Learning Objectives

- To investigate ways in which we can increase our happiness (skills)
- To increase knowledge about happiness (Knowledge)
- To increase communication about feelings and emotions (skills)

Introduction

Remind the students that last week we looked at what happiness is and the power that it carries in our society. However that is only half the story - we need to look at ways of increasing our happiness in order to apply the knowledge we have.

Starter (8 mins)

The purpose of this exercise is to warm students up and get them talking about how they are feeling.
Put students into pairs, or threes if necessary. Then instruct students to nominate which one of them will go first and which one will go second. The person that goes first has two minutes to speak - they should talk on whether they feel happy today and if so why and if they don't feel happy why not. After the two minutes is up the second partner gets the same opportunity to talk about their happiness today.

Activity 1 : One way to increase your happiness (15 mins)

Only do things which enrich your life!
Instruct students that one way scientists have discovered that can increase peoples happiness is by only doing things which enrich their life. Explain that the things we do on a daily basis can be split into three categories : Things which enrich us/Things which do not enrich us/Neutral but necessary. The simple fact is that if we do more things that enrich our lives than don't, then we will feel happier!

Give students two of the 'day to day activities' worksheets. Get them to fill this first worksheet in and add up the number of activities in each column (I have attached a sample for your use). Then ask students to discuss quickly
with their partners about how they can reduce the 'doesn’t enrich' column and increase the 'does enrich' column. Then get students to fill in the second worksheet - but this time they must fill it in as a 'perfect day'. After they have done this and if there is time - try and get them to discuss as a class the ways in which they can have their perfect day.

Activity 2 : Another way to increase your happiness (15 mins)

Goal Setting!

Another way of achieving happiness is by setting, meeting and celebrating our goals. It is clear that happy people set clear goals and determine clear and specific plans to ensure that these goals become reality.

Give out the SMART sheet and explain each of the categories of SMART goal setting as you go through them.

Then ask students to thought shower on the board (or paper) some goals that they might have in mind at their age. Remember to prompt them into goals which are in various areas such as : personal, relationships, educational, health, fitness etc.

When you have completed this you can give out the 'Goals Worksheet' and ask students to fill it out for a specific goal that they may want to achieve in the intermediate term.

When they have done this you can summarise and tell students that they can carry on these activities with their tutors at any time.

Being Happy : A Direct Approach (10 mins if you get time)

Explain that some people need some extra help in learning how to be happy and may do 'laughter yoga' or join a 'happy club' in order to increase their happiness. Show the students the video

http://www.youtube.com/watch?v=Hi1WPUENDJT

And if you have time have a brief discussion about whether you can manufacture happiness and is this is a good way of doing it.
Summary

Draw together the two themes from the lesson:

• That happiness can be created actively by people doing the right 'behaviours'
• That happiness can be manufactured (i.e. laughter yoga)
• Most importantly that happiness can be achieved if you try!