LESSON PLAN HAPPINESS SKILL 7 (DVD 2) Personal Problem-Solving	Age Group 12-19 (but relevant at all ages) • 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
LEARNING OUTCOMES Understanding that an overload of problems brings stress which can lead to reduced sleep benefit and physical and mental difficulties. Realising that facing our personal problems one by one, welcoming them and brainstorming for solutions open up our creative brain. Knowing how to assess each solution's benefit and disadvantage. Executing a chosen solution. Reviewing whether satisfied with the outcome.	**MATERIAL REQUIRED** • Video 7: Assertiveness & Flow • Paper and pen / pdf template handout **TEACHER/FACILITATOR RESOURCE** Read chapter 7 of 'Happiness Skills based on Positive Psychology' book also found at 'Teacher's Corner' on the website www.WellbeingSkills.me

TEACHING & LEARNING ACTIVITIES - This video can be divided into a number of lessons
7A

1 Explain the importance of personal problem-solving as a built-up of problems can lead to addiction and other unhealthy escape routes as our system needs to rid itself of problems by facing them one by one and finding solutions. Even if sometimes the solution is to do nothing just now, by knowing that we have done our best to solve a problem we can relax and enjoy life. We are not burdened. Also explain that sometimes we might need help to solve a problem, and when we face and welcome a problem we can decide where to look for help, what to do.

2 View video 7 but PAUSE at video guidance to work through a problem even if it is an imaginary problem (from the list of samples **7A1**
At each step ensure that everyone has chosen a problem and understands how to proceed. Encourage sharing of the process in twos/groups but agree on confidentiality about other people's problems.

3 View the Problem-Solving reflection video (4 min.) **7B** – discuss its core message of how we free up our creative brain-power by solving our problems. We develop our imagination and sense of self-management and self-confidence rather than be secretly stressed or depressed about our situation.

ADAPTIONS
• Ask the participants to go onto the website/app and work alone or in twos with a problem
• Discuss the importance of personal problem-solving using hope and optimism

FOLLOW-UP ACTIVITIES
• Work through a relevant problem as a class or group
• In other classes use the DANCER formula to move forward
• Work with setting personal goals