

### ***Discover Your Happy*** **Virtual Viewing Party Guide**

Extend the impact of the *Discover Your Happy* Virtual Field Trip by connecting your students with classrooms across the country through a live online conversation.

Further the learning with standards-aligned in-school and at-home activities that can be downloaded on the Discover Your Happy website.

**Link:** <https://www.learnexperiencehappiness.com/educators>

#### **Overview:**

Happy people are healthier, live longer, earn more money, and do better in school and life, but studies show that two out of three American teens are stressed and many don't know how to handle it. Join LG and Discovery Education on the *Discover Your Happy* Virtual Field Trip to address this critical issue with [Discover Your Happy](#), an exciting new initiative designed to teach students that happiness is a learnable skill.

Learn how happiness impacts our physiology and psychology from the experts at The Greater Good Science Center at the University of California, Berkeley. Then, see how students and educators activate happiness using these skills through programming from LG Experience Happiness partners Inner Explorer and Project Happiness.

#### **Essential Question**

Throughout the activities aim to have students address this question:

- What does happiness mean?

#### **BEFORE the Viewing Party**

- Make the most of the Virtual Field Trip with our pre-viewing activity, *Measuring Happiness*. In this activity students build a personalized happiness rating scale based on the Six Sustainable Happiness Skills and fill out it out once a day for a seven day period. Students will then chart their personalized dataset and use that data visualization to identify what behaviors, habits, and thought patterns help them experience more happiness. This leads students in the development of their "Happiness in Action" plan that crystallizes key actions they can take to generate more happiness in their lives.

#### **DURING the Viewing Party**

- **Tune in** to learn how happiness impacts our physiology and psychology. Join us on our journey to understand how happiness is a learnable skill that can be achieved through the Six Sustainable Happiness Skills - mindfulness, human connection, positive outlook, purpose, generosity, and gratitude.
- **Share your experience!** Show us your Virtual Viewing Party on Twitter @DiscoveryEd using #DiscoverYourHappy.
- Examples:
  - "My class joined the #DiscoverYourHappy VFT with our Virtual Viewing Party @DiscoveryEd"
  - "My students are learning the science behind happiness with the #DiscoverYourHappy VFT @DiscoveryEd"

**AFTER the Viewing Party**

- **Extend the conversation** on Twitter by using **#DiscoverYourHappy** and **@DiscoveryEd** to show how your class is pursuing happiness using the Six Sustainable Happiness Skills. **NOTE:** Posts must be submitted by adults 18 years or older.
- **Continue discovering!** Access additional, free curriculum resources from [Discover Your Happy](#), aimed to create awareness that happiness is more than a fleeting feeling, that sustainable happiness is achievable, and that there are a set of skills that can be taught, learned and practiced to help anyone in their journey toward happiness.
  - **Classroom Lessons:** Help your students identify actionable ways to start their journey toward Sustainable Happiness and bring happiness to their communities with turn-key, standards-aligned classroom activities.
    - **Mindful Muscle:** Students examine how actions like meditation help us regulate our emotions and create a virtual model to demonstrate the how adopting a new healthy habit rewires our brains.
    - **Happiness Role Play:** Groups of students write a skit demonstrating a way to use one of the Pillars of Happiness in an everyday situation.
    - **The Happiness Advantage:** Students learn how prosocial behaviors like unselfishness and conscientiousness give a distinct advantage to communities and species.
  - **Engage Families:** Discover Your Happy provides tools for families to seamlessly bring the conversation home and share key resources with friends and community members.
    - **Family Activity - Chain Reaction:** Emotions spread like energy. When we feel happy, it spreads to the people around us. Activate happiness in your household with this fun family activity.
    - **Parent Toolkit:** Want to tell your school community about the Discover Your Happy program? Download our grab-and-go materials to help you spread the word.