



# HAPPIER TOGETHER FESTIVAL

Happier Together Festival is an activity brought to you by The Happiness Project.

Length

**2 hours**

Age

**8 - 14**

## About the Happier Together Festival

This activity asks students and teachers to come together to celebrate happiness throughout their school. This could be for just your students, or for multiple classes and even the whole school!

You as the teacher can set the parameters: when and where the Happier Together Festival could happen, who could be invited, the resources available. Then give as much freedom as possible to students to design the rest of the Festival themselves.

Encourage students to use the 5 Ingredients for Happiness to come up with ways in which happiness can be celebrated in their school or community. Students can complete the accompanying workbooks to fill out their ideas.

### Learning goals:

- **To work collaboratively to design and create a Happier Together Festival**
- **To incorporate the 5 Ingredients for Happiness into your Happier Together Festival**

## Session 1: Happier Together Festival Planning

60 mins

### Learning goals

- To identify all our different emotions through a Feelings Tree

### Lesson Flow:

Steps	Description	Time (mins)
Step 1	<p><b>Ask:</b></p> <ul style="list-style-type: none"> <li>– What does celebration mean to you?</li> <li>– How do you celebrate?</li> <li>– What and when do you celebrate?</li> </ul>	5
Step 2	<p><b>Explain:</b> That the school is going to participate in a Happier Together Festival. Ask students a series of “How might we..” questions to start the brainstorm of what a Happier Together Festival could look like in your school community.</p> <p><b>Ask:</b> How can we include the 5 Ingredients for Happiness throughout the Festival?</p>	10
Step 3	<p>Students create their mood boards using collage, paper and pens to answer the below questions.</p> <ul style="list-style-type: none"> <li>– How do you want people to feel when they enter the Happier Together Festival</li> <li>– What feeling do you want people to leave with?</li> <li>– What message about happiness do you want them to have?</li> </ul> <p><b>Explain:</b> Students fill in the Happier Together Festival planning sheet. Share ideas back as a class.</p>	30
Step 4	<p>Next, divide students into groups and assign each group a specific task in the planning of The Happier Together Festival. Suggested groupings:</p> <ul style="list-style-type: none"> <li>– Invitations/Tickets</li> <li>– Speakers/Line Up</li> <li>– Decorations/Posters</li> <li>– Location/Venue</li> </ul>	10
Step 5	<p><b>Reflection:</b></p> <ul style="list-style-type: none"> <li>– What is one thing you are excited about for the Happier Together Festival?</li> </ul>	5

## Session 2: Happier Together Festival Designing and Creating

55 mins

### Learning goals

- To work collaboratively to design and create a Happier Together Festival
- To incorporate the 5 Ingredients for Happiness into your Happier Together Festival

### Lesson Flow:

Steps	Description	Time (mins)
Step 1	<b>Recap:</b> <ul style="list-style-type: none"> <li>– What do you need to plan to make the Happier Together Festival a success?</li> </ul>	5
Step 2	Students split into their groups to design their specific tasks for the Happier Together Festival. Use the accompanying activity slides for prompt questions to help students.	30
Step 3	Students share their ideas with another group. Praise students for taking turns to listen and give feedback	10
Step 4	Give students time to implement feedback given to them by another group	10
Step 5	<b>Reflection:</b> <ul style="list-style-type: none"> <li>– What is one thing you are excited about for the Happier Together Festival?</li> </ul>	5