








Triple Well-Being

Self-Care



Happiness
May 14, 2025





1. Which of these activities make you happy?
2. How often do you get to do them?
3. Can you think of a special time when you did one of these activities?
4. Share your experience with a partner.





**WHAT DOES
HAPPINESS
MEAN TO YOU?
IS HAPPINESS
IMPORTANT?**





DISCUSSION!

How can we make school a happier place for everyone involved?



COBE



What makes you laugh even when you are upset? Explain.

Do you think laughing is important in life? Explain.



COBE

- What is the video about? Explain.
- The video mentions differences between how countries view happiness. Give examples about TWO different countries. Explain!
- What tips does the video give us to stay happy.
- In your opinion, what is the best way to stay happy? Explain.

**CAN YOU MEASURE
HAPPINESS?**





READING COMPREHENSION

- British Council (A2 Level) with reading comprehension questions. ✨
- British Council (C1 Level) with reading comprehension questions.



CREATIVE WRITING

Can you write your own simile or metaphor?

Metaphors:

Happiness is sunshine

Happiness is electric

Happiness is contagious

Similes:

Happy as a kid in a candy store

Happy as a bee in a field of flowers

Happy as a child on a swing





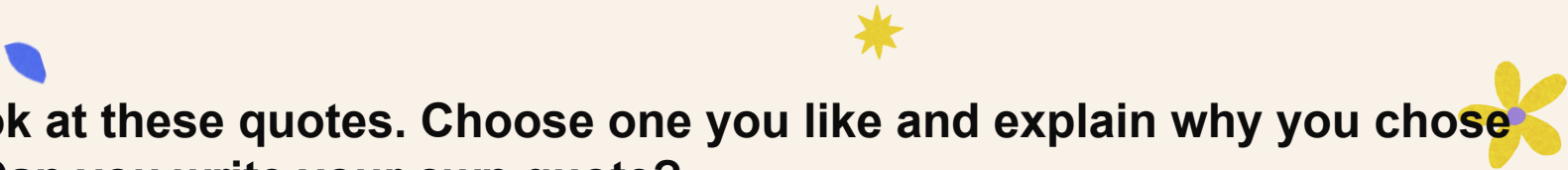
Pharrell Williams

Happy


Activities

[Link to Video](#)





Look at these quotes. Choose one you like and explain why you chose it. Can you write your own quote?



"Happiness depends upon ourselves." – Aristotle


"The purpose of our lives is to be happy." – Dalai Lama

"The most important thing is to enjoy your life—to be happy—it's all that matters." – Audrey Hepburn

"Happiness is not a goal; it is a by-product of a life well-lived." – Eleanor Roosevelt

"Do more of what makes you happy." – Unknown

"Happiness is a journey, not a destination." – Buddha



The background is a light cream color, decorated with various floral and leaf motifs. In the top left is a yellow five-petaled flower with a purple center. In the top center is a small yellow starburst. In the top right is a green leafy branch with two small purple flowers. In the bottom left is a green leafy branch with two small purple flowers. In the bottom center is a small purple five-petaled flower. In the bottom right is a yellow starburst. There are also several small, isolated shapes: a blue petal-like shape on the left, a yellow petal-like shape on the right, and a blue petal-like shape at the bottom right.

Smile & Be
Happy!

