

LEARNING OBJECTIVES

The purpose of this lesson is to have students explore habits of happiness and determine how to deliberately put them into practice.



LESSON CONTENT

Research has shown that the behaviors and habits we engage in do matter—from gratitude to kindness to mindfulness—and that they can lead to an enduring happiness boost. Our own thoughts and actions play a large role in our happiness levels.

STRATEGIES

- Let go of grudges and forgive.
- Strengthen your connections.
- Take care of your body.
- Focus on gratitude daily.

CONVERSATION STARTERS

- What are some things that people mistakenly believe create happiness? (e.g., money)
- What are some daily habits that help you feel your best?
- How do positive relationships affect happiness?

EXTENDING THE LEARNING

- Record 3 things you are grateful for every day. Practice gratitude in your thinking throughout the day, as well. Notice how hard situations become a little easier.
- Think of a grudge that you may be holding on to. Make an action plan of what you can do to forgive that person. Think about how forgiving will help you move forward and heal.