

## Classroom Activity

# Happiness Role Play

### Time

x2 45-minute class periods

### Overview

The Six Sustainable Happiness Skills are valuable tools that we can use to help ourselves and those around us experience more happiness. In this activity, students will be divided into groups that are each assigned one of the Six Sustainable Happiness Skills: Sense of Purpose, Positive Outlook, Generosity, Mindfulness, Human Connection and Gratitude. Each group will work together to write a skit where they are demonstrating a way to use their assigned Happiness Skill in an everyday situation that their peers are likely to experience. Students will then perform their skits in front of the class. Their classmates will then try to guess the Happiness Skill that has been featured in the skit and engage in a discussion about how that skit illuminated a new facet of the skill for them. Students will finish the activity by writing a reflection on their favorite skit.

### Objectives

#### Students will be able to:

- Understand the Six Sustainable Happiness Skills
- Apply that knowledge to the creation of a brief skit
- Evaluate how the performances have impacted their understanding of the Six Sustainable Happiness Skills

### Materials

- Paper and pencils for writing scripts and free responses
- **Six Sustainable Happiness Skills** handout

### Procedure

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1. Engage students in a critical thinking activity by asking the questions below in one of three following ways:
  - Pose to the class and facilitate a wider discussion.
  - Divide students into pairs and instruct them to devise answers together and report to the class.
  - Allow students time to reflect on the questions individually and write down their responses.

#### Critical Questions:

1. **What gives you a sense of purpose?**
2. **How do relationships enhance your life?**
3. **What does it mean to have a “positive outlook”?**

**4. How do you know when you're being mindful?****5. How can someone show "generosity" without using money?**

2. Distribute The Six Sustainable Happiness Skills handout. Allow students time to review the information, and compare it to the answers they came up with in the critical thinking activity. Check for understanding of the Six Sustainable Happiness Skills by facilitating a wider discussion.
3. Divide students into 6 groups. Assign each group one of the Six Sustainable Happiness Skills: Mindfulness, Human Connection, Gratitude, Positive Outlook, Purpose, and Generosity.
4. Instruct groups to brainstorm for 5 minutes on an everyday situation a student might encounter that could be helped by using the assigned Happiness Skill.
5. Once students have identified a scenario, provide 30 minutes for groups to script and rehearse their scenario.
6. Invite student groups up to perform their skit one by one, being careful not to divulge which of the Happiness Skills their skits will focus on.
7. After each group performs their skit, have other members of the class try and guess what Happiness Skill was featured.
8. When a student correctly has correctly guessed the Happiness Skill, ask the class to reflect on how the skit made them think about the Happiness Skill in a different way.
9. Once all skits have been performed, provide students with 10 minutes to journal about the performances. Encourage them to focus their writing on a particular skit and how it changed or reinforced their perceptions on that Happiness Skill. Optional: Award points to the group whose skit was most effective, judging by the reflective journal entries the students have just written.
10. Close the activity with a reflective discussion: When each group has presented their skit, revisit students' initial impressions by asking the questions below in one of three following ways:
  - Pose to the class and facilitate a wider discussion.
  - Divide students into pairs and instruct them to devise answers together and report to the class.
  - Allow students time to reflect on the questions individually and write down their responses.

**Critical Questions:**

- 1. What gives you a sense of purpose?**
- 2. How do relationships enhance your life?**
- 3. What does it mean to have a "positive outlook"?**
- 4. How do you know when you're being mindful?**
- 5. How can someone show "generosity" without using money?**

## **Standards**

### **Common Core State Standards: English/Language Arts**

CCSS.ELA-LITERACY.SL.9-10.4

Present information, findings, and supporting evidence clearly, concisely, and logically such that listeners can follow the line of reasoning and the organization, development, substance, and style are appropriate to purpose, audience, and task.

CCSS.ELA-LITERACY.SL.9-10.5

Make strategic use of digital media (e.g., textual, graphical, audio, visual, and interactive elements) in presentations to enhance understanding of findings, reasoning, and evidence and to add interest.

CCSS.ELA-LITERACY.SL.9-10.6

Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate. (See grades 9–10 Language standards 1 and 3 here for specific expectations.)

**Handout 1: Six Sustainable Happiness Skills**

 <b>Mindfulness</b>	 <b>Human Connection</b>	 <b>Gratitude</b>	 <b>Positive Outlook</b>	 <b>Purpose</b>	 <b>Generosity</b>
<p>Live in the moment. Be fully present NOW. The past is over, and the future hasn't happened yet, so don't worry so much about them. Mindfulness is being aware of your thoughts, feelings, and surroundings in the here and now. Be kind to yourself. Adopt a supportive stance toward yourself and others. When we practice mindfulness, we worry less, and opens us up to JOY!</p>	<p>We all want to feel loved, be comforted, and know that we belong. Strong relationships are critical to wellbeing. Significant others, friendships, and social engagement with peers are a huge predictor of happiness in life. People with close bonds are better able to overcome life's challenges, and less likely to experience depression, low self-esteem, or health problems.</p>	<p>Thank others for the goodness they contribute to your life. Thankfulness fuels optimism, reinforces trust, and is often reciprocated. It creates a benevolent loop and a sense of overall wellbeing. It adds to the quality of our relationships. Gratitude shows that we are aware of our own privilege, and thankful for the sources of goodness outside ourselves.</p>	<p>Find the good in others. Imagine the possibilities! Be open to the idea that everything turns out for the best, eventually. A positive outlook helps us be more hopeful, and bounce back from adversity. People are more creative, resilient, and likely to do better in school and in life when they're experiencing positive emotions. Embrace life's potential!</p>	<p>Live for something bigger than yourself. You matter! You can make a difference in the world, at school, at work, at home, for a team or a community, or in someone else's life. Purpose means living by your values and goals. It means having a vision for what your life's mission is about. Set out to do something meaningful. Strive to make a positive difference.</p>	<p>Hold the door for someone else. Help an elderly or disabled person get safely across the street. Generosity doesn't have to be about money. It can be about being helpful, supportive, or simply being kind. It's about giving of yourself to someone else. Generosity has been shown to boost your endorphins, giving you an increased sense of wellbeing.</p>