



What is
happiness and
can you teach
it?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What does happiness mean to you? Is happiness something you can learn about from others? Who or what do you think about when you think of happiness? Do you need money to be happy? Is happiness a skill that can be practiced?

FEEL

How might different people feel about this?

e.g. In which places and with whom do you feel most happy? How do you feel when you make other people happy? Can you describe the feeling of happiness? What are the other feelings that come with happiness? Is happiness a spectrum of feelings?

CONNECT

What links can you start to make?

e.g. How is happiness related to external circumstances? Where do the happiest people on earth live? Is happiness connected to physical and emotional health? Why are so many people in western countries looking for happiness?

EXPLORING OURSELVES | Happiness



Activity ideas:

1. What is happiness? Whilst we often think that happiness is about feeling happy and satisfied, happiness can only exist through moments of feeling unhappy. It would be hard for us to know what it means to feel happiness if you wouldn't have had the moments in your life when you would not feel so happy. Read more about the two sides of the coin of happiness [here](#).
2. What does happiness mean to you? Happiness means something different for everyone. In this activity you are invited to keep a **gratitude diary**. Explore the moments, experiences or aspects of life that create happiness for you. Use this handy worksheet (insert link gratitude) to help you get started: [My gratitude diary](#)
3. Where do you feel happiness in your body? Happiness is a full-body experience. When you are happy, the brain triggers many effects on the different parts of your body. In order to make us more aware of our physical, or bodily happiness, in this activity we invite you to explore, what makes you happy through your body and how this makes you feel. Use this worksheet to help you reflect: [Feeling happiness from within](#)
4. What does happiness mean to others? What happiness means to you can be fairly different to what it may mean to others. To understand the different experiences of happiness we invite you to have a **happiness interview** with a good friend, your parents, siblings or anyone you would like to ask about what their happiness means to them. Use the worksheet to help: [Talking Happiness](#)

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

What other activities could you do?

EXPLORING OURSELVES | Happiness



RESOURCES:

THINGS TO READ



[What is happiness?](#)

Article | *Psychology Today*

[Six benefits of happiness](#)

Article | *Positive Psychology*

THINGS TO WATCH



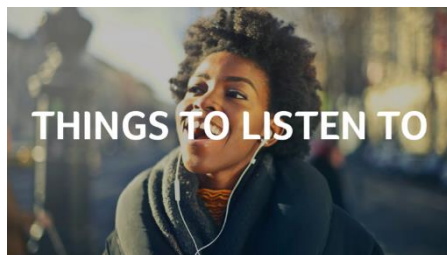
[Self-compassion](#)

4 minute video | *The School of Life*

[The importance of self-care](#)

A range of videos | *Ted Talks*

THINGS TO LISTEN TO



[Podcasts for your wellbeing](#)

Short podcast activities | *Mental Health Foundation*

[Managing anxiety with mindfulness](#)

35 minute podcast | *Action for Happiness*

THINGS TO DO



[Guided meditation exercises](#)

Short recorded activities | *Mindfulness for Teens*

[Create a self-care weekly plan](#)

Downloadable templates | *Pinterest*

THINGS TO INSPIRE



[Explore our happiness curriculum](#)

A full inquiry curriculum | *ThoughtBox Education*

[Meet our wellbeing changemakers](#)

Ali Knowles | *Dinah Gibbons*

EXPLORING OURSELVES | Happiness