



MARCH 20, 2024

What Kind of Happy Are You?

ACTIVITY INSTRUCTIONS

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*Happiness is typically the one word we use to describe feeling satisfied or enjoyment in what we're doing. There are actually 10 different words to describe that enjoyable feeling called the **10 Big Positive Emotions:** awe, inspiration, pride, interest, serenity, love, gratitude, hope, joy, and amusement. Learning and using this vocabulary can help us learn about and experience more good in our lives.*

Instructions

1. Pick one of the 10 positive emotions.
2. On a slip or a sticky note, write your name and a time you feel that emotion.
3. Then, go stick it on the poster next to the positive emotion you picked.
4. When it's time, share out and discuss your positive emotion experiences.

OPTIONAL MODIFICATIONS

- ▶ If your students are struggling to reflect on experiences of positive emotions, you can ask them to name the positive emotion they're feeling in the moment. They can put their name on a sticky note and pin it on the poster next to the positive emotion they are feeling (e.g. I feel joy, or I feel pride).
- ▶ For some learners, learning about the 10 positive emotions might start with a teacher or a parent simply labeling the emotions when there's an opportunity. Maybe a student expresses significant joy when swimming; label that with "you look joyful in the pool," or when a student is peacefully listening to music, you could quietly mention, "It looks like that music gives you the feeling of serenity." This is a great way to start to build the vocabulary for students who may not have had a lot of opportunity to hear these words.

MATERIALS TO PREP IN ADVANCE

Print out and display the **36x24 What Kind of Happy Are You? Poster** OR create a **DIY poster using the Printable Poster Pieces**. Print & cut enough **What Kind of Happy Are You? Slips** for each person in your class.



DOWNLOAD AND PRINT:

- [Full-Sized 36x24 Poster \(PDF\)](#)
- [8.5x11 Printable Poster Pieces to DIY \(PDF\)](#)
- [Poster Activity Slips \(PDF\)](#)

ADDITIONAL RESOURCES:

- [Positive Emotions Flash Cards \(PDF\)](#)
- [Positive Emotions File Folders \(PDF\)](#)

Teacher Script

SAY

Today, we're going to talk about happiness.
What are some things that make you happy?

Happiness is something we feel when we are satisfied or enjoying what we're doing. But did you know there's more to feeling good than just happiness? There are 10 different words to describe that enjoyable feeling, and they're called the 10 Big Positive Emotions.

Now, pick one of the 10 positive emotions. On a slip or a sticky note, write your name and a time, place, or activity when you feel that emotion (for example: I feel joy when I'm playing with my dog, or I feel pride when I score a goal). Then, go stick it on the poster next to the positive emotion you picked. When it's time, we will share and discuss your positive emotion experiences!

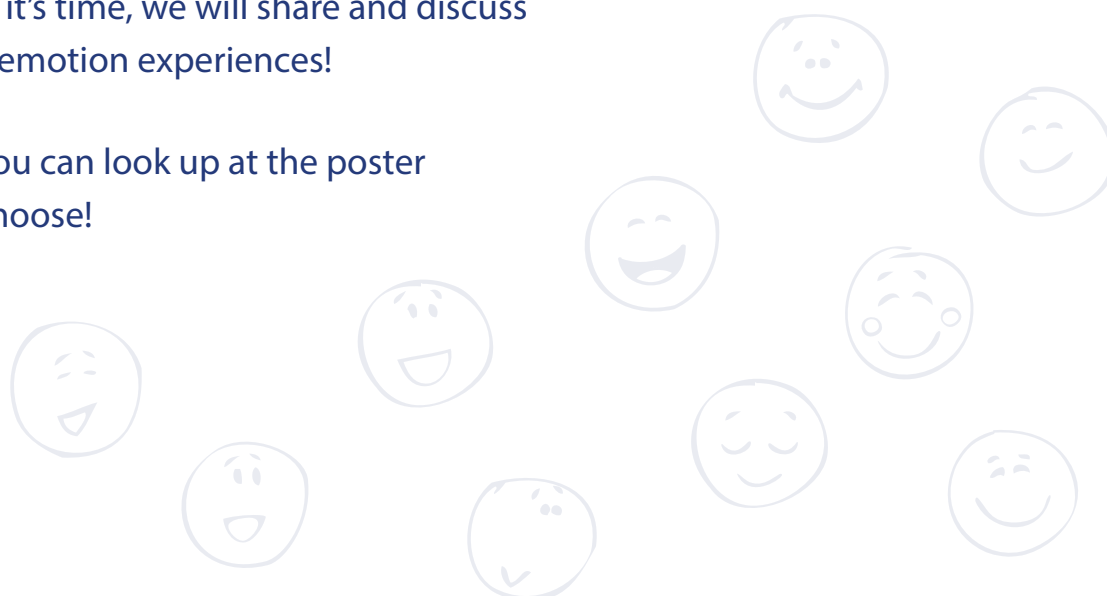
Remember, you can look up at the poster to help you choose!

ACTION

Call on or popcorn around with students.

Reference poster with emotions and definitions.

*Call students up to the front to place their slips/sticky notes.
Call on students who want to share their choices and discuss their answers.*





The Science of Happiness and Positive Emotions

There's more to feeling good than just happiness. Let's start learning and teaching a variety of ways to describe the good feelings and emotions we experience day to day. Research identifies **10 Big Positive Emotions**, each with many benefits. Pride, gratitude, joy, love, amusement, inspiration, awe, interest, serenity, and hope are all positive emotions.

Feeling a frequent healthy dose of each of the positive emotions is critical to the human experience. It helps us develop the mental, physical, and social resources we need to thrive and flourish.

In fact, it's positive emotions that help us create the resources we need, like connections to one another, creative thinking, or problem-solving skills, to not only thrive but be resilient in times of adversity.

In her groundbreaking work on positive emotions, **Dr. Barbara Frederickson** introduces us to the extensive benefits of feeling good, described by the Broaden and Build Theory of positive emotions. Her findings demonstrate that when individuals experience positive emotions, their awareness broadens. Broadening means positive emotions quite literally open your mind when positive emotions are triggered, you think more creatively, solve problems faster, and experience an expansion in your thoughts, vision, and actions.

Over time, these moments of feeling good enable you to build critical resources physically, mentally, and socially. Positive emotions experienced frequently and deeply enable you to transform into connected, thriving individuals. That's why we want to intentionally seek more experiences of positive emotions!

► [Learn more about the science of happiness and positive emotions.](#)