



What is the
difference
between
success and
happiness?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What does it mean to be happy? What does it mean to be successful? Do you think these are the same things? Why? Can you be successful without being happy? Can you be happy without being successful? Who decides what success means?

FEEL

How might different people feel about this?

e.g. What makes you feel happy? When have you felt successful? Does everyone have the same feeling of happiness? What does it feel like when you are pressured to be happy or pressured to be successful? How might the pressure to be successful prevent people from being happy?

CONNECT

What links can you start to make?

e.g. Why are happiness and success often connected? Do you think they should be? Why? Is the secret of success to be happy? Who defines the meaning of success in the society in which you live? Who defines the meaning of success in your own life?

EXPLORING OURSELVES | **Happiness**



Activity ideas:

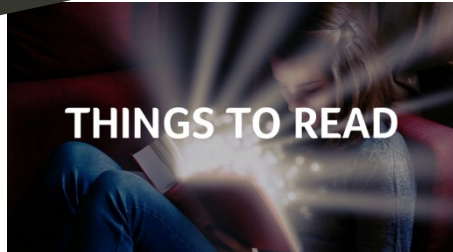
1. Oftentimes in life there is a pressure to be successful and to achieve certain things 'in order to be happy'. For example good grades, lots of friends, lots of hobbies or achievements. Thinking about your own life as well as other people, do you agree that success equals happiness? In what ways could the pressure to be successful actually *hinder* our ability to be happy? Talk together with the people around you and share your thoughts.
2. Having a healthy, happy classroom environment is important in helping young people feel supported in their journey through school. Take a look at this [teachers' guide to creating a happy classroom](#). Whilst reading think about:
 - a) Is any of this happening in your classroom?
 - b) Do you agree? Why? Why not?
 - c) What else (if anything) would you add to the list?
3. In order for people to be well, to feel happy or to achieve success, it is important to have a nurturing environment.
On a piece of paper, make two columns and write the following titles:
Positive environment for success | Negative environment for success
Now make a list under each title of what you think a healthy school environment would be to allow these conditions to happen, or to prevent them from happening.

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?



RESOURCES:



[The secret of success – is it happiness?](#)

(Article | *Forbes*)

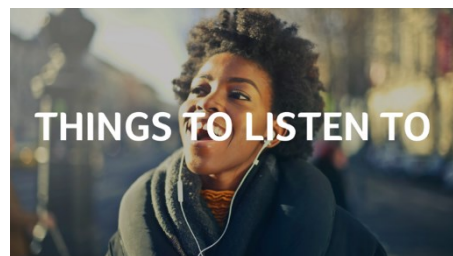
[How to create a happy classroom](#)

(Guide | *Teacher Toolkit*)



[Success in school v success in life](#)

(3 minute video | *School of Life*)



[Success v Happiness](#)

(30 minute podcast | *The Life Coach*)

[How happiness fuels your success](#)

(30 minute podcast | *Shawn Achor*)

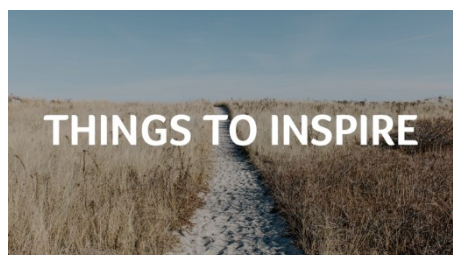


[Create a happiness map](#)

(Tips and guidance | *Mindfood*)

[Meet our Happiness changemakers](#)

([Ali Knowles](#) | [Dinah Gibbons](#) | [Chukumeka Maxwell](#))



[Explore our Happiness topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

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