

<p style="text-align: center;">LESSON PLAN</p> <p style="text-align: center;">HAPPINESS SKILL 2 (DVD 1)</p> <p style="text-align: center;">TURN to Optimism (harvesting a positive from a negative experience)</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>Understanding that challenges are unavoidable but that we can re-interpret those with negative impact to become positive learning experiences.</p> <p>Awareness of choice regarding our perception of our life and experiences.</p> <p>Further understanding of how our brains work and can be influenced by our choice of thought.</p>	<p style="text-align: center;">MATERIAL REQUIRED</p> <ul style="list-style-type: none"> • Video 2: TURN to Optimism • Paper and pen / pdf template handout <p style="text-align: center;">TEACHER/FACILITATOR RESOURCE Read chapters 5 of 'Happiness Skills based on Positive Psychology' book also found on 'Teacher's Corner' on www.WellbeingSkills.me</p>
<p>TEACHING & LEARNING ACTIVITIES</p> <p>2A</p> <ol style="list-style-type: none"> 1 Re-explain how Positive Psychology studies the skills we use when we are well and happy in order to apply them when we are not feelings so good. Explain how this video focuses on the power we have to create a positive brain environment which helps us to re-interpret negative experiences in a way that helps us to feel encouraged and content in spite of being challenged. 2 View the video but PAUSE at video guidance to work with a negative experience (if a person can't think of any, see the list of situations further on. Advice to start with something simple (as a person might need help with very serious issues). 3 Invite participants to share with the person beside them/ or in a trusted group setting 4 Ask if the participants found the skill helpful and mention the website & app for follow-up <p>2B</p> <ol style="list-style-type: none"> 5 Play the Optimistic Statements video (4.5min) – talk about self-hypnosis: how we program our brain with what we say; for good or bad, it becomes real to us. Be careful about what we say and think. We can't help thoughts entering our head but we can choose whether to ignore them or develop them. 2C Rewrite pessimistic statements into optimistic ones – alone or in groups 	
<p>ADAPTIONS</p> <ul style="list-style-type: none"> • Play the video right through without pausing then as a class choose a problem & TURN it • 2D ask pupils to go onto website/app (or use handout 2D) and TURN around situations from the list or situations of their own choice <p style="text-align: center;"><i>We don't ignore negative experiences, but we increase focus on the positive ones.</i></p>	
<p>FOLLOW-UP ACTIVITIES</p> <p>When the class is faced with negative news/experiences ask how this can be turned into a positive focus, using the TURN formula (e.g. the kindness/help shown after a terrorist attack/disasters) in order not to let negative events destroy our trust in goodness and the ability to feel safe.</p>	
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