

HAPPINESS HEROES



Happiness Heroes is an activity brought to you by The Happiness Project.

Length

3x **45 min sessions**

Age

14-18-year-olds teaching younger children aged 6-12

About Happiness Heroes

This series of activities have been created as a peer-learning project for older students (aged 14-18) to facilitate a series of happiness lessons to younger students in their school or community. However, they can also be used by teachers and/or parents who want to facilitate happiness conversations and activities at home or in the classroom.

The objective of Happiness Heroes is for younger students to come away with a set of activities to help them articulate their feelings and see themselves as Happiness Heroes, people that are able to spread happiness throughout their classroom, school and community. The activities have been designed to be clear and simple for older students to facilitate them to younger students. They give older students an opportunity to interact with younger students and act as role models for them to look up to. To help older students with top tips on how to facilitate conversations about feelings and happiness, ask them to read The Happiness Project How to Guide before starting the sessions.

Learning Goals:

- To identify all your different emotions through a Feelings Tree
- To design a Happiness Map to help us to understand where to find happiness
- To create a Happiness Community Charter to put up in our community to make others smile!

Session overview

Session number	Description	Time (mins)
Session 1 - Feelings Tree	Facilitators introduce themselves and get to know younger students through a series of ice-breaker activities. Facilitators next work to explain what a “Feelings Tree” is to students and co-design one together before students create their own.	45
Session 2 - Happiness Maps	Facilitators work alongside students to design their own Happiness Maps. At the end of the session, students bring their maps together to form one complete Happiness Island!	45
Session 3 – Happiness Community Charter	Facilitators work alongside younger students to recap what they’ve discussed from previous sessions. Facilitators work alongside younger students to create Happiness Community Charters to go up in their school or community!	45

Session 1: Feelings Tree

45 mins

Learning goals

- To identify all our different emotions through a Feelings Tree

Lesson Flow:

Steps	Learning Activity Instructions	Time (mins)
Step 1	<p>Introduce yourself to the class.</p> <p>Explain: You are a Happiness Hero. This doesn't mean that you are happy all the time, but it means you're on the happiness journey, learning about ways to make myself and others feel happier and more connected. Over the next few sessions, we will all become Happiness Heroes and help to spread happiness throughout our community.</p>	5
Step 2	<p>Explain: Sometimes talking about feelings such as happiness can be difficult.</p> <p>Ask: How would we like the rest of the class to act when we are talking about these topics?</p> <p>Create a Class Charter (a set of rules that the students agree on together) using the student's own words and language), to refer to for the rest of the sessions.</p> <p>Ideas could include:</p> <ul style="list-style-type: none"> – We listen when someone is talking – You can 'pass' if you don't feel like talking or need more time to think – We will be respectful to everyone <p>Create a Class Charter together to refer to for the rest of the sessions.</p>	10
Step 3	<p>Learning Activity – Feelings Tree:</p> <p>Explain: A Feelings Tree can help us understand all our many emotions and help us to learn new language to use for them. Show the image of a tree on the board. Point to all the different branches that don't yet have leaves on them.</p> <p>Ask: Is there anyone who might want to share a few ideas for different feelings?</p> <p>Do a few examples together, before asking students to complete their own. Students can use the template in the worksheet or draw and create their own.</p>	15

Steps	Learning Activity Instructions	Time (mins)
Step 4	<p>Ask the class to share some positive emotions they've identified. Invite students to turn to the person next to them and tell them about a time they were feeling happy, excited, joyful, funny.</p> <p>Ask: What if we were to do a Feelings Tree for someone you know, it could be a friend or a family member. Can you share a time when they were happy, excited or joyful?</p>	10
Step 2	<p>Reflection</p> <p>Ask: How does it make you feel when someone is kind to you?</p> <p>Explain: You have a challenge. Your challenge is to do something kind for someone else before the next session. We'll discuss these at the start of the next session.</p>	5

Session 2: Happiness Maps

45 mins

Learning goals

- Draw a Happiness Map to show where you find your happiness

Lesson Flow:

Steps	Learning Activity Instructions	Time (mins)
Step 1	<p>NOTE: Ahead of the session, draw the outline of an island on large pieces of paper. Then give each piece of paper to a member of the class. The idea is that by the end of the session, everyone can join their Happiness Maps together to make one happy island!</p> <p>Recap: Students share their acts of kindness from the first session. Ask: How did it make you feel to do something kind for someone else? How did that person feel or react?</p>	5
Step 2	<p>Explain: It's important to understand what makes us happy. It can be hard to know this at first but if you spend some time thinking about it, it becomes easier.</p>	10
Step 3	<p>Learning Activity: Drawing Happiness Maps</p> <p>Explain: To students that they will be drawing a Happiness Map on their piece of paper. We will join them all together at the end to see one big happy island!</p> <p>Show students the example Happiness Map on the activity slides for inspiration. Use the prompt questions in the Worksheets to support students.</p>	15
Step 4	<p>Students share their Happiness Maps with others.</p> <p>Ask: Is there anything new you've learnt about one of your classmates today?</p>	5
Step 5	<p>Reflection</p> <p>Ask:</p> <ul style="list-style-type: none"> – What did you learn about yourself today? – Were you surprised by anything that made you feel happy? <p>Explain: It's important for us to learn what makes others happy too. Who could you ask to also do a Happiness Map? Suggest friends, family members, other community members.</p> <p>Explain: We'll start the next session hearing from you about who you asked.</p>	10

Session 3: Happiness Community Charter

45 mins

Learning goals

- To create a Happiness Community Charter to put up in our community to make others smile!

Lesson Flow:

Steps	Learning Activity Instructions	Time (mins)
Step 1	<p>Ask: Does anyone know what gratitude might mean?</p> <p>Explain: Gratitude is when we feel thankful for something or someone in our lives.</p> <p>Share with the class one thing you are grateful for using the sentence starter “One thing I am grateful for today is.....”</p> <p>Next, ask everyone in the classroom to turn to the person next to them and tell them about one thing they are grateful for. Ask some students to share their suggestions with the class.</p>	10
Step 2	<p>Learning Activity</p> <p>Explain: Throughout these past sessions we have been learning how to be Happiness Heroes and identifying ways in which we can be happy. Now it’s time to share our learning with others!</p> <p>Your task is to create a Happiness Community Charter that you can put up somewhere in your community.</p> <p>Ask: What are some top tips you might include on your Happiness Community Charter?</p> <p>Separate children into groups to work on their Happiness Charter. Try and encourage them to choose their top 5 favourite tips! E.g: Spend some time in nature, make someone their favourite meal, give someone a hug</p> <p>After 10 minutes, ask someone from a different group to share their ideas.</p>	20
Step 3	<p>Identify somewhere for the Happiness Community Charter to go</p> <p>Ask: Is there anywhere you might be able to put your Happiness Community Charter?</p> <ul style="list-style-type: none"> – What do you pass on your way to school? – Are there any noticeboards or public spaces you can put them on? 	10
Step 4	<p>Celebration!</p> <p>This is the final session for Happiness Heroes. Award students with their certificates and congratulate them on learning how to spread happiness throughout their community!</p>	5