

Module 9: Happiness Soup



Subject: Psychological Well-being

Duration of Unit: 1 class (45 mins)

Central Message: By cultivating the seven habits regularly in our lives, we can achieve greater happiness and well-being.



LEARNING GOALS

Enduring Understandings:

- We can all experience greater happiness and well-being if we cultivate key life skills (“happiness habits”) based on scientific evidence
- Each of us can choose to focus on the happiness habits that work best for us.

Essential Questions:

- What are the main reasons why each habit contributes to happiness?
- What is your recipe for happiness?

Learning Outcomes:

Students will:

- Summarize the key reasons why each habit contributes to greater well-being.
- Complete a portfolio that captures their key insights and enduring understandings about happiness.
- Create a plan describing how they will continue to cultivate the happiness habits in their lives.

LESSON PLAN OUTLINE

Main Topic – What is your recipe?

- **Assignment Debrief:** Break students into pairs. Give each member of the pair five minutes to talk about their response to the happiness soup quiz. (10 mins)
- **Class Activity:**
Write a reflection in your portfolio on the following questions:
 1. What are the three biggest ingredients of your happiness soup? Why?
 2. How do you plan to practice those three habits? Do you have a “superhabit” or can you think of a superhabit that might combine multiple life skills? (For example, a habit such as hiking with friends can combine flow, closer relationships, and physical well-being).
 3. What was the most significant thing that you learnt during the course, including the introduction?
 4. Are you now more confident that you can increase your wellbeing? (20 mins)
- **Class Discussion:**
Ask for volunteers to talk about their answers to question 1, and after that question 2, etc. (15 mins)

ASSESSMENT

Summative Assessment:

- Students submit their final portfolios for review. Teacher should look for general understanding of all seven habits in terms of theory and application (goals they established for the **Weekly Happiness Habits Journal**).