Grade 6 Lesson Plan: Unit 5 – Happiness

SOLs

- 6.1 P

Objectives/Goals

- Students will be able to describe and analyze the practical applications of the science of happiness for human relationships, lifestyles, and thinking habits.

Materials

- Student Packet (Provided)
- PowerPoint (Provided)

Procedure

Step 1

- Have students take the happiness survey
- Go over the results

Step 2

- Students will brainstorm what they think are the 7 most important habits to make people happy and then give a rationale for each answer.
- Go over the PowerPoint with the researched 7 habits of happy people. Have students write down the answers and analyze what each factor brings people happiness.
- If teacher wants a supplemental article, read *Six Ways Happiness is Good for Your Heath.*

Step 3

- Students will fill out the "5 things I like about me" worksheet.
- Students will read the 101 positive affirmation statements and select the top six that they feel best represent the comments that they relate to and can benefit from reading them often.
- Students will transfer those six positive affirmation statements onto the flower template and then decorate the flower.
- Students can carry the flower in their binder for when they need some positive affirmation.

Assessment Idea

- Students will be able to describe and analyze the practical applications of the science of happiness for human relationships, lifestyles, and thinking habits.

References

- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
- https://www.pursuit-of-happiness.org/science-of-happiness/measuring-happiness/
- https://www.thepathway2success.com/101-positive-affirmations-for-kids/
- https://greatergood.berkeley.edu/article/item/six_ways_happiness_is_good_for_your_health

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Children's Happiness Survey

Here are 20 things children or young people might say about themselves. Just read each of them and tick all the ones that are right about you. Leave the others blank.

Life is good for me at the moment	☐	3.64
I am treated fairly	☐	3.13
I know what is happening next in my life	☐	3.15
I have big problems but am dealing with them	☐	2.55
I am quite proud of myself	☐	3.65
I am trying to change some things about myself	☐	2.57
I don't have any big problems at the moment	☐	3.22
I have lots of friends	☐	4.01
I get confused about what is going on	☐	2.43
I never feel safe	☐	1.74
I often get anxious	☐	2.32
I get lonely	☐	1.68
People are prejudiced against me	☐	1.77
I learn from my mistakes	☐	3.18
I am a shy person	☐	2.63
I get bullied	☐	1.68
I am good at learning new things	☐	3.70
I am getting all the help I need	☐	3.38
I have lots of fun	☐	4.25
I am easily depressed	☐	1.75

To find out your 'happiness score' on this questionnaire:

1. Add up the numbers next to all the items you have ticked ☐
2. Next, write how many items you ticked ☐
3. Now divide the number you wrote against (1) by the number you have just written against (2) and write the answer in the box ☐

That is your happiness score for today on this questionnaire!

Source* Dr. Roger Morgan OBE Children's Rights Director for England

Children's Happiness Results

The highest ('happiest') possible score is 4.25. The 'middle' score is 2.88. (That is what researchers would call the 'median'). The lowest possible score (unless someone doesn't tick any of the items in the questionnaire at all!) is 1.68.

7 Habits of Happy People

Directions

- Before your teacher shows you the *7 Habits of Happy People,* brainstorm what you think are the 7 most important habits to make people happy. Give a rationale for each answer.
- Next, you will see the PowerPoint and take notes on the actual *7 Habits of Happy People.*
- Lastly, you will ***analyze*** how each habit makes people one step closer to being happy and fulfilled.

1.

Why?

2.

Why?

3.

Why?

4.

Why?

5.

Why?

6.

Why?

7.

Why?

Habit	Rationale
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Rubric for Analyzing the Influences of the 7 Habits of Happy People

Analyzing Influences Skills Rubric

Health Education Standard 2
Students will analyze the influence of culture, media, technology, and other factors on health.

Characteristics of Student Work
This skill category evaluates students' ability to analyze the influence of internal and external elements on health behavior. The quality of student responses may vary from low, with little or no evidence that the student recognizes that internal and external factors influence personal, family, and community health, to high, with responses that show evidence of an appreciation of the complexity of the influences and provide analysis of the factors affecting personal, family, and community health.

Skill Cues

- identifies and analyzes external factors
  - media
  - parents
  - ethnic
  - legal
  - peers
  - geographic
  - societal
  - technology
- identifies analyzes internal factor
  - curiosity
  - interests
  - desires
  - fears
  - likes/dislikes
- addresses interrelationships and complexity of influence
- presents variety of influences as appropriate

Generic Skills Rubric

4	The response shows evidence of the ability to apply health skills; the response is complete and shows proficiency in the skill.
3	The response shows evidence of the ability to apply health skills; the response is mostly complete but may not be fully proficient.
2	The response shows some evidence of the ability to apply health skills; the response may have inaccuracies or be incomplete.
1	The response shows little or no evidence of the ability to apply health skills.

Name: _____ Date: _____

Positive Self-Talk

Self-talk is the voice in our head that goes on throughout the day. You might think to yourself, "I need to study tonight so I do well on the quiz" or "I should raise my hand and try to answer this question". In those instances, the voice is positive and encouraging. Self-talk can be negative, too. With negative self-talk you might say, "I'm always horrible at math, so there's no reason to even study". However, this negative approach can actually damage your self-esteem and ability to be productive. On the flip side, positive self-talk helps feel more confident, motivated, and ready to accomplish tasks. In simple terms, the better you feel about yourself, the better you'll be able to do.

You can change your thinking and become more positive just by changing the way you think. By using more positive self-talk, you encourage yourself and become more optimistic. It's the first step in making positive choices, whether you are talking about school, friends, sports, or anything else in your life.

Let's consider an example. Erin took a science test and got a 70% when she was hoping to do much better. She might say to herself, "You did horribly. What were you even thinking? You are just bad at science". That negative thinking might discourage her from studying science in the future and just make her feel poorly about herself. Instead, with positive self-talk she might say to herself, "It's okay to make a mistake sometimes. You did the best you could at the time. With some extra studying, next time you'll do even better". Erin will be more likely to feel more confident in herself and be able to rise back from this setback. Even though it's a disappointment, positive self-talk can help her through it.

LET'S BRAINSTORM

What are some examples of positive self-talk that you can say to yourself?

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POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

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POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.

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MY POSITIVE SELF-TALK

Choose your favorite six positive self-talk statements that could help you through a challenge. You may choose statements from a list or make your own.

#1	
#2	
#3	
#4	
#5	
#6	

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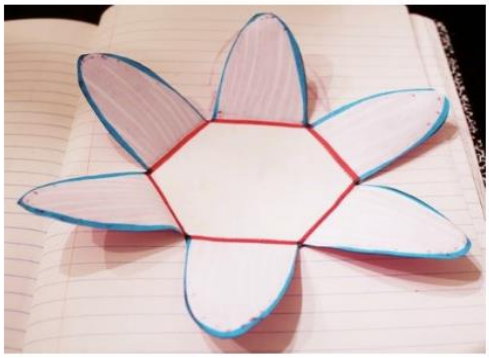
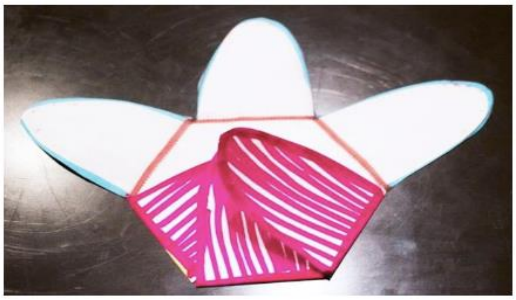
POSITIVE SELF-TALK FLOWER DIRECTIONS

1. Cut out the flower template.

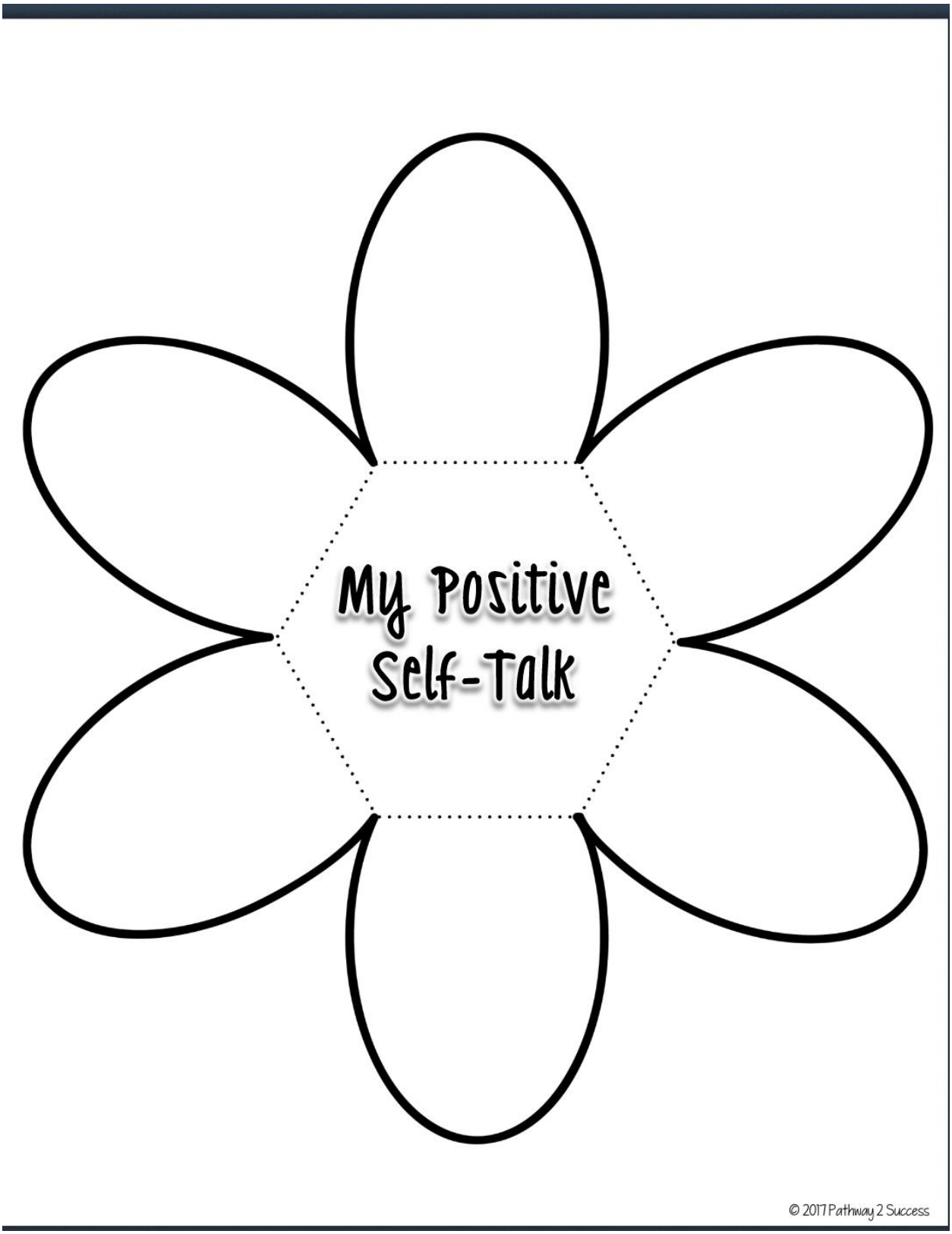


2. Write a positive self-talk message on each petal.



3. Color the back of each petal.

4. Fold the petals inward.


My Positive
Self-Talk
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