



PROGRAMME 11: HAPPY

AIM

The aim of this lesson is for children to develop ideas and strategies that will make them more content and satisfied, therefore happier with their daily lives.

LEARNING OBJECTIVES

Children will:

- learn to become more aware of how 'self-talk' affects their happiness
 - develop other strategies that will enhance their self-worth and self-esteem
 - identify positive traits in other children and express them
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MATERIALS

- Whiteboard
 - DVD 1 episode 'Happy'
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SKILLS

- Communication
 - Co-operation
 - Self-management
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VIRTUES

- Reliability
 - Respect
 - Patience
 - Co-operation
 - Honesty
 - Love
 - Understanding
 - Sharing
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LESSONS (*Adapt for Juniors*)

View the episode 'Happy' on DVD 1 before the lesson. See CD Rom for printable worksheets.

1. Mind map with the children what makes them happy.
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2. In the episode 'Happy', ask the children what Constable Bryan meant when he said a boy was disappointed because he was not invited to participate in a game of ball. Discuss what 'self-talk' is and how negative 'self-talk' can bring a person down and positive 'self-talk' can turn a situation around or make a person feel happier.

Ask the children what might have happened if the boy had decided to dwell on his unhappy time during lunch time.

What might the boy be thinking in his head?

"Oh they all hate me and think I'm not cool enough to play with them."

"Man, I hate this school, everyone is so mean."

What other things could he be thinking to make his attitude more positive?

"Oh it doesn't matter, I don't like playing that game much anyway."

"Never mind, I'll go and play with someone else."

Follow up with a discussion on how they think about themselves can make a difference to their happiness.

Self-Esteem Game

3. Discuss with the children how good self-esteem or positive thoughts of themselves really makes a difference to their happiness. Next offer to play a self-esteem game.

All the children should be sitting in a large circle and one seat should be higher or different in some way. Each child should have a turn at sitting in the 'special seat' and to be commented on, in a positive way, by other children. Topics could include their accomplishments in sports, school subjects, general behaviour or helpful nature.

For example: "I really like the way Shelly draws and paints"; the next child might say... "I really like how Shelly is always friendly to me at school", the next child might say... "I really like the way Shelly helps me with maths". This is a great way to get other children to say something positive about each child, which in turn increases good feelings and attitudes about others and increases self-esteem in general.

Make sure all children have a turn at sitting in the 'special seat' and at giving positive comments. Next ask the children how they felt after their time in the 'special seat'. Tell the children that whenever they feel down or negative about any situation they can always recall these comments to increase their self-worth, confidence and happiness.

4. Conclude the lesson with an Appreciation Sheet, where children write five positive things about their day. This should be done every day for five days. Have a general discussion on how they enjoyed this process of recalling events and situations that made them feel positive and happy.
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APPRECIATION SHEET

Name:

Date:

Write five things that you felt positive about for five days this week. For example:

"I was proud of my art effort."

"I enjoyed playing tiggy."

"I could read five new words today."

"I enjoyed the day's story."

"Miss Smith praised me."

Day One

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Day Two

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Day Three

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Day Four

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Day Five

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SUPPLEMENTARY ACTIVITIES

Language

Have children learn the meaning of positive words using a dictionary e.g. self-esteem, confidence, positive, enjoyment, satisfaction, pride, accomplishment.

Design an interview survey and ask children from the class and/or around the school what activities make them happy and not so happy at school. Display the results in a graph for show and discussion.

Appreciation sheet - have children write down five positive things about their day and have them review and add four more for each school day for the week.

Oral Language

Have a joke week where all children are invited to tell a joke in class.

Ask the children to explore a funny story on the internet or from the library to re-tell to the class.

Have some children tell funny stories from home or school to the class. Ensure that they are funny stories where no-one is put down or embarrassed.

Reading

Read a variety of positive poems to the children and have them paste the poems into a book and illustrate them.

Topic

Children can decide to try something new, or learn a new hobby and show to the class; anything from growing a plant, learning to play the guitar, learning the words of a poem, to developing a scrapbook of their family.

Have thinking moments, where children are seated and are relaxed. Ask the children to think of moments when they felt positive, happy and confident about themselves.

What makes you happy? On a piece of paper, have the children outline their hands and write the five things that make them happy in the fingers. (i.e. swimming, laughing).

In the episode 'Happy', Suzy picks up Constable Bryan's dry-cleaning then picks him up to go to the charity dinner. What things could Constable Bryan do for Suzy to 'pay it forward' or say thanks to her? Have the children draw a picture or write a list of the things he could do.
