

<p style="text-align: center;">LESSON PLAN</p> <p style="text-align: center;">HAPPINESS SKILL 6 (DVD 2)</p> <p style="text-align: center;">Character Strengths 2</p>	<p style="text-align: right;">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 three last categories of strengths and being able to identify some of them in oneself and others.</p> <p>Encouraged to use one's character strengths 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 6: Character Strengths 2 • Paper and pen / pdf template handout <p style="text-align: center;">TEACHER/FACILITATOR RESOURCE</p> <p>Read chapter 4(2) 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 4-6 used as 3 separate lessons</p> <p>6A</p> <ol style="list-style-type: none"> 1 Explain that this is a continuation of getting to know the three other groups of character strengths. That we tend to be stronger in one area of our lives; this can be contributed to character strengths, abilities that are admired by others and beneficial to ourselves and others. 2 View video 6 but PAUSE at video guidance for separate lessons/handouts for the Justice 6A1, Temperance 6A2 and Transcendence 6A3 strengths and encourage the participants to pinpoint these in themselves and others but remind them of the previous 3 strength categories. 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 Strength Meditation 2 video (5.5 min.) 6B – discuss its core message of how we act differently in the same situation because we each have different character strengths but how we need to develop certain strengths to get on well with each other and create a positive atmosphere. 	
<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 • 6B2 Roleplay various situations but with different strengths (others guess) 	
<p>FOLLOW-UP ACTIVITIES</p> <ul style="list-style-type: none"> • Choose a strength 6A as a theme for a week/month, make a collage in the corridor and share with each other ways to use this strength. • Figure out which type of work might be suitable according to one's strength 6C • Make a presentation to the group/class/assembly • In other classes ask which strength could be useful/ help a present situation/difficulty. 	