

<p style="text-align: center;">LESSON PLAN</p> <p style="text-align: center;">HAPPINESS SKILL 3 (DVD 1)</p> <p style="text-align: center;">Positive Connections & Relationships</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 and app. • Builds confidence in one's ability to contribute & make a difference. • Empowers participants to create a positive environment from within.
<p style="text-align: center;">LEARNING OUTCOMES</p> <p>Understanding how positive communication and relationships increase our well-being but also is a learned skill</p> <p>Awareness of our four basic needs of love, encouragement, new experiences and responsibility- but that others need that too!</p> <p>Experiencing the REACH forgiveness process through participating when prompted</p>	<p style="text-align: center;">MATERIAL REQUIRED</p> <ul style="list-style-type: none"> • Video 3: Positive Connections & Relationships • Paper and pen / pdf template handout <p>TEACHER/FACILITATOR RESOURCE Read chapters 3 of 'Happiness Skills based on Positive Psychology' book also found on teacher's corner on website www.wellbeingskills.me</p>
<p>3A TEACHING & LEARNING ACTIVITIES</p> <p>1 Explain how we all have some basic needs for encouragement, support and positive communication with others and that the video will explain further. The video also focuses on our ability to create positive and lasting relationships – it offers a skill that helps us to move on when we feel hurt and disappointed in someone.</p> <p>2 View video 3 but PAUSE at video guidance to work with the REACH forgiveness formula. Advice pupils to work with a mildly hurtful situation rather than a traumatic situation for starters. One can also use the formula as a Self-forgiveness process. 3D</p> <p>3 Ask participants to write down according to video guidance (you can also use the handout: REACH formula)</p> <p>4 Invite participants to share with the person beside them if appropriate and confidential.</p> <p>5 Ask if the participants found the skill helpful and mention the website & app for follow-up</p> <p>6 View the Loving Kindness meditation video (4.5min) 3B – discuss its core message</p>	
<p>ADAPTIONS</p> <ul style="list-style-type: none"> • Play the video right through without pausing then • ask pupils to go onto website/app and work with the REACH formula or handout • use the REACH formula for self-forgiveness handout 3D • discuss the whole concept of forgiveness and learning and the power of moving on 	
<p>FOLLOW-UP ACTIVITIES</p> <p>Play the game '4 different responses to good news' 3C – discuss the power of encouragement versus criticism and suspicion or indifference. Sharing of good news unite!</p>	
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