

# Get Happy with Hygge

**E**ven when it's cold outside, friendship and kindness can give us a warm, cheerful feeling. People in Denmark, ranked as one of the world's happiest countries, have a special word for spending cozy time with friends and family: *hygge* (pronounced "hoo-gah"). We can create an atmosphere of hygge with things like candlelight, fuzzy slippers, and warm drinks, but it's really about being with people we love.

Research shows that connecting with others is one of the best ways to stay happy. The most joyful people tend to have strong relationships. We can nurture our friendships and family ties by playing games, telling stories, or sharing sweet, simple joys like hot cocoa with marshmallows. When we take the time to unplug and relax with our loved ones, we can all snuggle up to more hygge – and happiness.

Match the pairs of marshmallows to make nine words about having fun with friends.

