



**SMALL REASONS TO BE HAPPY**  
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In my country, Afghanistan, there's an interesting custom, a very old and special tradition. When a child is born, the whole family, all the friends and all the young people of the village gather at the house of that child's parents and play different games together for three nights. The game has very specific rules, one of these is that the people gathered together cannot sleep on those nights and if someone falls asleep he will have to endure a punishment chosen by the group. The punishments go from blackening the face, to sewing the person's clothes to quilts and carpets.

I want to share the story I experienced in my personal life.

A few years ago, when my little sister was born, all our family members and friends gathered at our house and started spending the night over, we were playing various games. I didn't make it, I fell asleep. I soon realized that my friends had sewn the clothes I was wearing into a quilt, so I had to figure out how to get the clothes back, while everyone was laughing. In the middle of this I looked at myself in the mirror, my face was completely black, they had painted it while I was asleep.

I had broken the law, I fell asleep during the night so I had to suffer the punishment.

When this memory came to my mind today, I immediately thought it was the most beautiful memory and story of my life, the best image of the past.

By writing this story, I want to express that in remote villages, in the absence of facilities, there are little things that can cause great happiness. All the people in that small remote community are always ready to help and cooperate with each other, and there's happiness.

Everyone shares and celebrates with each others.

