

## The Science of Happiness: An Introduction to Positive Psychology

### Teacher Guide Segment

-Hello teacher!

-Welcome to the Teacher's Guide for this BLOSSOMS lesson. I hope you enjoy it as much as your students.

-In this lesson, we present some of the discoveries that have been made through scientific research that demonstrate that there really is science behind happiness and well-being.

-Happiness is a fad, and we invite you to learn and to truly understand what there is behind this fad.

-This lesson is made up of 5 segments and 4 activities. In each segment, I will include a theoretical explanation.

-During the activities, your students will have the opportunity to discover things about themselves, their strengths and areas of opportunity.

-The goal of this lesson is to show that positive psychology is not something transitional that will disappear soon. **(I FEEL LIKE THIS SORT OF CONTRADICTS HER SAYING BEFORE THAT HAPPINESS IS A FAD...Is there another wording we could use instead of “fad” where it is mentioned above?)**

-This lesson has no prerequisites, so sit down with your students to explore their capabilities and learn a lot!

There is a very interesting project that will allow you to continue to experiment with positive emotions, specifically with gratitude. I ask you to motivate your students to do it. You can see real results.

So, sit down and write!

For Segment 1, we will do an experiment as an introduction. Divide the class into two groups: Group A and Group B. Group A stays inside the classroom and Group B leaves the classroom or lowers their heads so as to not see the faces on the images on the screen. Before and after the images, hand out the happiness measure that has the facial expressions. They should mark how they feel, or the face that best represents how they feel, before and after the

experiment. It is important that students answer the first part before they know what the activity will be about.

-In Activity 1 - Guide the final reflection, so that they realize that there are many ways to do research on happiness and many topics that can be covered. You can ask questions like: What did you realize? Do the topics discussed in other groups seem like the ones discussed by your group? Questions that invite them to reflect.

-In Activity 2 - I am aware that students might not yet know what we are talking about. Encourage them to use their creativity - to look up the meaning of engagement in the dictionary, talk about what 'accomplishment' means, about what 'positive relationships' mean, etc.

-In Activity 3 - Dance with them! Remember that teachers are an example, and if you dance you can motivate them to do it!

-In Activity 4 - Use a common chocolate, a chocolate that you think everyone might have already tried. For example, a [Hershey's] Kiss. It is very likely that they have all eaten one so the exercise makes more sense as they already know what it tastes like.

-The follow-up activity is the "Gratitude Diary." Invite them to do it, and to get a notebook they like that is only used for the diary. Give them examples of what they can be grateful for, such as: I am grateful because it was an easy class; I am grateful that my car has air conditioning and today was very hot; I am grateful because my parents are healthy, etc. Help them realize that it doesn't need to be big or extraordinary thing – they can be grateful for simple everyday events!

Thank you very much for choosing this lesson. If you have any questions, you can write to me and I will be glad to help you.

In México, we have a saying: "I tell you, Juan, so that Pedro listens." This means that it will also be an experience for you as a teacher. Enjoy it!