

IMAGINE &

REFLECT

UV13



The Wheel of Happiness



Stilling

Sit Alert and Relaxed

Sit upright with your back straight and both feet firmly on the floor.
Rest your hands gently on your knees.

Make sure your shoulders are relaxed, holding no tension.

Keep your head upright and gently close your eyes.





Breathing

Slow your breathing

Breathe in through your nose and hold 1,2,3.

Now breathe out slowly 1,2,3,4,5.

Repeat this a few times until you fall into a natural rhythm without needing to count in your head.





Visualisation

'The Wheel of Happiness'

Play audio or read visualisation script



Reflecting

What part of the visualisation did you enjoy most?

In the visualisation how did it feel to be able to create and spread happiness?

Has the visualisation changed the way you think about happiness?

Can you explain?



Going Deeper

What makes you happy?

Are the things that make you happy now the same as a year ago?

Does the experience of happiness itself change?

Is happiness an emotion? Or something more?

Is it changeable or a constant?

Can you explain?



Responding

Thought
Journaling

Show your thoughts and feelings in a picture, the words of a poem or through annotated illustrations.



Outcome





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