Do you know the International Day of Happiness? Today is the International Day of happiness. What’s happiness? In fact, happiness is not an unattainable mountain, but a scenery along the way. Happiness has always been very simple. It can be a beautiful spring flower captured casually, a dish cooked with heart... And what makes you feel happiness? Please share your opinions and experience of it.

我认为快乐就是和家人在一起好好的聊天，玩耍，大家陪伴在一起，不需要有什么很奢侈的物品。在科技时代，我们很多时间都花费在了电子产品上而忽视了与家人之间的沟通。在电子产品上花费一个小时会产生审美疲劳，但是与家人在一起不会，妈妈会给你做一道你爱吃的菜，父亲会和你聊聊生活，帮你排忧解难。因此，我认为与家人在一起就是很快乐的事情。

I think happiness is to have a good chat with family, play, and be accompanied by everyone, without the need for anything very luxurious. In the era of technology, we spend a lot of time on electronic products and neglect communication with our families. Spending an hour on electronic products can cause aesthetic fatigue, but spending time with your family won't do it. Your mother will cook a dish you love, and your father will chat with you about life and help you solve problems. Therefore, I think being with my family is a very happy thing.