

<p style="text-align: center;">LESSON PLAN</p> <p style="text-align: center;">HAPPINESS SKILL 4 (DVD 2)</p> <p style="text-align: center;">Character Strengths 1</p>	<p>Age Group 12-19 (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 we each have character strengths that benefit ourselves and others</p> <p>Knowing the 3 first categories of strengths and being able to identify some of them in oneself and others</p> <p>Encouraged to use one's character strength more and to understand others better due to their particular strengths</p>	<p style="text-align: center;">MATERIAL REQUIRED</p> <ul style="list-style-type: none"> • Video 4: Character Strengths 1 • Paper and pen / pdf template handout <p>TEACHER/FACILITATOR RESOURCE Read chapter 4 of 'Happiness Skills based on Positive Psychology' book also found at 'Teacher's Corner' on the website www.WellbeingSkills.me</p>
<p>TEACHING & LEARNING ACTIVITIES - Strengths categories 1-3 used as 3 separate lessons</p> <p>4A</p> <ol style="list-style-type: none"> 1 Explain how we tend to be stronger in one area of our lives than in another, this can be contributed to our particular character strengths which are abilities that are admired by others and beneficial to ourselves and others. 2 View the video but PAUSE at video guidance for separate lessons/handouts for the Wisdom 4A1, Courage 4A2 and Humanity 4A3 strengths and encourage participants to pinpoint these in themselves and others but remind them that there are another 3 strength categories so if they don't identify too clearly with these 3 categories there are more coming in Session 6. Also mention that we can have a mixture of strengths. 3 Ask if the participants found the skill helpful and mention the website & app for follow-up 4 View the Strengths Meditation 1 video (6.5min) 4B – discuss its core message of how we act differently in the same situation because we each have different character strengths. 	
<p>ADAPTIONS</p> <ul style="list-style-type: none"> • ask the participants to research one or two of the character strengths – possibly mention famous people or film characters who might be using these strengths - share • 4B2 Roleplay various situations but with different strengths (others guess) 	
<p>FOLLOW-UP ACTIVITIES</p> <p>Choose a strength 4A as a theme for a week/month, make a collage in the corridor and share with each other ways to use this strengths, Add new ways to the collage as you discover. Make a presentation to the class/assembly</p>	
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