

# DESIGNING A HAPPINESS PROJECT

## WORKBOOK

Name

Date

## The Design Stages to

# YOUR HAPPINESS PROJECT

1



**We Empathise**

We empathise or feel for someone who may have or is facing some problems. We look at the needs and concerns of the person whom we are trying to help as well as the social or personal situations they are in.

2



**We Investigate**

We dig deeper into the problem that we have identified. We clearly identify the problem and its root, the conditions, and the consequences that go with it. We start to ask: “How can we make our community happier? How can we spread happiness throughout our community?”

3



**We Imagine & Plan**

We lay out our plan on how to solve or provide a solution to the problem. We identify as many solutions as we can. Then we choose the “best” solution according to its feasibility, effectiveness, and originality.

4



**We Create & Test**

We create and build our solutions. We are resourceful and creative in building our product prototype or activity plan. We let others try out our solutions and further evaluate our work to improve it. We listen to feedback from the first users or testers.

5



**We Share & Listen**

We are ready to share our solutions with others. We share our innovation or awareness campaign and the story behind it. We listen to the feedback and comments of other people to further improve our solution.



# STAGE 1:

# WE EMPATHISE

## Understanding Our Community

The first stage of the Design Thinking Framework asks us to empathise with others. Fill out the mind maps below to help you identify who you will design your Happiness Project for.





## STAGE 1: WE EMPATHISE



**What happiness challenges are there in our community?  
What are some of the barriers to people's happiness?**

**What are some events/  
innovations/activities that already exist that  
bring happiness to our community?**



### Empathy map

The “empathy map” is a tool that helps you to know and feel for another person, or simply, to be in the shoes of another person. It helps you to empathise with the people for whom you are designing a solution or project. The map leads you to examine what the person thinks or feels, sees, hears, says, or does. You may use texts and drawings in completing the different parts of the empathy map.

#### Guide questions in the Empathy Map:

- What does the person think or feel?
- What does the person see?
- What does the person hear?
- What does the person say or do?
- **Pain:** What are their biggest frustrations?  
What obstacles stand in their way?  
Which risks might they fear taking?
- **Gain:** What do they need to achieve?  
How can they be happy, successful, or have a good life?



**STAGE 1: WE EMPATHISE**



<b>What the person thinks or feels</b>	<b>What the person sees</b>
<b>Draw the person</b>	
<b>What the person hears</b>	<b>What the person does/ says</b>
<b>Pain</b>	<b>Gain</b>



# STAGE 2:

## WE INVESTIGATE

In this stage, identify the specific problem of the person or the community so that you can think of a better happiness project for them in the next session. State the problem in the format: “How might we...”

**Example:**

- How might we help the new student in our class to be happy?

Note: Do NOT yet think of a solution! Focus on developing the problem first.

**Write your specific problem here:**



# STAGE 3:

# WE IMAGINE & PLAN

In this stage, generate as many ideas as you can within the time that you have.

What are your top tips for brainstorming?

1.

2.

3.

4.

5.





### STAGE 3: WE IMAGINE & PLAN

Use the grid below to draw or write down your ideas.

5	10
4	9
3	8
2	7
1	6



## STAGE 3: WE IMAGINE & PLAN



### Solution Matrix

Then, choose the “best” solution according to feasibility, effectiveness, and originality.

- **Feasibility** - Is the solution “do-able” or easy to accomplish?
- **Effectiveness** - Will the solution be “effective” enough to address and solve the problem?
- **Originality** - Is the solution a new idea that doesn’t already exist?



## STAGE 3: WE IMAGINE & PLAN



<b>Solutions</b>	<b>Feasibility</b> (Yes or No, why or why not?)	<b>Effectiveness</b> (Yes or No, why or why not?)	<b>Originality</b> (Yes or No, why or why not?)
#1			
#2			
#3			

The “BEST” solution is .....

because .....

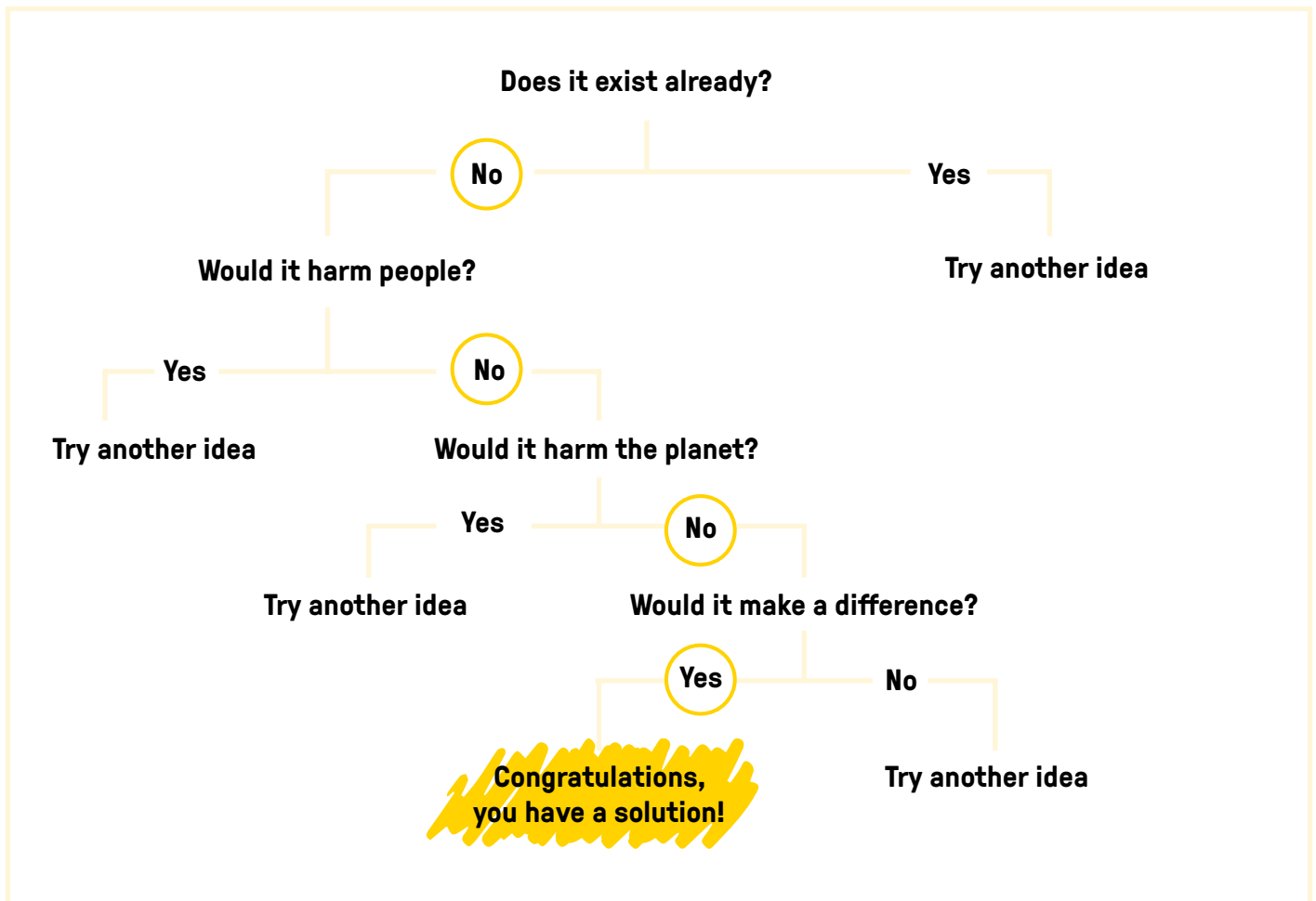


## Decision Tree

This is a great way to sort through your ideas. Start at the top of the tree and answer each question one by one. Each time you answer yes or no, follow the branch of the Decision Tree which matches your answer. This is a great way to help you choose your solution idea!

- Does it exist already?
- Would it harm the planet?
- Would it make a person happier?
- Could it be possible?
- Can you make it in your classroom?

The ideas that make it to the end of the tree will be the most original, practical and efficient solutions.





## STAGE 3: WE IMAGINE & PLAN



### Planning Sheet

**In order to build or make our happiness project or solution, we need the following MATERIALS:**

**In order to build or create our happiness project or solution, we need to know the following SKILLS:**

Tip: It is great and helpful if your plan of action includes your passion or skills.

**Sketch your plan below if your happiness project solution is about creating a product:**

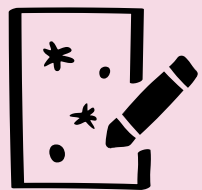


## STAGE 3: WE IMAGINE & PLAN



### Comic Strip / Storyboard

Create a comic strip or storyboard if your happiness project solution is an awareness campaign or event-based solution. Show through the comic strip or storyboard the processes or steps on how you will implement your project.



# STAGE 4:

## WE CREATE & TEST

Work on your projects, using your own materials to build a prototype of the products or drawing a comic strip or a storyboard to show the different processes or steps on how you will implement your awareness-raising or event-based (charity, etc.) projects.

**As you create your project, think of the following questions:**

- Does the project solve the happiness problem or challenge of the person/community of interest?
- Does it take into account the individual's/community's situation, feelings, and needs?
- Will the person or members of the community feel happy with the project?  
How will the project improve how they feel and their happiness?
- Can other students also replicate or use my project in their communities to help those who might have the same problem?



## STAGE 4: WE CREATE & TEST

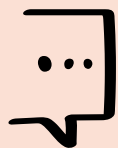


**Instructions:** When other people give feedback on your work, practice or do the following:

- Listen attentively to their ideas or feedback.
- Be open and avoid defending your work or ideas.
- Ask questions, if there is a need to clarify their feedback.
- Write and list all the feedback.
- Express gratitude for sharing their thoughts with you and trying out your project.

**Feedback list:**





# STAGE 5:

## WE SHARE & LISTEN

An elevator pitch is a brief and enthusiastic statement or presentation that one delivers to sell or present a product, idea, or project. The aim is to convince the listener that one's product, idea, or project is worth looking into, implementing, or buying. It is all about catching their attention and interest!

Create the elevator pitch for your happiness project. You may follow the format below. Time limit: 2 minutes. Practice and practice!

**Briefly introduce yourself:**

**Present the happiness problem/challenge:**



## STAGE 5: WE SHARE & LISTEN

**Present your solution:**

**Share what makes your solution unique and doable:**

**End with a call to action:**



# EXTENSION: WE REFLECT & CELEBRATE!

Now that we have created, tested and developed a prototype innovation, awareness raising campaign or event, we need to think about the next steps to make it into a reality!



**Action plan:**

**1**

**Name of Happiness Project:**

**2**

**What is it?**

**4**

**Do you need any materials to implement it?**

**3**

**Who is it for?**

**5**

**What's the first step in implementing it?**

**6**

**What's your timeline?**



## EXTENSION: WE REFLECT & CELEBRATE



### Personal Reflection Time:

**Through the empathy map activity, I learnt that...**

**Through the project-making activities, I learnt that...**

**Through the elevator pitch, I learnt that...**

**Through working with my classmates, I learnt that...**

**One thing I am really proud of about my Happiness Project is...**

**Final Reflection:**

**“I used to think that happiness** .....

**”**

**Now, I think** “ .....

**”**



# EXTENSION: ACTIVITY

One way we can spread happiness throughout our community is showing people we are there for them. Write and send a postcard to someone in your community to make them smile!

Create your own postcard using the template below!

