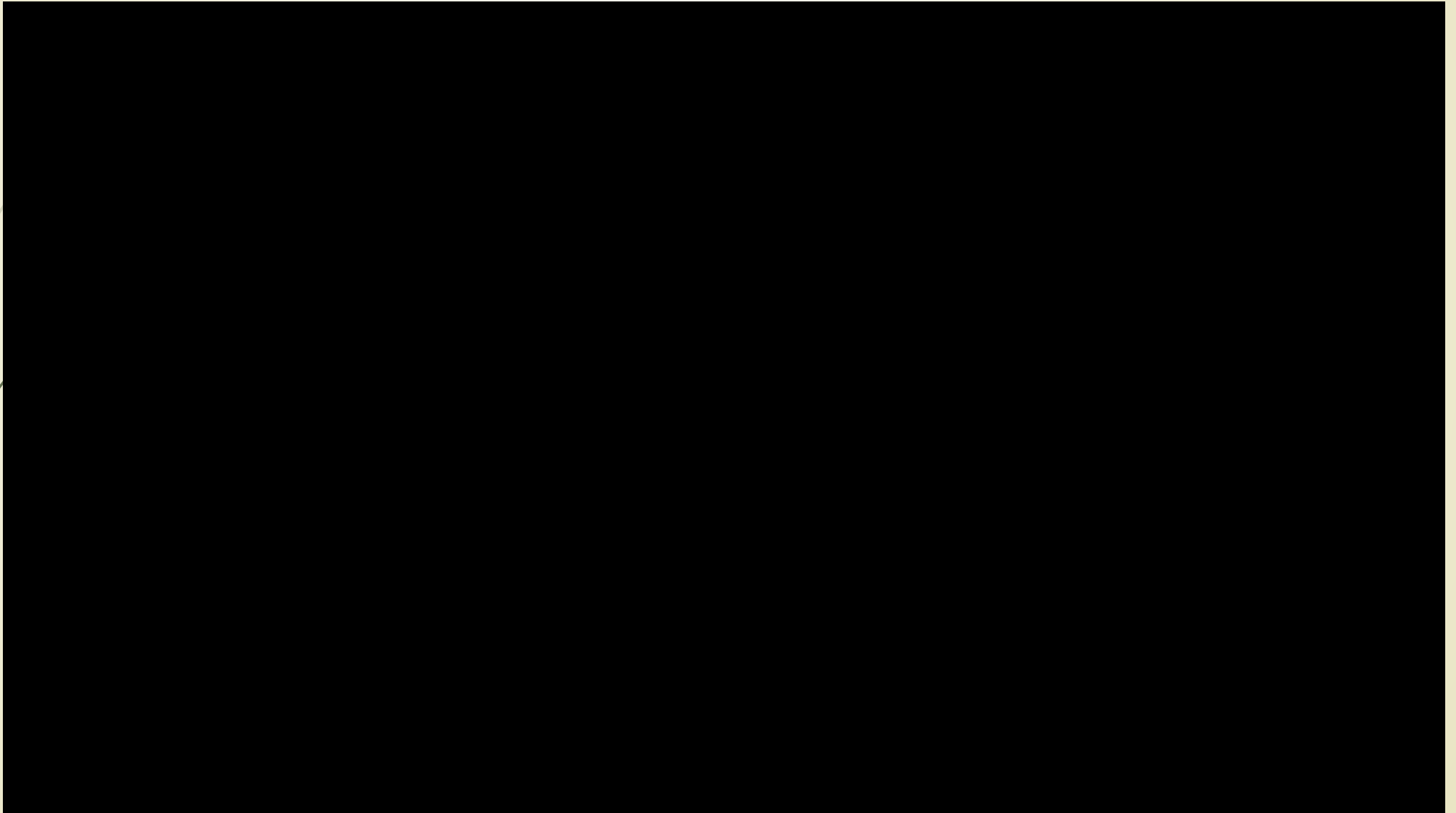
Psalm 37:4

**Did you know?** There have been many studies that have linked a belief in God with a happy life.

**Reflection:** Do you think that faith could have an impact on happiness? What benefits could people gain from having a deep belief in God?



# Week 4 - Happiness and money



# Week 4 - Happiness

*“A large income is the best recipe for happiness I ever heard of.”*

Jane Austen



*“Money has never made man happy, nor will it, there is nothing in its nature to produce happiness. The more of it one has the more one wants.”*

Benjamin Franklin

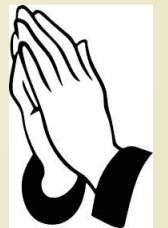
**Reflection:** How big an impact do you think money has on happiness?



*“Better the little that the righteous have than  
the wealth of many wicked”*

**Psalms 37:16-17**

Lord,  
Help us to take time to share smiles and acts of  
kindness that will bring happiness to those we  
meet.  
**Amen.**



# Week 5 - Easter



**Reflection:** What significance does Easter have for you?

Why do you think Easter is less celebrated in the UK than Christmas?

Dear God,  
As we think about the Easter story - the sad parts and the happy parts - we know that sad times are not always easy to bear. Whatever we are facing, we are glad to know that Jesus promised that he would be with us, always and forever.

Amen.



Sing 'Together'

<https://www.bbc.co.uk/teach/school-radio/primary-school-songs-assembly-collective-worship-together/zcrh2v4>