



Middle School SEL Lesson

Happiness

Lesson: May 18-22, 2020

Learning Target:

Students will identify ways to manage emotions during school closures and beyond.

HAPPINESS

How might you describe HAPPINESS?

You might find it hard to put into words, but I think we might all agree that we want to BE happy?

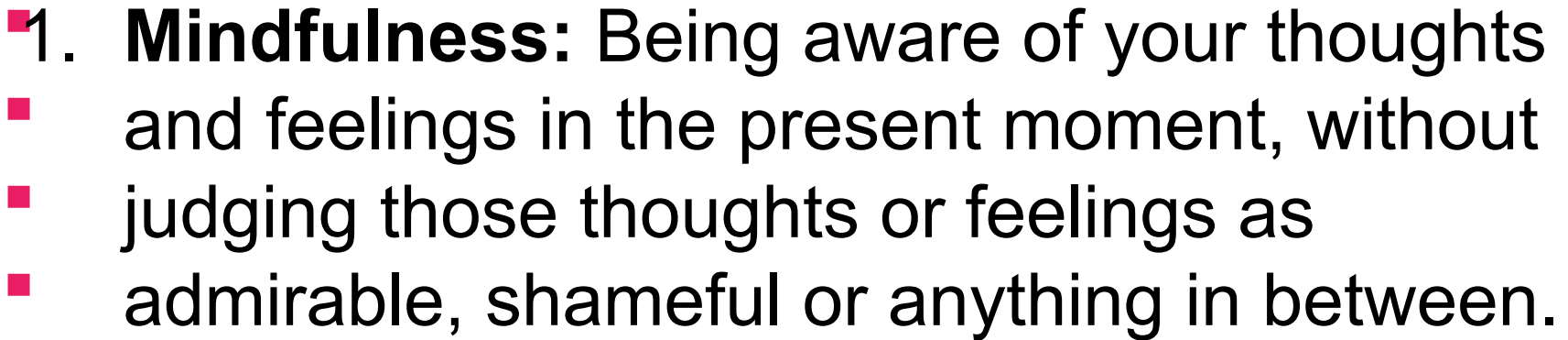
Sooo.... the **BIG** question is how do we
achieve it?

Happiness is a balance: the combination of how frequent and robust your positive emotional experiences are, how gracefully you recover from difficult experiences, and how meaningful and worthwhile you feel your life is overall.

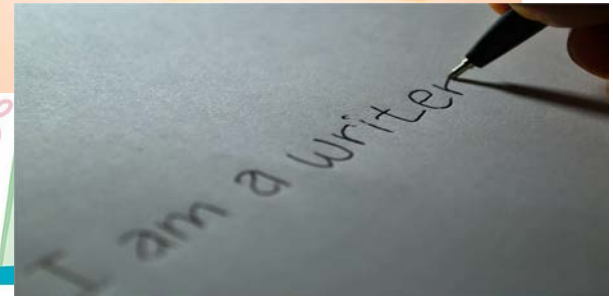
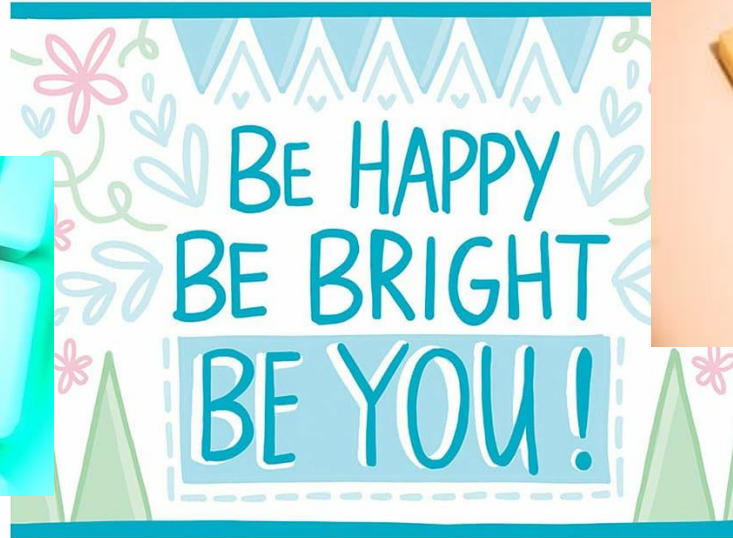


EVEN WHEN THINGS ARE
DIFFICULT WE HAVE THE ABILITY
TO RECOGNIZE THAT LIFE IS
GOOD!

SIX Skills to work on.....

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1. **Mindfulness:** Being aware of your thoughts and feelings in the present moment, without judging those thoughts or feelings as admirable, shameful or anything in between.

- 2. **Positive outlook:** Having the ability to imagine a positive outcome and being ready to pursue and experience the opportunity in any circumstance!





[Check it out...](#)

- **3 . Purpose:** Understanding your ability to make a difference in the world, at work, or at school.
- Being able to find a sense of purpose will increase your sense of happiness.

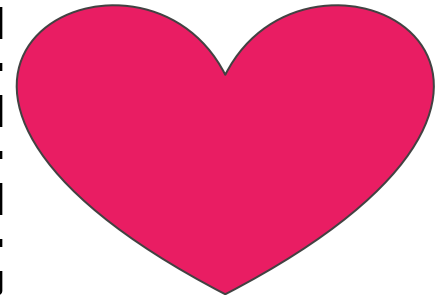
4. **Generosity:** Did you know that by helping & giving to others we can increase our own happiness.

LIST 3 Ways you could show generosity?

1.

2.

3.



5. Gratitude: This is the simple act of appreciating and thanking others for the goodness they contribute to your life. This will help you foster happiness.

- When you find yourself getting in a slump...write down a list of things you are thankful for.
- Tell or TEXT someone that you are thankful for them.
- Think of a specific time you have felt gratefulness.

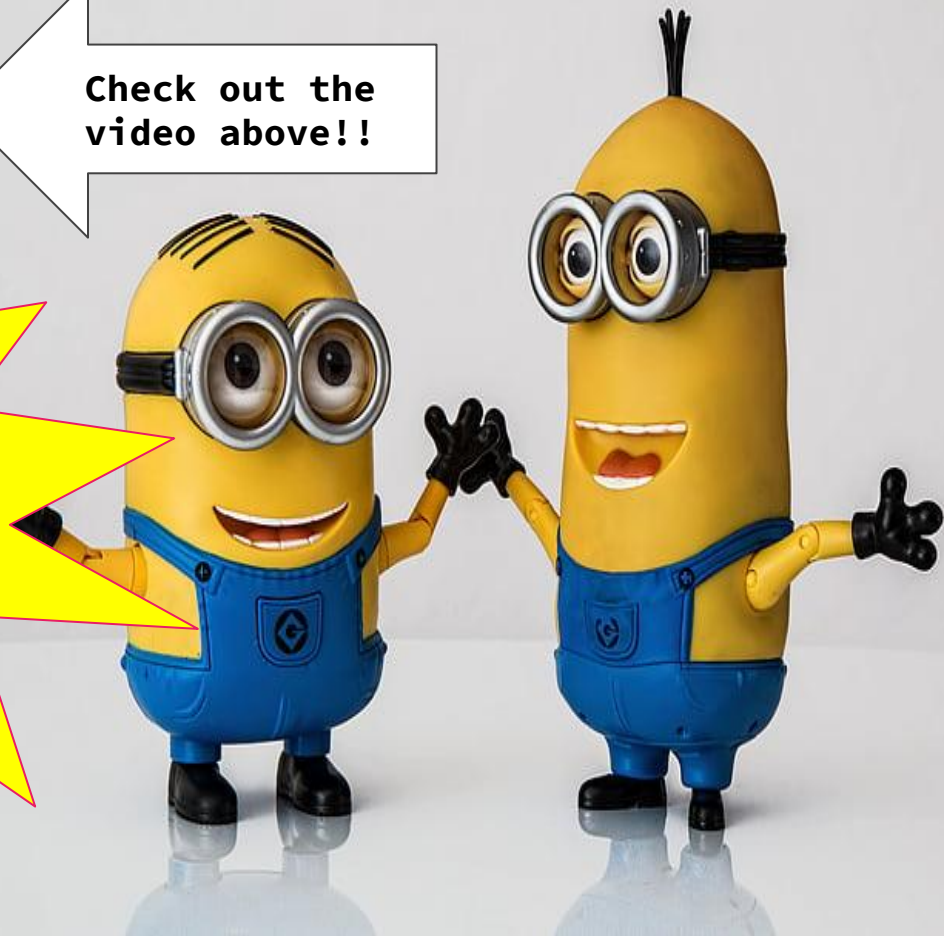
6. Human connection: Building and maintaining relationships with significant others, friendships and social activities with peers, is the most reliable way to maintain happiness in life.



HAPPY

Have a **HAPPY**
summer!!

Check out the
video above!!





Where to find help...

Reach out to your school counselor

Disaster Distress Helpline:

Phone: 800.985.5990 or

Text TalkWithUs to 66746

Crisis Text Line: “HOME” to 74141

Suicide Prevention Lifeline 1.800.273.8255

Domestic Violence Hotline: 816.468.5463
(call)