

# **Epicurean substitute for prayer**

**Post by “Mathitis Kipouros” of August 26, 2020 at 9:19 AM**

“Or pleasure. What made you the happiest today? Let your toddler reflect on what makes them happy throughout that day.”

I think this is a great idea, although I’d think more suited for older children, since right now I don’t think he’s yet ready to articulate something like this by himself.

But I see the potential in getting him accustomed to doing this, and later on being able to reflect each day on how he felt about such and such, to develop this awareness of sensations and feelings. I know I would’ve benefitted from doing this, instead of just asking to be kept safe and such.