

<p style="text-align: center;">LESSON PLAN</p> <p style="text-align: center;">HAPPINESS SKILL 1 (DVD 1)</p> <p style="text-align: center;">Remember Good Experiences (appreciation & gratitude)</p>	<p>Age Group 13-19 (but relevant at all ages)</p> <ul style="list-style-type: none"> • Builds up well-being skills through practise, and supporting videos/ handouts/website/app • Builds confidence in one's ability to contribute and make a difference. • Empowers participants to create a positive environment from within, extending it to the surrounding world
<p style="text-align: center;">LEARNING OUTCOMES</p> <p>An understanding of how a continuous focus on negativity activates our stress system</p> <p>Understanding the skill and benefit of spending time focusing on good experiences</p> <p>Knowing how to create positive brain activity and emotions through the appreciation skill</p> <p>Increased use of gratitude in the classroom</p>	<p style="text-align: center;">MATERIAL REQUIRED</p> <ul style="list-style-type: none"> • Video 1: Remember good experiences • Paper and pen / pdf template handout <p style="text-align: center;">TEACHER/FACILITATOR RESOURCE</p> <p>Read chapters 1 and 2 of 'Happiness Skills based on Positive Psychology' book also found on teacher's corner on website www.WellbeingSkills.me</p>
<p style="text-align: center;">TEACHING & LEARNING ACTIVITIES</p> <p>1A</p> <p>1 Explain how Positive Psychology studies what we do when we are well and happy – happiness based on lasting well-being rather than short-lived pleasures that we may regret. These videos present habits that lead to well-being and resilience in times of problems, sorrow and depression.</p> <p>2 View the video but PAUSE at video guidance and ask participants to write down as suggested</p> <p>3 Invite participants to share with the person beside them/ or in a trusted group setting</p> <p>4 Ask how the participants find the skill and mention the website & app</p> <p>1B</p> <p>5 Play the Self-Encourage video reflection (4.5min) – Invite pupils to write a <u>self-encourage letter</u> as if writing to a best friend (if possible give lots of individual encouragement to permit 'self-praise'. The <u>self-encourage script</u> can be used as inspiration as sometimes it is difficult to praise ourselves!)</p>	
<p>ADAPTIONS</p> <ul style="list-style-type: none"> • Play the video right through without pausing then use the handout • ask pupils to study the benefits of gratitude in more depth alone or in a group • for older students ask participants to write down three good things that they experienced • 1C Ask participants to write a GRATITUDE LETTER to someone who helped them or someone else, talk about it with others or read the letter to the person. 'Dear...' <p><i>We don't ignore negative experiences, but we increase focus on the positive ones.</i></p>	
<p>FOLLOW-UP ACTIVITIES</p> <ul style="list-style-type: none"> • Once a week ask participants to write down three good things they experienced lately or work with the Appreciation formula handout/ interactive from website or app • 1D Create a Gratitude tree/box/board where anyone can share a good experience – Every so often read them out in class or at assembly 	
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