

Can we increase our students' happiness?

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Activity 1


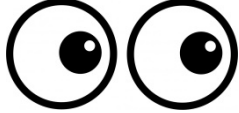



What makes you happy?

Rank the things from 1 to 5. Number 1 makes you feel the happiest.

 <p>Seeing a beautiful rainbow</p>	 <p>Taking a nice long bath</p>	 <p>Eating delicious chocolate</p>	 <p>Listening to your favorite music</p>	 <p>Giving someone a present</p>

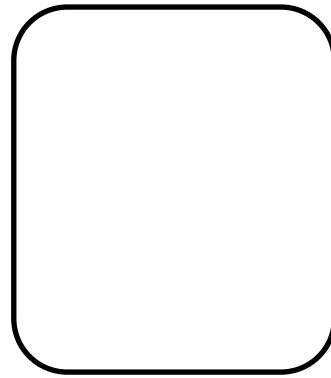
Activity 2

Let's use all our 5 senses. Noticing things around us can make us feel happier.

 <p>What is a good smell?</p>	 <p>What is a wonderful sight?</p>	 <p>What sounds good to you?</p>	 <p>What do you love to touch?</p>	 <p>What tastes/food/drinks do you enjoy?</p>
<p>*</p>	<p>*</p>	<p>*</p>	<p>*</p>	<p>*</p>

Activity 3 **Thank you!**

Let's appreciate people around us.



This person really helped me.

Name _____

(Q1.) Who is this? ↑

This is _____(my teacher/coach/friend)

(Q2.) When did you meet them?

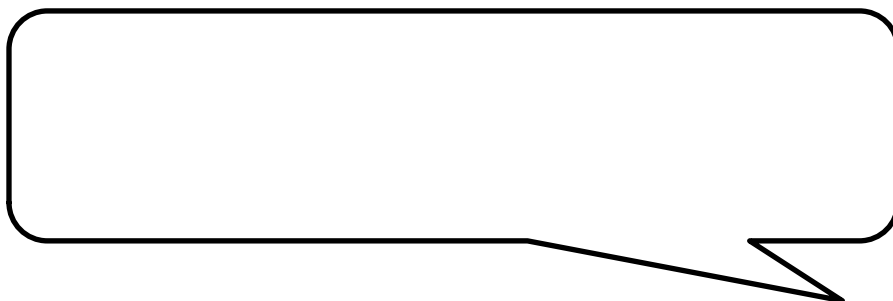
I met them _____(at kindergarten/JHS/High School)

(Q3.) What did they do for you?

They _____

_____ (helped me study/play better)

(Q4.) What would you say if you met them today?



Activity 4 Thank you world! There are lots of things to be thankful for.



I want to say arigato (*ahree-gah-tow*) to Japan for.....

Country	Phrase	Pronunciation	Thing
France	merci	<i>mehr-see</i>	
Korea	Kamsa hamnida	<i>kahm-sah=ham-nee-da</i>	
Italy	grazie	<i>gra-see</i>	
UK	Thank you		

1. I want to say _____ to _____ for _____

2. I want to say _____ to _____ for _____

Activity 5 Let's communicate and spread the happiness!

I like your t-shirt, uniform, bag, _____

Cool pen, bento box, _____

You've got a nice smile, hair cut, _____

Activity 6 Make a plan to spread happiness in the future.

I'm going to give up my seat on the bus or train.

I'm going to smile at someone who is not smiling.

I'm going to pick up a bicycle that fell over.

I'm going to send a nice message to a friend.



These days English class shouldn't just be about learning English.

By using some of the techniques from **Positive Psychology** you tried today, we may be able to help our students feel happier through the content and activities in our lessons AND learn English. Research shows that happy students are more relaxed, so they do better on tests. They will communicate easily and in the end learn more than nervous or unhappy students.

There are "8 steps towards a more satisfying life," (Lyubomirsky, 2005).

『より幸せな人生への8のステップ』ソニア・リュボミアスキー 教授

We tried some of these today and used lots of English.

1. Remember good things in your life. (Activity 1 & 3)

★人生の出来事を忘れないようにする。

2. Do kind things. (Activity 3, 5 & 6)

★優しい気持ちを行動に移る。

3. Say "thank you" to people who help you. (Activity 3 & 4)

★周りの人々に感謝する。

4. Take time for your friends and family

★家族や友達と過ごす時間を大切にする。

5. Forgive people who hurt you.

★他人の過ちを認める。

6. Take care of your body and health.

★心身のケアをする。

7. Notice good things as they happen. (Activity 1 & 2)

★日常的な小さな幸せに気付く。

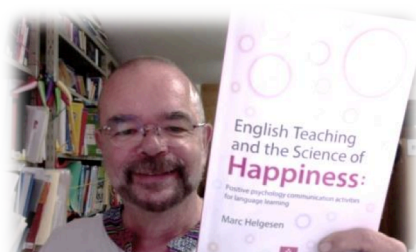
8. Learn to work with your small problems and stress.

★小さな問題や日頃のストレスをコントロールする。



Today's activities are from the book;

English Teaching and the Science of Happiness, positive psychology communication activities for language learning, by Marc Helgesen, published by Abax ELT. ISBN 978-1-78547-013-4



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